



# BASIC TRAINING FOR LIFE

Part 3 of 3:

## CORE AND CARDIO TRAINING

BY SGT. KEN PHOTOS BY EVAN BAINES

Hello Sgt. Ken,

My name is Jake. I'm a senior in Denver, Colo. I got *Hooah!* in the mail, and I was really impressed with it! I enjoyed your upper-body workout! I was wondering if you have any other workouts I could do. I play lacrosse, and I hadn't been able to find a workout that really fits me until I tried this one. I'm also trying to figure out what I would like to do after high school, and any suggestions or ideas would help.

Thank you,  
Jake

Hello Jake,

Thanks for writing! We're glad that the upper-body workout in Basic Training for Life Part 1 was effective! In Part 2, I covered lower-body training. In this issue, I'll focus on core and cardio training. With all three parts of Basic Training for Life, you'll have all you need to get in the best shape of your life! And you won't need any equipment.

As far as what to do after high school, I once wondered the same thing. Like most 18-year-olds, I wanted money for college and to travel. The Army National Guard gave me both! I wound up getting

all the money I needed for college, a bonus for joining, and I got paid to train in places like Italy, Japan, Korea and Belize. When my training exercises were complete, I came straight home and went back to school.

If I had to do it all over again, I wouldn't change a thing! The Guard allowed me to get in great shape, travel the world and go to college—all while serving my state and country part-time. Your future awaits you! Make it your best!

**HOOAH!**  
Sgt. Ken

### Warm-up Phase:

#### AEROBICS

**Examples:** Running in place; side-straddle hops (jumping jacks); high steps/kneels (4 minutes)

#### STRETCHING

(4 minutes)

### Muscle Target Phase:

#### FLUTTER KICKS

*A core exercise targeting your abs and hips*

**START:** Lie on your back on a mat or soft flat surface with your palms on the ground and your hands against the sides of your buttocks. Position both of your legs approximately 6–12 inches above the ground with your feet flexed.

**ACTIONS:** Military flutter kicks are a four-count exercise where you move your legs simultaneously up and down in opposite directions.

**Step 1:** Raise your left leg to a 45-degree angle while keeping the right leg stationary.

**Step 2:** Raise your right leg off the ground to a 45-degree angle while moving your left leg to the start position. Positions three and four

## FLUTTER KICKS

repeat the first two movements. Continue until your goal is reached.

**Warning:** Remember that the lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body. If you experience discomfort in your lower back, raise your legs to a higher position.

**Basic:** 1–10 repetitions

**Intermediate:** 11–20 repetitions

**Advanced:** 21–30 repetitions

### Hooah! CHALLENGE

Perform 30 repetitions and lock your legs together on the last repetition for 30 seconds!



## VERTICAL LEG CRUNCHES

### VERTICAL LEG CRUNCHES

A core exercise targeting your abs

**START:** Lie on your back on a mat or soft flat surface with your palms on the ground and your hands against the sides of your buttocks. While keeping your legs together, lift your heels toward the ceiling until your feet are directly above your hips. Raise your arms and point your fingers toward your toes. Keep your feet flexed.

**ACTIONS:** Tighten your abdominal muscles and raise your upper body until your fingers come close to reaching your toes. Return to the start position. Continue until your goal is reached.

**Warning:** Never lock your knees.

**Basic:** 1–6 repetitions

**Intermediate:** 7–15 repetitions

**Advanced:** 16–25 repetitions

### Hooah! CHALLENGE

Perform 25 repetitions and lock your upper body in the up position for 30 seconds!

### JUMP ROPE DRILL

A cardio exercise targeting your calves, thighs, back and shoulders

**START:** Stand with a neutral spine, toes pointing forward, legs positioned 12 inches apart and arms at your sides. Slightly bend your knees and elbows.

**ACTIONS:** Begin jumping, leaving only a few inches between the floor and your feet as you hop. At the same time, slightly rotate your shoulders and arms as if jumping rope without the rope. Continue until your goal is reached.

**Basic:** 30 seconds

**Intermediate:** 60 seconds

**Advanced:** 90 seconds

### Hooah! CHALLENGE

Knock out 10 push-ups every 30 seconds while performing this drill.

### Cool-down Phase:

Stretching (4 minutes)

## \*THE REAL Hooah! CHALLENGE

### REPEAT THE MUSCLE TARGET PHASE

**Quick Fix:** 1 full set = approximately 18 minutes

**Fast and Furious:** 2 full sets = approximately 21 minutes

**Mother Load:** 3 full sets = approximately 24 minutes

**Note:** Perform the warm-up and cool-down phases only once.

—Staff Sgt. Ken Weichert is a Master Fitness Trainer with the Army National Guard.

Check out Parts 1 and 2 in this series. Download past issues of Hooah! at [1-800-GO-GUARD.com/hooah](http://1-800-GO-GUARD.com/hooah)

Send an email to Sgt. Ken at [SgtKen@1-800-GO-GUARD.com](mailto:SgtKen@1-800-GO-GUARD.com).

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 suggestions only. Participate at your own risk. Stop if you feel faint or shortness of breath.