

# START FITNESS™

Mike Shumann of ABC news calls START Fitness™, “the absolute best fitness program to get in shape!” Michael Sugerman of KPIX (CBS) Evening Magazine calls it, “Military fitness for anyone!” Now START Fitness™ brings their health and fitness tips to you through Military Spouse magazine!

For additional information on how to purchase a set of tubing for your workouts, simply go to our website, or you can email us directly at askthetrainer@starfitness.com. Many of our tubing exercises are also featured in our Operation Fit to Fight™ DVD series.

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## OPERATION DOUBLE TIME™

### The Next Level of Military Fitness for the Military Spouse

“Are you fired up?” SGT Ken bellowed. “HOOAH!” the civilian recruits responded enthusiastically. The clock read 6:13AM, and already the entire class seemed to be showing signs of fatigue. It was Day 7 of training at the START Fitness™ center in San Francisco with the new class of 2007. Their first week of the New Year was filled with numerous heart-hitting, muscle-maddening, perpetually-perspiring exercises guaranteed to kill body fat on contact!

Amy, a recent START Fitness™ enlistee, lost 10 pounds in two months in the START Fitness™ program. Coupled with a good diet, Amy is burning body fat astoundingly.

Why put yourself through all of this? Because it works. Now, it's your turn, Spouses...Double Time!

- **Note:** Due to magazine space restrictions, some exercises do not include all of the instructions. If there is an exercise that is unfamiliar to you, please feel free to contact us directly at askthetrainer@starfitness.com.



Illustration by Seamas Gallagher, Nicole Sylvester



photos by Jonathan Miller



## WARM-UP PHASE

- 1- Minute Running in-place or 20 Side-Straddle-Hops “Jumping Jacks”
- 2 A few Rotation Exercises (two minutes)
- 3 A few Stretches of your choice (two minutes)

**Start Position:** Lay on your back beginning with your entire body forming a straight line, with your arms against your sides.

**Action:** Bend your left leg first, and cross your bent leg over your right leg until it reaches the ground. You can assist yourself in this movement by taking your right hand, place it on your left knee, and pull your left leg downward toward the ground. Move your left arm straight to your left, look to your left, and relax. Hold this position for 20-30 seconds, and switch sides.

**Warning:** 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.

**NOTE:** Be certain to add the TRUNK STRETCH to the list of stretches that you like to do as part of your Warm-up routine



photos by Jonathan Miller

## BUILD-UP PHASE

**4** 2 - Minutes **Running in-place** or 40 **Side-Straddle-Hops "Jumping Jacks"**

**5** **Squats** with Tubing or Dumbbells

**Start Position:** Grasp the handles of the SPRI® Xer-tube or Dumbbells of a moderate weight, raise your hands head high, elbows bent, palms forward, both feet evenly on the tubing hip-width apart. Stand erect with a neutral spine.

**Action:** Slowly lower your body, with your hips moving back as if sitting on a chair. Maintain your weight directly over the heels or mid-foot. Lower to approximately 90 degrees of knee flexion. Pause, then slowly return to the start position. If lumbar curvature cannot be maintained, lower less than 90 degrees without causing discomfort in your knee joints. Warning: Do not let your knees bend beyond your toe line.

**Bring it On!** – Try extending your arms straight in front of you while you lower yourself to the 90 degree point with your palms down and arms level with your shoulders. Bend your elbows and return your palms to the Start Position as you raise your body. Now you've added upper body resistance!



photos by Jonathan Miller

### Formula with Weights

**Bulk Up** – 3 sets of 8 repetitions each with Heavy resistance

**Sculpt Down** – 3 sets of 15-30 repetitions each with Light to Moderate resistance

### Formula without Weights or Freestyle

**Basic** – 1- 10 repetitions

**Intermediate** – 11- 30 repetitions

**Advanced** – 21- 40 repetitions

**6** **Shoulder Push-ups**

**Start Position:** Assume the standard Push-up position. Now widen your feet and point your rear end in the air.

**Action:** Lower your body to the ground slowly by bending at the elbows. Your head and shoulders will appear to move 45 degrees forward, instead of straight down. Maintain the angles at your hips during this exercise and stay on the balls of your feet. Return to the Start Position and repeat the steps.

**Basic** – 1- 5 repetitions

**Intermediate** – 6 -10 repetitions

**Advanced** – 11-20 repetitions



photos by Jonathan Miller

## SUMMIT PHASE

**7** **Crunches** on the ground, or **Stability Ball Crunches**

**Basic** – 1 -10 repetitions

**Intermediate** – 11- 20 repetitions

**Advanced** – 21- 40 repetitions



photos by Jonathan Miller

## WELLBEING

### 8 Step-ups with Tubing or Freestyle

**Start Position:** Grasp the handles of the SPRI® Xertube, raise your hands shoulder high, elbows bent, palms inward, starting with your left foot on a step with your left knee bent, and your right leg straight while positioned on the ground. Place your left or upward foot on top of the tubing evenly while standing hip-width apart while your upper body is upright.

**Action:** Slowly raise your body by straightening your left leg until your body is erect without your right foot touching the step. Slowly return to the start position. Switch feet when you have completed your required set of repetitions and continue with opposite foot placement. Warning: If using tubing for this exercise, turn your body slightly to the right if using your left leg, or to the left if using the right leg. For Freestyle Step-ups, slightly tuck your body inward while stepping up in order to maintain balance and to engage your abdominal muscles.

**Bring it On!:** – After this exercise I like doing a bunch of “Tubing Jacks”. I step off of the step and perform Jumping Jacks while still holding on to the tubing. Now, you’ve added upper body resistance and some cardiovascular endurance!

#### Formula with Weights

**Bulk Up** – 3 sets of 8 repetitions each with Heavy resistance

**Sculpt Down** – 3 sets of 15-30 repetitions each with Light to Moderate resistance

#### Formula without Weights or Freestyle

**Basic** – 1- 5 repetitions

**Intermediate** – 6- 15 repetitions

**Advanced** – 16- 30 repetitions

**NOTE:** Tubing will only sculpt the body and does not apply to the Formula with Weights.



photos by Jonathan Miller



### 9 Dips, Triceps

**Start Position:** Start the exercise by placing your hands on a step (16-24 inches from the ground) with your palms down and fingers forward. Heels down, toes up, legs slightly bent and knees together.

**Action:** Dip your body by bending your arms until you reach a 90-degree angle at your elbows. Return to the start position by straightening your arms.

### 10 5-Minutes Aerobics (Treadmill, or Elliptical Machines, or Running, or Cycle)

#### Cool-down Phase

(To be conducted at the end of all of your sets)

### 11 A few Stretches (2-Minutes) of your choice

**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.

**SPECIAL REMARKS:** We encourage you to request additional information by emailing us at [askthetrainer@starfitness.com](mailto:askthetrainer@starfitness.com) or to exercise with us while watching our OPERATION FIT TO FIGHT® DVD series. If you are ever in San Francisco, come to our studio where military and family members are always FREE. Our new military line of tubing by SPRI Products is now available at [www.starfitness.com](http://www.starfitness.com).

#### OPERATION DOUBLE TIME™ performance levels:

**Basic** – 1 set = approximately 20 minutes \*

**Intermediate** – 2 sets = approximately 40 minutes \*

**Advanced** – 3 sets = approximately 60 minutes \*

\* Depending on Repetitions per set and rest periods