

OPERATION PUSHING FOR POINTS



Volume 2,
300 Points in 30 Days

By SSG Ken and Stephanie Weichert

Q: How can I get ready to pass the Army Physical Fitness Test (APFT)?

A: This is the question we most frequently receive. To excel at any military fitness test, you must train safely and intensely with the exercises in the test. While weight training is great for muscular strength development, it is also a good example of what *not* to do while conditioning your body to perform better at the APFT or any other fitness test that includes body resistance exercises.

We have had an overwhelming positive response to several parts of this program that we have released to the public. Here is a comment from an actual participant who used our Push-up Improvement Plan video on www.1-800-GO-GUARD.com:

"I'm shipping out for BCT in around four weeks and my push-ups were my one worry. This has really helped me improve, and I'm feeling physically prepared. Thanks, SGT Ken."

In this issue, you will receive a whole month of exercises. We challenge you to use this program to strive for 300 points in 30 days! Are you ready for the challenge?

HOOAH! Let's get started!

—SSG Ken and Stephanie Weichert

LEAD BY EXAMPLE SGT Ken gets Soldiers from Smyrna, TN, ready for the APFT.



“The sterner the discipline,
the greater the devotion.”

—Pete Carroll

30-DAY WORKOUT CALENDAR

Note: Begin and end each workout with at least 5 minutes of warm-up exercises and stretching.

	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY AND SUNDAY:
[WEEK ONE]	Push-up Improvement Plan #1 Crunches, sit-ups	Running long distance Crunches, sit-ups	Push-up Improvement Plan #1 Crunches, sit-ups	Running interval training Crunches, sit-ups	Push-up interval training Crunches, sit-ups	Light stretching and rest
[WEEK TWO]	Push-up Improvement Plan #1 8-minute abs	Running long distance 8-minute abs	Dive Bomber push-ups Uneven push-ups Staggered push-ups Push-up pulses 8-minute abs	Running interval training 8-minute abs	Push-up interval training 8-minute abs	Light stretching and rest
[WEEK THREE]	Push-up Improvement Plan #1 8-minute abs	Running long distance 8-Minute abs	Push-up interval training Uneven push-ups Push-up pulses Full sit-ups	Running interval training 8-minute abs	Physical Fitness Assessment (PFA)	Light stretching and rest
[WEEK FOUR]	Push-up Improvement Plan #1 Full Sit-up Practice Test	Running long distance 8-minute abs	Push-up interval training Uneven push-ups Push-up pulses Full sit-ups	Running interval training 8-minute abs	APFT Practice Test	Light stretching and rest

Diet advice for Operation Pushing for Points, Volume 2:

Go to www.1-800-GO-GUARD.com, GUARD FITNESS, GET HEALTHY, and read Operation Diet Dissection to learn how to reduce your consumption of bread, dairy products and sugar and get more diet advice. Be certain to check with your physician before making any changes to your diet or exercise plan.



In order for Guard Soldiers to effectively accomplish active-duty missions, we must train them as athletes all year round.”

—SSG Ken Weichert

EXERCISE INSTRUCTIONS

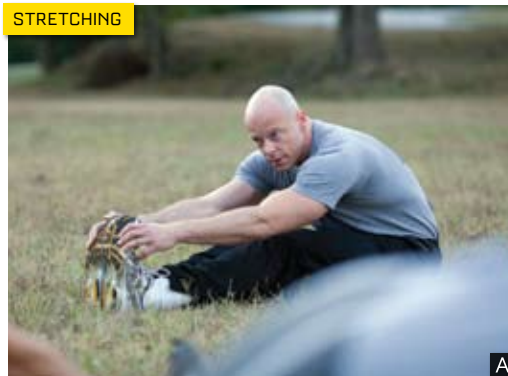
—Excerpt from Operation Fit to Fight manual

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

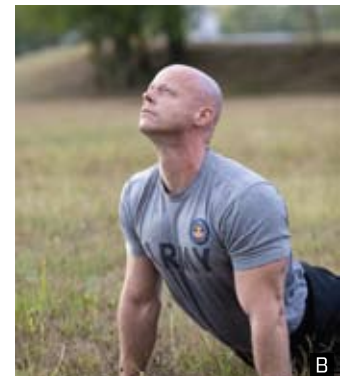
Stretching

Foam Rolling: 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 it into the roller. Move your leg so that the foam roller massages the entire length of your calf.

STRETCHING



A



B

PUSH-UP IMPROVEMENT PLAN #1

STRATEGY:

- Begin the push-up exercise in the close grip position.
 - Continue as long as you can before assuming an authorized rest position.
 - Slide your hands outward to the normal grip position.
 - Continue as long as you can before assuming an authorized rest position.
 - Slide your hands outward to the wide grip position.
 - Continue as long as you can. Go to muscle failure!
- Warning: Do not let your back sag. Do not lift your hands or feet off of the ground. Do not perform this program on your knees.*

**Want to listen to it, or watch it on video? Go to www.1-800-GO-GUARD.com, GUARD FITNESS, GET FIT, UPPER BODY, PUSH-UP IMPROVEMENT PLAN #01.*

+ Push-up standards

START: Balance your body on your hands and feet with your back forming a straight line. Look forward and keep your feet together or up to 12 inches apart. *Note:* Different arm positions engage different arms, chest and shoulder muscles. The closer your hands are together, the more tricep muscles you engage.

