



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

ADVANCED - EXTREME

Note: This exercise routine is very difficult. Do NOT perform this exercise routine unless you can perform our Basic - Intermediate and Intermediate - Advanced fitness programs with ease. Please use extreme caution. "It's the toughest Boot Camp you'll ever love!"™

21. **Warm-up** (not pictured)
Running in-place (3 min.) and Side-Straddle-Hops "Jumping Jacks" (60)
22. **A few Rotation Exercises**
4 min. (not pictured)
23. **A few Stretches** 5 min.
(not pictured)
24. **High Steps** 2 min. (not pictured)
Jogging in-place with your hands at least above your shoulders and your knees as high as your hips
25. **Stability Ball Push-ups**
Advanced: 4-12 reps.
Extreme: Perform more than 12 reps. without compromising your form
26. **Leaning Stars**
Advanced: 4-8 reps.
Extreme: Perform more than 8 reps.
27. **Opposite Limb Prone Pointers**
Advanced: 4-8 reps.
Extreme: Perform more than 8 reps.
28. **Eagle Pose**
Advanced: 21-30 sec.
Extreme: Perform more than 30 sec.
29. **Superman/woman**
Basic: 1-6 reps.
Intermediate: 7-12 reps.
Advanced: 13-24 reps.
30. **Modified Plank and Pike**
31. **Aerobics** (not pictured)
Treadmill, or Elliptical Machines, or Running, or Cycle (10 min.)

FOR BEST RESULTS:

Advanced: 3 sets = approx. 75 min.
Extreme: 4 sets = approx. 90 min.

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

Stability Ball Push-ups 25

Start Position: Balance your body with your feet on the ground and your hands on a Stability Ball while keeping your back in a straight line. Look forward and keep your feet together or up to twelve inches apart.

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



27 Opposite Limb Prone Pointers



29 Superman/woman



26 Leaning Stars



30 Modified Plank and Pike



28 Eagle Pose

