

# START Fresh™

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

By SSG Ken Weichert

PART 2 OF 2

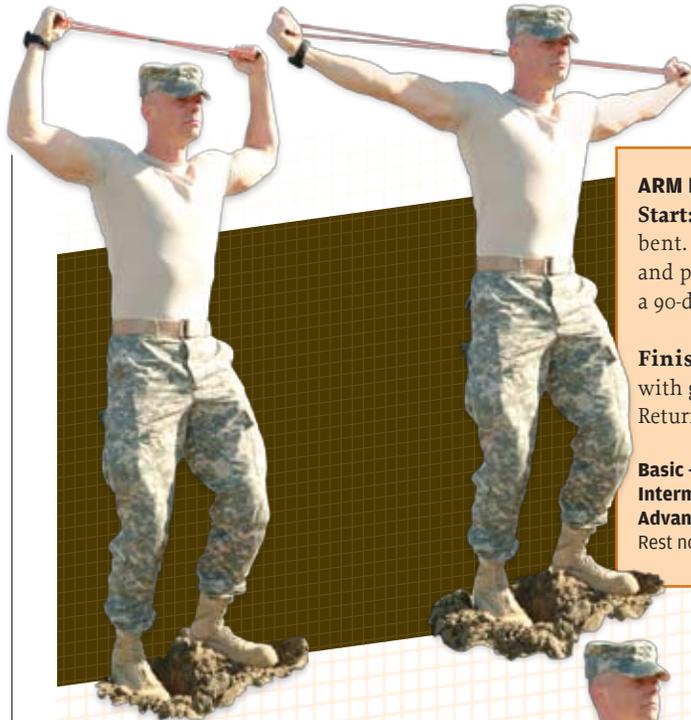
In the last issue of GX Magazine we introduced a special style of physical fitness training that can be performed anywhere at anytime with tubing made by SPRI Products. With these new exercises we hope that you are on your way to START FRESH for the New Year! It's a 'fitness anywhere' concept that is certain to change your life that same way that it changed my own!



SSG Ken Weichert, 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.



SGT Ken and Stephanie Weichert



### TRICEPS

#### ARM EXTENSION

**Start:** Stand hip width apart, knees slightly bent. Grasp the handles of the Ultratube and place behind head with arms forming a 90-degree angle, palms in.

**Finish:** Straighten arms until parallel with ground ending with palms facing up. 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 set.



Many of our tubing exercises are also featured in our Operation Fit to Fight DVD series, available online:  
[www.startfitness.com](http://www.startfitness.com)

#### WHICH TUBING IS TOUGHER THAN THE OTHER?

The thicker the tubing, the more advanced it is to use. Experiment with several levels of tubing in order to discover the type that is right for you.

We have over 100 additional physical fitness exercises with the Xertube and the Ultratube by SPRI Products. We developed this program in order to provide you a way of obtaining lean muscle strength with light equipment that takes little space. Most of all, it's a great way to get ready for the APFT! **GX**

SEND AN EMAIL:  
[askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com)

XERTUBE AND ULTRATUBE PRODUCTS FOUND AT:  
[www.spriproducts.com](http://www.spriproducts.com)

### BICEPS

#### ARM CURL

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

**Finish:** Bend elbows and curl arms up in front of body to shoulder height. Keep wrists firm and elbows at the sides of your body. 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 sec. between each set.



**Warning:** Do NOT lean backwards during any of these exercises. Always consult your Physician before attempting any new exercise routine or diet.