

# “FITNESS ANYWHERE” FOR A FRESH START TO THE NEW YEAR

## START Fresh

By SGT Ken Weichert



SGT Ken Weichert, Stephanie and six-time Soldier of the Year and veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, Strategic Director of START Fitness and a certified personal trainer, the Weicherts are conquering the fitness industry.

Did you know that according to the official U.S. Government Web Portal\*, that ‘eating right’ and ‘getting fit’ rank in the top five popular New Year Resolutions? How will you START FRESH for the New Year? We want to encourage you to not only make fitness resolutions for the New Year, but also to keep and accomplish them with a well thought out approach. We understand good intentions, but we like to see good intentions become great results.

Many of you have asked for exercises that can be performed with little or no equipment. We realize that many of you have busy lives. Some of you travel, some have multiple jobs, and some are deployed. We have worked to answer your call with a portable fitness kit. It is kind of like having a personal trainer with you wherever you go.

START Fitness has teamed up with SPRI Products in order to create an exercise guide that is exactly what you have asked for—a FITNESS FIELD KIT. The Fitness Field Kit is a comprehensive exercise guide where the only equipment used is resistance tubing. Our ‘fitness anywhere’ concept is sure to inspire you and help you reach all of your fitness goals! In this issue of GX we will START the year FRESH with some of the exercises from our Fitness Field Kit. **GX**

[www.startfitness.com](http://www.startfitness.com)

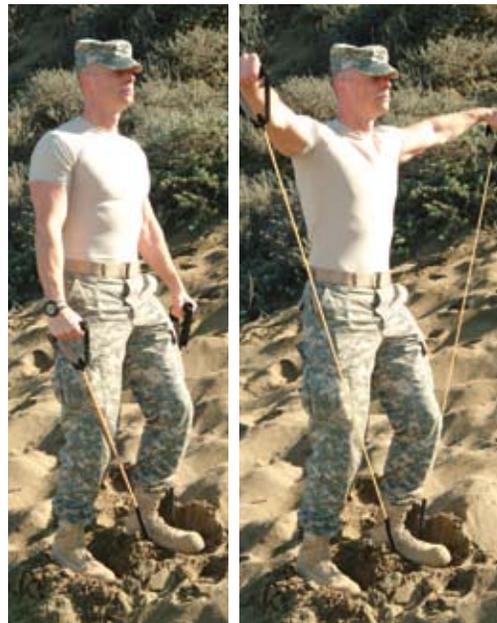
### PECTORALS

#### CHEST FLY

**Start:** Stand in a staggered, narrow or wide stance, place tubing under arch of front foot, or both feet, and slightly bend your knees. Grasp handles and position arms in a 90-degree angle at the sides of your body with palms facing up.

**Finish:** Raise arms up and together. Squeeze pectorals by bringing forearms together at mid-chest height. Keep elbows bent throughout entire exercise with wrists firm. Palms and hands end facing head at eye level. Upper and lower arms form 90-degree angles. Return to start and repeat.

- Basic** – 3 sets of 8 repetitions each
  - Intermediate** – 3 sets of 15 repetitions each
  - Advanced** – 3 sets of 30 repetitions each
- Rest no more than 90 seconds between each



#### SIDE RAISE FOR SHOULDERS

**Start:** Stand in a staggered, narrow or wide stance, place tubing under arch of front foot, or both feet, and slightly bend your knees. Grasp handles and position hands at side of body with thumbs pointing forward.

**Finish:** Lift arms up and away from sides of body no farther than shoulder height, keep wrists firm and elbows slightly bent. Return to start & repeat.

- Basic** – 3 sets of 8 repetitions each
  - Intermediate** – 3 sets of 15 repetitions each
  - Advanced** – 3 sets of 30 repetitions each
- Rest no more than 90 seconds between each set.

### DELTOIDS

**Warning Statement:** Do NOT lean backwards during any of these exercises.

**We want you to know** that we have been reading every email and letter sent to us. Keep them coming to [askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com)! In addition to your questions, we also encourage you to send us your weight loss stories. Please let us know if you have incorporated our tips into your life and how it has helped impact your life (i.e. you run faster, lost weight etc.)

**For additional information** on the Fitness Field Kit or to purchase a set of tubing, simply go to our Website or you can email us directly at [askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com). Many of our tubing exercises are also featured in our Operation Fit to Fight DVD series.