

OPERATION HOLD FOR EFFECT

Balance and Isometric Fitness

By SSG Ken and Stephanie Weichert



Get ready for the 20-minute home workout!

Q: How can I lose weight and get in better shape?

A: You have to change your mind about the way you approach fitness. Allow me to explain. We were in the gym, and I happened to overhear two women talking. As they alternated between bicep curls and bent-over rows, they discussed how to lose their troublesome parts.

I would venture to say that 99 percent of the population has these stubborn parts. We store it in our bellies, thighs, arms and rears. You, like most everyone else, gain it where you are genetically predisposed to carry it. Many people we talk to think that doing lots of sit-ups or leg lifts will do the trick. This will help you strengthen the area, but it won't help you lose the fat. What you will have is tight muscles under a layer of fat.

In order to really lose the fat, you need to add a full-body weight training program and cardiovascular exercise to your weekly routines. Consistency is the key. First, you need to figure out where you can fit in 20-60 minutes of you-time, three to five days a week. It's going to take commitment.

If you are just beginning, start with one or two days a week. Take the slow climb to a healthier you. If you are already working out, step up the program and add on an additional day to your weekly calendar. Your new mantra is "consistency."

HOOAH!
Stephanie



PLAYBOOK NOTES:

- Get plenty of sleep to be well-rested for your new workout plan.
- Drink water consistently all day long.
- Add weekly workouts to your schedule.
- Add cardiovascular exercise to your routine. Generally speaking, "cardio" helps you lose fat, and weight training helps you tone muscle.

“People rarely succeed unless they have fun in what they are doing.”

—Dale Carnegie

“Determination is the wake-up call to the human will.”
—Tony Robbins

WARM-UP PHASE

Start out by foam rolling tight muscles and follow it up with a light stretch. Next, take a five-minute walk or climb on a cardio machine and pedal, climb, walk or row for 5–10 minutes. These shouldn't

be intense exercises as you are warming up your body and getting all of your muscles, ligaments and tendons ready for more stress than is usually placed on them during the day. Now, you are ready.

MUSCLE TARGET PHASE:

PLANK HOLD



Plank Hold

PRIMARY MUSCLE GROUPS:
abdominals (core)

SECONDARY MUSCLE GROUPS:
back and shoulders

START: Assume a push-up position with your hands slightly wider than your shoulders. Bend your elbows and balance your body on your forearms. Your back should be straight and your abs and rear end should be tight. You should look slightly forward in order to keep your head in a neutral position. Breathe naturally.

ACTION: Maintain posture until your goal is reached.

Basic: Hold posture for 20 seconds.

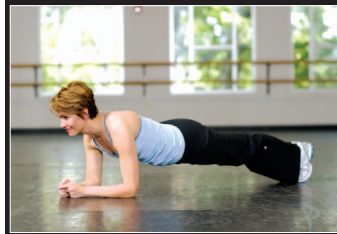
Intermediate: Hold posture for 30–45 seconds.

Advanced: Hold posture for 60–90 seconds.

Alternate Version: Lift one leg approximately 6 inches off of the ground. Keep your body flat as you lift your leg. Hold the posture for 30–60 seconds. Rest alternate legs, if needed, and hold for an additional 30–60 seconds.

BY THE NUMBERS

1. PLANK HOLD



2. RUSSIAN TWIST



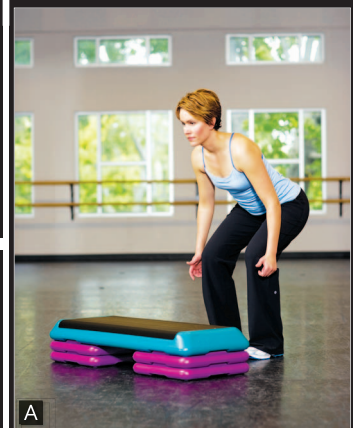
3. QUADRUPED EXTENSION



4. LUNGES



5. JUMP-UPS



6. PUSH-UP WITH ISOMETRIC HOLD



7. SHOULDER PUSH-UP



RUSSIAN TWIST



Russian Twist

PRIMARY MUSCLE GROUPS: abdominals and sides of midsection
SECONDARY MUSCLE GROUPS: hip flexors
START: Sit down on a mat with your legs slightly bent at the knees. Put your hands together, draw your navel in and lean back 45 degrees.
ACTION: Twist at your torso to one side and alternate to the other side. If you feel discomfort in your back,

do not lean back quite as far. Exhale each time your elbow touches the mat. Continue until your goal is reached. Twisting once in both directions is one repetition.
Basic: Perform 15–20 repetitions.
Intermediate: Perform 30 repetitions.
Advanced: Perform 50 repetitions.
Extreme: Lift your feet slightly off the ground while performing 50 repetitions.

