

OPERATION RAPID RESPONSE™ (OPRARE)



Part 3 of 3,
Dumbbells and Dynamics

By SSG Ken and Stephanie Weichert

(OPRARE)

Dumbbells and Dynamics is the final workout of a three-part series called Operation Rapid Response. OPRARE is the answer when it comes to safe and intense workouts that can be accomplished in a short period of time.

In part one, we responded to SGT Ruks and other deployed Soldiers with a “fixed circuit” fitness workout. A fixed circuit is based on a time limit for each exercise or station. Since SGT Ruks and his colleagues were overseas when we developed the workout, we provided body-resistance exercises only.

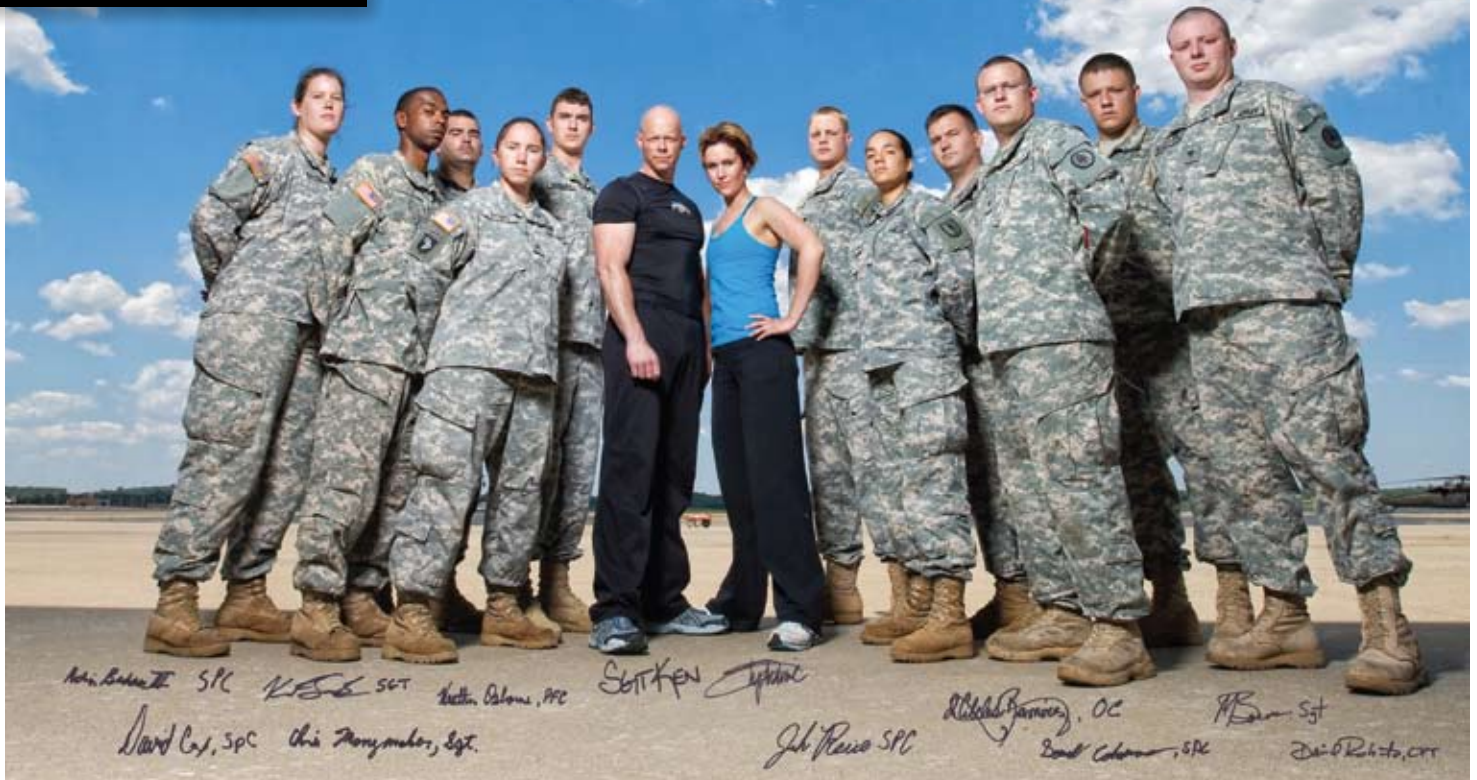
CSM Hudson inspired OPRARE part two, a “free circuit” based on a repetition limit for each exercise or station. This was also our first workout utilizing free motion or cable exercise systems. Free circuits are meant to challenge participants to achieve faster exercise completion times, making the workout a sort of personal competition.

For part three, we have a workout that allows you to choose the fitness circuit method, fixed or free. You can train by time limit or by repetition. Your choice!

READY... BEGIN!

—SSG Ken and Stephanie Weichert

::STANDING TALL, LOOKING GOOD::
GX would like to thank the Soldiers at the Smyrna National Guard Training Center in Tennessee for their selfless and continued support! Stay the course!



