



# OPERATION: **BACK TO BASICS™**

## Kicking Off the Year Right

By Staff Sergeant Ken Weichert  
Photos by Jonathan Miller

We've received many letters from Soldiers asking for help with their New Years resolutions to get into better shape. Some are preparing for the challenges of Basic Training and want to be in the best condition of their lives. Some are older Soldiers who want to be able to show their younger colleagues how it's done. All of them want to build muscle and endurance so that they can be better Soldiers.

To help you achieve your goals, we are kicking off a new program called "Back to Basics™" (B2B). This training program will help you take your physical conditioning to the next level. By practicing these simple exercises, you are guaranteed to lose body fat, stand with better posture and perform better in every aspect of military training and testing. Best of all these exercises can be performed anywhere with little or no equipment. It's the perfect way to start your New Year!

**PLEASE NOTE:** 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 shortness of breath.

**UNIFORM REMARK:** SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

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# WORKOUT

## BASIC - INTERMEDIATE

1. **Warm-up** (not pictured)  
Running in-place (2-min.) or Side-Straddle-Hops "Jumping Jacks" (30)
2. **A few Rotation Exercises**  
2-min. (not pictured)
3. **A few Stretches** 2-min.  
It is advised that you repeat steps 1-3 prior to step 4 in order to be properly warmed-up. (Not pictured)
4. **Push-ups: Goal Post Grip, Normal, & Wide Arm Grip**  
Basic: 1-20 sec.  
Intermediate: 21-40 sec.  
Advanced: 41-60 sec.
5. **Crunches on the ground, or Stability Ball Crunches**  
Basic: 1-30 rep.  
Intermediate: 31-60 rep.  
Advanced: 61-120 rep.
6. **Cobra Pose**  
Basic: 1-10 sec.  
Intermediate: 11-20 sec.  
Advanced: 21-30 sec.
7. **High Prone Back Kicks**  
Basic: 1-6 rep.  
Intermediate: 7-12 rep.  
Advanced: 13-24 rep.
8. **High Prone Round Kicks**  
Basic: 1-6 rep.  
Intermediate: 7-12 rep.  
Advanced: 13-24 rep
9. **Modified Roman Crunches**  
See page 49 for exercise photo
10. **Aerobics** 5-min. (not pictured)  
Treadmill, or Elliptical Machines, or Running, or Cycle

### FOR BEST RESULTS:

**Basic:** 1 set = approx. 20 min.  
**Intermediate:** 2 sets = approx. 40 min.  
**Advanced:** 3 sets = approx. 60 min.

Workout time depends on number of repetitions per set and rest periods.

### 6 Cobra Pose



### Push-ups : Goal-Post Grip, Normal, and Wide-Arm Grip

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If you are not able to perform the Push-up exercise from your feet, simply drop to your knees. If you are not able to perform the Push-up exercise from your knees, simply perform the MODIFIED PLANK POSE.

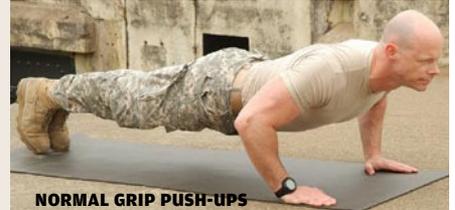
**Start Position:** Balance your body on your hands and feet (or knees) with your back forming a straight line. Look forward and keep your feet together or up to twelve inches apart. The Intermediate positions are where your hands are placed in the Goal-Post or Wide-Arm Grips.

**Note:** Different arm positions engage different arm and shoulder muscles. The closer your hands are together, the more Tricep muscles you engage.

**Action:** While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Slowly return to the Start Position.



GOAL POST GRIPS PUSH-UPS



NORMAL GRIP PUSH-UPS



WIDE-ARM GRIP PUSH-UPS

**Warning:** Do NOT look down toward the ground during this exercise. Maintain a forward focal point at all times.



MODIFIED PLANK POSE

### High Prone Back Kicks

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START POSITION



ACTION POSITION



**Prep Position:** Balance your body on your hands and feet (or knees) with your back forming a straight line. Look forward and keep your feet together or up to twelve inches apart.

**Start Position:** Twist your hips clockwise slightly while bending your right knee to tuck it in toward your chest.

**Action:** Fully extend your right leg slowly and lock your thigh and rear while flexing your foot. Slowly return to the Start Position and continue. Switch leg and hip positions after you have completed the required amount of repetitions.

### 5 Stability Ball Crunches



### 8 High Prone Round Kicks