QUADRUPED EXTENSION



Quadruped Extension

PRIMARY MUSCLE GROUPS: abdominals (core)
SECONDARY MUSCLE GROUPS: back and shoulders
START: Balance your body on the ground with your hands and knees.
ACTION: Draw your navel in and flex the muscles in your rear end as you extend one arm and the opposite leg. Exhale as you extend out, and inhale as you return to the start position. Alternate sides. Continue

until your goal is reached. Maintain a neutral spine.
Basic: Lift one limb at a time. For example, lift one leg, hold and set it down. Lift the opposite arm, hold and set it down. Alternate 8–10 times.
Intermediate: Lift one arm and the opposite leg simultaneously. Alternate 10 times and hold the “up” position for 5–10 seconds each.
Advanced: Follow the intermediate directions for the exercise and hold 15–20 seconds each.

LUNGES



Lunges

PRIMARY MUSCLE GROUPS: thighs
SECONDARY MUSCLE GROUPS: rear end and calves
START: Place one leg in front and the other straight behind you with your toes pointing forward. Your upper body should maintain an upright position with your shoulders lined up over your hips. Maintain your balance in the center, not leaning over the front leg. Position your arms at your sides.
ACTION: Lower your body by bending both legs at the knees until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the

start position. Continue with the same leg until your goal is reached. Switch legs and repeat. Do not let your forward knee bend beyond your toe line.
Basic: Perform 10 repetitions per leg.
Intermediate: Perform 15–20 repetitions per leg.
Advanced: Perform 20–25 repetitions. Hold the “down” position for 5–10 seconds on the last repetition.
Challenge: Perform 30–50 repetitions. Hold the “down” position for 20 seconds on the last repetition. Perform 10–20 pulsing lunges by raising your body 2–4 inches only during each repetition.

JUMP-UPS



Jump-ups

PRIMARY MUSCLE GROUPS: thighs and cardio
SECONDARY MUSCLE GROUPS: rear end and calves
START: Stand in front of a step or platform that is 6–18 inches off the ground with feet shoulder-width apart and pointed forward.
ACTION: Draw the navel in and jump up and land on top of the platform. Keep the toes pointed forward and knees slightly bent and aligned

over the toes. Make sure the knees do not buckle in before jumping or upon landing. Step off the box and repeat. Jump onto the platform as soon as your feet reach the ground for optimal cardio effect.
Basic: Jump up and down 10 times.
Intermediate: Jump up and down 20 times.
Advanced: Jump up and down 30–40 times.
Extreme: Jump up and down for 60–90 seconds continuously.

“In the end it’s not the years in your life that count. It’s the life in your years.”
—Abraham Lincoln

PUSH-UP WITH ISOMETRIC HOLD



A



B

Push-up with Isometric Hold

PRIMARY MUSCLE GROUPS: arms and chest
SECONDARY MUSCLE GROUPS: back and core
START: Assume a push-up position with your hands slightly wider than your shoulders and your fingers pointed forward. *Option:* You may balance your body on hand weights in order to alleviate wrist strain. Your back should be straight and your abs and rear end should be tight. Elongate your neck and look slightly forward in order to keep your head in a neutral position. Depend-

ing on your level of fitness, balance on your knees or your feet.
ACTION: Lower your body by bending your elbows and hold the position a few inches from the ground. Return to the start position when your goal is reached. Repeat.
Basic: Perform 3–5 repetitions, holding the “down” position for a few seconds each.
Intermediate: Perform 8–10 repetitions, holding the “down” position for 5 seconds each.
Advanced: Perform 15–20 repetitions, holding the “down” position for 10 seconds each.

SHOULDER PUSH-UP



A



B

Shoulder Push-up

PRIMARY MUSCLE GROUPS: shoulders
SECONDARY MUSCLE GROUPS: upper back and arms
START: Place your feet in a wide stance, with your hands slightly wider than your shoulders and arms extended. Point your rear end up and position your head between your arms. Your back should be straight and your abs and rear end should be tight. In order to prevent a potential

shoulder overload, shift the weight of your body onto your legs.
ACTION: Bend your elbows while lowering your shoulders and body toward your hands until your nose is within inches of the ground. Return to the start position. Continue until your goal is reached.
Basic: Perform 5–8 repetitions.
Intermediate: Perform 10–15 repetitions.
Advanced: Perform 20–30 repetitions.

EWAN BAINES

COOL-DOWN PHASE

It is just as important to cool your body down as it is to warm your body up. So get back on the cardio machine and row, walk or climb for another 7–10 minutes. You should slow down the pace during the last few minutes until your heart rate begins to return to normal. Cap off your workout by foam rolling and stretching, focusing on the muscles that you just worked.

Add this workout to your routine at least once a week. It should take 10–20 minutes to complete, depending what fitness level you choose. We recommend performing the exercises one right after the other, with little or no break in between. If you have more time, try repeating the program two or three times to burn more calories.

Equipment Needed:
Step or Platform

STAMINA STOPWATCH

1 full set = approximately 10–20 minutes (depending on fitness level)

SSG KEN AND STEPHANIE WEICHERT



A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, SSG Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the START Fitness® program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians. The program now trains and certifies basic, senior and master instructors.

For more health and fitness information, go to 1-800-GO-GUARD.com/fitness or email sgtken@GXonline.com.

Warning: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or shortness of breath.