EVAN BAINES, SGT KEN: ILLUSTRATION COURTESY OF START FITNESS ©

“Obstacles are those frightful things you can see when you take your eyes off your goal.”

—Henry Ford

WARM-UP PHASE

1. Aerobics (5 minutes):

Examples: Running in place, side-straddle hops (jumping jacks); high steps/knees

2. Stretching (5 minutes)

3. Foam Rolling (5 minutes)

Use a foam roller to help stretch tight areas of the body. Example: If your calves are tight, put the foam roller under your calf and gently press your calf into the roller. Move your leg so that the foam roller massages the entire length of your calf.

MUSCLE TARGET PHASE

Part One: Upper Body and Core

4. Sit-ups, Crunches

START: Lay down on your back with both legs together and 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.

ACTIONS: Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the ground and return to the start position. Continue until your goal is reached.

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

FIXED CIRCUIT

Basic: 30 seconds
Intermediate: 60 seconds
Advanced: 90 seconds

FREE CIRCUIT

Basic: 15 repetitions
Intermediate: 30 repetitions
Advanced: 60 repetitions

5. Four-Count Reverse Crunch

START: Lay down on your back with your palms on the ground and to the sides of your lower hips. Position both legs straight and together while elevated approximately 20 inches off the ground. Flex your feet. Note: Do not lock your knees. You can look toward your legs or keep your head down against the ground.

ACTIONS:

- 1) Bend your knees and raise them over your hips. Note: Your feet will remain parallel with your knees and flexed at your ankles.
- 2) Extend your legs upward until your feet line up over your knees and hips. Note: Do not lock your knees.
- 3) Return to position No. 1.
- 4) Return to the start position. Continue until your goal is reached.

FIXED CIRCUIT

Basic: 20 seconds
Intermediate: 40 seconds
Advanced: 60 seconds

FREE CIRCUIT

Basic: 10 repetitions
Intermediate: 20 repetitions
Advanced: 30 repetitions

PLANK HOLD WITH SINGLE ARM DUMBBELL ROW



6. Plank Hold with Single Arm Dumbbell Row

START: While holding a set of dumbbells, balance your body on your hands and feet with your back forming a straight line. Look forward and keep your feet approximately 18 inches apart.

ACTIONS: While keeping your abdominal muscles tight and balancing on one side, slowly bring the dumbbell on the opposite side upward toward your body by bending your elbow. Return to the start position and perform the actions with the other arm. Continue until your goal is reached on each side.

FIXED CIRCUIT

Basic: 20 seconds
Intermediate: 40 seconds
Advanced: 60 seconds

FREE CIRCUIT

Basic: 10 repetitions
Intermediate: 20 repetitions
Advanced: 30 repetitions

BY THE NUMBERS

1. Aerobics (5 minutes)
2. Stretching (5 minutes)
3. Foam Rolling (5 minutes)
4. Sit-ups, Crunches
5. Four-Count Reverse Crunch
6. Plank Hold with Single Arm Dumbbell Row
7. Prone Back Bends with Dumbbells
8. Push-ups, Normal Grip
9. Squat with Forward Dumbbell Raise
10. Lunge with Overhead Dumbbell Press
11. Back Leg, Front Kicks
12. Switch Lunges
13. Stretching (5 minutes)

“Remember to take little or no break between exercises to achieve best results.”

—SSG Ken Weichert

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PRONE BACK BENDS WITH DUMBBELLS



7. Prone Back Bends with Dumbbells

START: Lower your body to the ground with your arms outward and bent at the elbows. Place your hands on the ground slightly above your shoulders while holding a light set of dumbbells. Place your feet on the ground hip-width apart.

ACTIONS: Slowly arch your lower back by tightening your rear end and lower back muscles until your legs and arms move slightly upward. Return to the start position. Continue until your goal is reached.

Warning: Do not jerk your body during this exercise. Perform the actions slowly.

FIXED CIRCUIT

Basic: 20 seconds
Intermediate: 40 seconds
Advanced: 60 seconds

FREE CIRCUIT

Basic: 10 repetitions
Intermediate: 20 repetitions
Advanced: 30 repetitions

“Great works are performed not by strength, but by perseverance.”
—Samuel Johnson

8. Push-ups, Normal Grip

START: Balance your body on your hands and feet (or knees) with your back forming a straight line. Look slightly forward and keep your feet together or up to 12 inches apart. *Note:* Different arm positions engage different arms, chest and shoulder muscles. You will engage your triceps the closer your hands are positioned together.

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Return to the start position.

Warning: Do not look down to the ground during this exercise. Maintain a slightly forward focal point at all times.

FIXED CIRCUIT

Basic: 20 seconds
Intermediate: 40 seconds
Advanced: 60 seconds

FREE CIRCUIT

Basic: 15 repetitions (male), 5–10 repetitions (female)
Intermediate: 30 repetitions (male), 15 repetitions (female)
Advanced: 45 repetitions (male), 25 repetitions (female)

MUSCLE TARGET PHASE

Part Two: Lower Body

SQUAT WITH FORWARD DUMBBELL RAISE



9. Squat with Forward Dumbbell Raise

START: Stand with a neutral spine, toes pointing forward, legs placed hip-width apart and arms at your sides while holding a set of dumbbells.

