



Core Targeting Phase: Box and Reach Drill

Primary Muscles Targeted: Erector Spinae, Obliques, Rectus Abdominus, Transverse Abdominus

Start: Lie down on your back on a soft, flat surface, arms straight and against the sides of your body, palms on the ground. Elevate your legs, and align your feet and knees with your hips, feet flexed. Raise your arms and point your fingers toward your toes. Note: Keep a slight bend in your knees.

Actions: The box and reach drill is a four-count exercise where you reach over the outside of your left thigh with both arms with palms facing your legs, return to the start position, reach over the outside of your right thigh with both arms with palms facing your legs, and return to the start position. Performing all four movements once is one repetition. Continue until your goal is reached. Exhale through your mouth as you reach, and inhale through your nose as you return to the start position.

Basic: 5-10 repetitions (each side) • Intermediate: 11-30 repetitions (each side)
Advanced: 31-60 repetitions (each side) • Extreme: 61-100 repetitions (each side)

NATIONAL GUARD OPERATION: RAPID RESPONSE

WWE and the National Guard are providing the 1-2 knockout punch for holiday weight gain. Six-Time Soldier of the Year Winner Ken Weichert, a.k.a. SGT Ken, shares a circuit training program that will get you from flab to fit in no time!

THE TIME IS NOW TO GET FIT!

Visit www.NATIONALGUARD.com/fitness for more fitness tips from SGT Ken!

Upper Body Targeting Phase: "T" Push-up

Primary Muscles Targeted: Anterior and Medial Deltoids, Triceps, Pectorals, full body integrated

Start: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight.

Actions: While keeping your abdominal muscles tight, lower your body by bending both elbows until the upper parts of your arms become parallel to the ground. Return to the start position. Maintain balance, rotate your body to your left, raise your left arm and point your fingers upward until your body forms a leaning "T." Return to the start position and repeat the actions, next rotating your torso to your right and raising your right arm. Performing the actions on both sides once is one repetition. Exhale through your mouth as you push-up, and inhale through your nose as you lower your body. Note: Do not let your hips sag or arch upward.

Male standards:
Basic: 5-10 repetitions (each side)
Intermediate: 11-20 repetitions (each side)
Advanced: 21-40 repetitions (each side)
Extreme: 41-60 repetitions, or 30-40 repetitions with a set of 5-15-pound dumbbells in each hand (each side)

Female standards:
Basic: 2-4 repetitions (each side)
Intermediate: 5-9 repetitions (each side)
Advanced: 10-20 repetitions (each side)
Extreme: 21-40 repetitions, or 10-20 repetitions with a set of 3-8-pound dumbbells in each hand (each side)



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 short of breath.



Equipment needed:
Basic, Intermediate, Advanced = none

Extreme = see each exercise for equipment needed

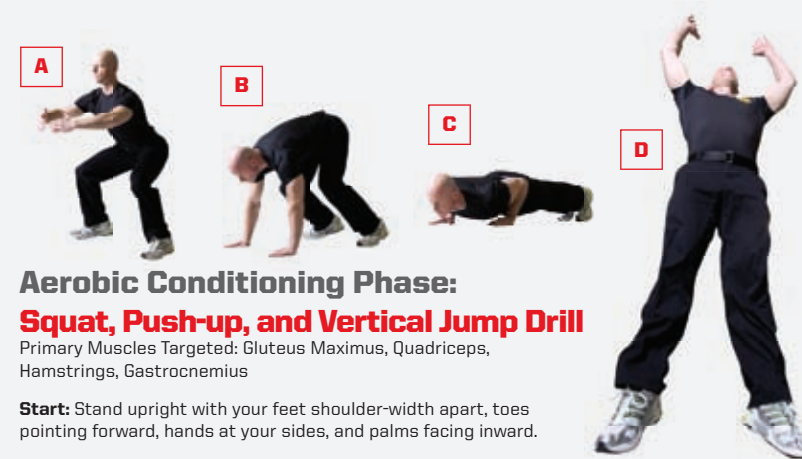
Lower Body Targeting Phase: Lunge

Primary Muscles Targeted: Gluteus Maximus, Quadriceps, Hamstrings, Gastrocnemius, hip flexors

Start: Start with your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg straight behind you, balancing on the ball of your right foot. Your upper body is upright with your hands on your hips.

Actions: Lower your body, both knees bending until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the start position. Continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you lower your body, and inhale through your nose as you return to the start position. Warning: Do not let your forward knee bend beyond your toe line.

Basic: 5-15 repetitions (each side) • Intermediate: 16-40 repetitions (each side) • Advanced: 41-80 repetitions (each side) • Extreme: 81-120 repetitions, or 40-50 repetitions with a backpack or weight vest (each side). Note: Advanced athletes may choose to hold a medicine ball, kettlebell, dumbbell or any kind of light-medium weight in their hands while performing the exercise.



Aerobic Conditioning Phase: Squat, Push-up, and Vertical Jump Drill

Primary Muscles Targeted: Gluteus Maximus, Quadriceps, Hamstrings, Gastrocnemius

Start: Stand upright with your feet shoulder-width apart, toes pointing forward, hands at your sides, and palms facing inward.

Actions:
A) Squat until your knees bend 90 degrees and hips move back as if sitting on a chair. Maintain your weight directly over the middle of your feet and heels. Keep your knees aligned with your feet.
B) Reach downward with your arms and place your hands on the ground slightly in front of your feet.
C) Thrust your legs back to a "push-up" position, back and legs forming a straight line, arms straight and head facing forward. Lower your body by bending both elbows until your upper arms are parallel with the ground. Extend your arms and return to the start position.
D) Jump vertically as high as you can, arms extended overhead. As you land on the ground, go immediately to position #1 (squat). Continue until your goal is reached. Inhale through your nose and exhale through your mouth.

Male standards:
Basic: 5-10 repetitions
Intermediate: 11-30 repetitions
Advanced: 31-50 repetitions
Extreme: 51-70 repetitions, or 30-40 repetitions with a backpack or weight vest

Female standards:
Basic: 2-5 repetitions
Intermediate: 6-15 repetitions
Advanced: 16-30 repetitions
Extreme: 31-50 repetitions, or 15-25 repetitions with a backpack or weight vest

REMARKS: Be certain to perform at least 10 minutes of calisthenics and flexibility exercises before and after the workout as part of a warm-up and cool-down.



Staff Sergeant Ken Weichert is a Six-time Soldier of the Year, Master Fitness Trainer and veteran of Operations Iraqi Freedom and Desert Storm. Ken and his wife, Stephanie, a Certified Personal Trainer, currently produce health and fitness programs for *GX* magazine (www.NATIONALGUARD.com/gx) and for the National Guard website: www.NATIONALGUARD.com/fitness.

Nutrition Advice

- To lose additional body fat, try reducing the consumption of breads, pastas, dairy products and sugar.
- Check with your physician before making any changes to your diet or exercise plan.
- You can go to www.NATIONALGUARD.com/fitness/healthy, and download our Savory Survival Guide.

Stamina Stopwatch

The Stamina Stopwatch includes the estimated time it will take to complete each set of the fitness program.

Quick Fix:
1 full set = approximately 20 minutes

Fast and Furious:
2 full sets = approximately 40 minutes

Combat Ready:
3 full sets = approximately 60 minutes

Notes: The Warm-up and Cool-down Phases are performed only once. Perform the exercises with little or no break between sets.

