

# OPERATION LIVING FIT

## PART 2 OF 3: Maximizing the Sit-up Event

By SGT Ken Weichert

This issue marks the second part of a three part series, Operation Living Fit. This month we will continue to discuss how to Maximize the APFT (Army Physical Fitness Test). On page #67 of GX 2.6 we provided you one of our weekly arms and chest exercise routines. We have received great reviews from this program!

**This routine does not replace the Push-up routine from GX 2.6. I added this abdominal routine to the recently published Push-up routine and monitored my muscle recovery periods. If you did not receive GX 2.6, you may download our past START FITNESS sections at [www.gxonline.com](http://www.gxonline.com).**

**Remember to always consult your Physician before attempting any new Physical Fitness routine or diet. The Aerobic and the OFF days are necessary for muscle recovery periods. Be certain to eat 20-60 minutes after each exercise period for proper muscle recovery. I have noticed an increase of 10-20 repetitions in my overall score while taking the APFT after performing four weeks of this routine.**



## Improve your APFT

ARMY PHYSICAL FITNESS TEST

Let me provide you with some abdominal exercises that may be less harmful to your lower back & hips but will still prepare you for the APFT. Here is how it works:

### MONDAY

#### SET #1

**Warm-up** 10 MIN

**Mostly Aerobic**

**1/2 Sit-ups** 120 SEC

Rest 45 SEC

**1/2 Sit-ups** 90 SEC

Rest 45 SEC

**1/2 Sit-ups** 60 SEC

Rest 45 SEC

**1/2 Sit-ups** 30 SEC

#### SET #2

**Box and Reach** 50 REPS

Rest 35 SEC

**Box and Reach** 40 REPS

Rest 35 SEC

**Box and Reach** 30 REPS

Rest 35 SEC

**Box and Reach** 20 REPS

#### SET #3

**1/2 Sit-ups** 120 SEC—Hold 30th

REP (if you can) for 10 SEC

Rest 45 SEC

**1/2 Sit-ups** 90 SEC—Hold 30th

REP (if you can) for 10 SEC

Rest 45 seconds

**1/2 Sit-ups** 60 SEC—Hold 20th

REP (if you can) for 10 SEC

Rest 45 SEC

**1/2 Sit-ups** 30 SEC

### TUESDAY

Aerobics Day—No Abdominal Exercises

### WEDNESDAY

Repeat Monday Lesson Plan

### THURSDAY

Aerobics Day - No Abdominal Exercises

### FRIDAY

#### SET #1

**APFT-style Sit-up Diagnostic**

"GO TO MUSCLE FAILURE!"

(The best performance of full

Sit-ups for 2 MIN)

Rest 2 MIN

**1/2 Sit-ups** 2 MIN

#### SET #2

**APFT-style Sit-up Diagnostic**

"GO TO MUSCLE FAILURE!"

(The best performance of full

Sit-ups for 1 MIN)

Rest 2 MIN

**1/2 Sit-ups** 1 MIN

#### SET #3

**APFT-style Sit-up Diagnostic**

"GO TO MUSCLE FAILURE!"

(The best performance of full

Sit-ups for 30 SEC)

Rest 2 MIN

**1/2 Sit-ups** 30 SEC

### SATURDAY

No Abdominal Exercises

### SUNDAY

No Abdominal Exercises

### THE SIT-UP

I have always been known for speaking my mind, especially when it comes to a Soldier's health. Now that I have said that, I wanted you to know that I do not use the full Sit-up in any of my fitness lesson plans for my Soldiers or my Civilians. Why? In many cases, the full Sit-up is a bit harmful to the lower back and hips. However, it is a great exercise to gauge the extent of overall abdominal strength, which is precisely why it is still used in the APFT.

### THE 1/2 SIT-UP

Also called the Abdominal Crunch.

Although the full Sit-up is the best exercise to help you improve your Sit-ups while taking the APFT, the 1/2 Sit-ups will help you a great deal without the unwarranted strain on the lower back and hips.

**START:** Lay down on your back with your both legs together bent 90-degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

**FINISH:** Raise your upper body until your shoulders blades come off of the ground and return to the start position.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.



### THE BOX AND REACH

A two-movement exercise.

Lay down on your back with your arms and legs pointing upward with your feet flexed. Elevate your shoulders slightly. Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.