ACTIONS: Lower your body by bending both knees to approximately 90 degrees of knee flexion with your hips moving back as if sitting on a chair. While you lower your body, raise your arms forward and upward until level with your shoulders. *Note:* Maintain your weight directly over the heels or mid-foot. Return to the start position. Continue until your goal is reached.

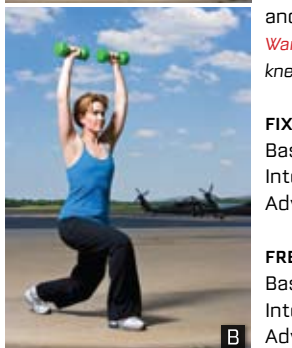
FIXED CIRCUIT

Basic: 20 seconds
Intermediate: 40 seconds
Advanced: 60 seconds

FREE CIRCUIT

Basic: 10 repetitions
Intermediate: 20 repetitions
Advanced: 30 repetitions

LUNGE WITH OVERHEAD DUMBBELL PRESS



10. Lunge with Overhead Dumbbell Press

START: Place one leg in front and the other straight behind you with your toes pointing forward. Your upper body is upright and your shoulders are lined up over your hips. Position your arms outward, bent at the elbows, hands slightly above your shoulders while holding a light set of dumbbells.

ACTIONS: Lower your body by bending both legs at the knees until your forward leg achieves 90 degrees of knee flexion. While you lower your body, extend your arms upward. Maintain your balance in the center. Return to the starting position. Continue until your goal is reached. Switch positions, and continue until your goal is reached.

Warning: Do not lock your elbows. Do not let your forward knee bend beyond your toe line.

FIXED CIRCUIT

Basic: 20 seconds
Intermediate: 40 seconds
Advanced: 60 seconds

FREE CIRCUIT

Basic: 10 repetitions
Intermediate: 20 repetitions
Advanced: 30 repetitions

“If you are going to be a champion, you must be willing to pay a greater price.”

—Bud Wilkinson

BACK LEG, FRONT KICKS



11. Back Leg, Front Kicks

START: Stand with your legs hip-width apart. Start with your left leg in front and your right leg behind you with your feet at a 45-degree angle to the right. Bend your knees slightly and tighten your abdominals. Clench your fists, and position them slightly lower than eye-level so you can see over your fists without blocking your vision. *Note:* Keep your wrists straight.

ACTIONS: Shifting your balance to your left leg, lift your right leg by bending the knee and tucking it into your chest. *Note:* This is called the “chamber.” Quickly extend your right leg out and upward with your toes curling back (aiming as high as you can). Your balancing foot will twist slightly outward, balancing on the ball of the foot. Return to the start position. Quickly repeat until your goal is reached. Switch legs, and continue until your goal is reached.

Self-defense note: You would strike your target using the ball of your foot, located just underneath your big toe.

Warning: Do not snap your kicking knee while performing this version of the front kick.

FIXED CIRCUIT

Basic: 20 seconds

Intermediate: 40 seconds

Advanced: 60 seconds

FREE CIRCUIT

Basic: 10 repetitions

Intermediate: 20 repetitions

Advanced: 30 repetitions

12. Switch Lunges

START: Place one leg in front and the other straight behind you with your toes pointing forward. Your upper body is upright with your shoulders lined up over your hips. Position your arms at your sides.

ACTIONS: Lower your body by bending both legs at the knees until your forward leg achieves 90 degrees of knee flexion. Next, jump up, switch leg positions in midair and land in a lunge. Continue switching legs quickly until your goal is reached. Maintain your balance in the center. *Note:* You can perform this exercise without jumping [Basic level].

Warning: Do not let your forward knee bend beyond your toe line. Do not compromise your form.

FIXED CIRCUIT:

Basic: 20 seconds (not jumping)

Intermediate: 20 seconds

Advanced: 40 seconds

FREE CIRCUIT:

Basic: 10 repetitions (not jumping)

Intermediate: 10 repetitions

Advanced: 20 repetitions

STAMINA STOPWATCH

Operation Rapid Response: 1 full set = approximately 35 minutes

Operation Double-Time: 2 full sets = approximately 45 minutes

Operation Max Load: 3 full sets = approximately 55 minutes

Note: The warm-up and cooldown phases are performed only once.

“Do not believe that possibly you can escape the reward of your action.”

—Ralph Waldo Emerson

COOLDOWN PHASE

13. Stretching (5 minutes)

EQUIPMENT NEEDED:

- Dumbbells

“WE WOULD LIKE TO THANK ‘HAMPTON WEIGHTS’ FOR THE USE OF THEIR DUMBBELLS AND OTHER EQUIPMENT.”

—SSG Ken and Stephanie Weichert



CHRIS KISSLING

SSG KEN AND STEPHANIE WEICHERT

A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, SSG Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the START Fitness® program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians. The program now trains and certifies basic, senior and master instructors.

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.