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows until the upper part of your arms become parallel to the ground. Return to the start position.

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

- Basic:** 1 set of 1 minute
Intermediate: 1 set of 2 minutes
Advanced: 2 sets of 2 minutes each
Extreme: 2 sets of 3 minutes each

PUSH-UP STANDARDS



A



B



DIVE BOMBER PUSH-UP

A



B



C

+ Crunches, sit-ups

START: Lie 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, then return to the start position. Continue until your goal is reached.

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

- Basic:** 1 set of 1 minute
Intermediate: 2 sets of 2 minutes each
Advanced: 2 sets of 3 minutes each

RUNNING LONG DISTANCE

- Basic:** 2 miles
Intermediate: 4 miles
Advanced: 6 miles

“The best way to condition your body for the 2-mile run as part of a fitness test is to become accustomed to running longer distances.” —SSG Ken Weichert

+ Running interval training

Running interval training is where you mix your running training with sprints and jogging. For example, choose to run on a treadmill, track or well-known route. After jogging for the first 60 seconds, sprint 30 seconds and jog 30 seconds. Repeat this sequence for the remainder of your run. Or, if on a track, sprint the stretch and jog the curve.

- Basic:** 1 mile
Intermediate: 2 miles
Advanced: 3 miles

**Want to listen to it? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Aerobics, Running Interval Training. “Be certain to time your sprint drills. That way, you can challenge yourself to sprint for longer periods of time each week.” —SSG Ken Weichert*

+ Push-up interval training

Push-up interval training is where you complete the

most push-ups possible in 20-second intervals. Perform the push-ups for 20 seconds and rest 20 seconds. Repeat this sequence for the required amount of time.

- Basic:** 4 sets of 20 seconds
Intermediate: 6 sets of 20 seconds
Advanced: 8 sets of 20 seconds

+ Dive Bomber push-up

START: Assume the standard push-up position. Now widen your foot position and point your rear end in the air, positioning your head between your arms.

ACTIONS: Lower your body to the ground slowly by bending at the elbows. Slightly drag your chest across the ground and press your body upward until your arms are straight and your lower back is arched. Return to the start position by reversing the steps. Continue until your goal is reached.

- Basic:** 1–2 repetitions
Intermediate: 3–8 repetitions
Advanced: 9–16 repetitions

**Want to listen to it or watch it on video? Check out www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Dive Bomber Push-Up.*

+ Uneven push-ups

START: Balance your body on your hands and feet with your back forming a straight line. First place your left hand on a platform 4–12 inches higher than the ground. Look forward and keep your feet together or up to 12 inches apart.

ACTION: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Slowly return to the start position. Continue until your goal is reached. Switch arm positions, continuing until your goal is reached.

- Basic:** 1 set of 30 seconds (each side)
Intermediate: 2 sets of 30 seconds (each side)
Advanced: 3 sets of 30 seconds (each side)

**Want to listen to it or watch it on video? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Uneven Push-Up.*

+ Staggered push-ups

START: Assume a modified push-up position by placing your left arm slightly higher than your left shoulder and your right arm slightly lower than your chest. Bend your left leg at the knee and keep your right leg straight. Balance on your toes or on the balls of your feet.

ACTIONS: Lower your body to the ground slowly by bending at the elbows. Slowly return to the

start position. Continue until your goal is reached. Switch arm and leg positions, continuing until your goal is reached.

Basic: 1 set of 30 seconds (each side)

Intermediate: 2 sets of 30 seconds (each side)

Advanced: 3 sets of 30 seconds (each side)

**Want to watch it on video? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Staggered Push-Up.*

✦ Push-up pulses

START: Balance your body on your hands and feet with your back forming a straight line. Look forward and keep your feet together or up to 12 inches apart. While keeping your abdominal muscles tight, drop your body straight down by bending both elbows.

ACTIONS: Raise your body off of the ground only 4-6 inches in height. Drop your body and continue until your goal is reached. *Note:* These actions are performed quickly.

Basic: 1 set of 30 seconds

Intermediate: 2 sets of 30 seconds

Advanced: 3 sets of 30 seconds

8-MINUTE ABS

STRATEGY:

1. Flutter kicks

- Begin the exercise routine with Flutter Kicks.
- Continue for 60 seconds.
- Freeze your legs together for 20 seconds, approximately 12 inches above the ground. Keep your feet flexed.

2. Straight leg pulses

- With both legs together, pulse your legs up and down, from 12 to 18 inches off of the ground for 30 seconds.
- Freeze your legs together for 20 seconds, approximately 12 inches above the ground. Keep your feet flexed.
- Raise your legs straight until your feet line up over your hips.

3. Straight leg drops

- Drop your legs down to 12 inches above the ground.
- Raise your legs straight upward and continue for 60 seconds.
- Freeze your legs in the upward position.
- Point your arms toward your toes.

4. Vertical leg crunches (Dying Cockroach)

- Crunch your upper body toward your toes for 60 seconds.

5. Box and reach

- Reach and point your arms over your left thigh, drop back slightly and reach over your right thigh.

Continue switching, left and right for 60 seconds.

- Bend your knees toward your face and place your hands behind your head.

6. Cradle crunch

- Crunch your lower and upper body sections for 30 seconds.
- Flip over, on your belly, and squeeze your rear end and back muscles. Bend your elbows and tuck them in toward your side and keep your hands level with your shoulders.

7. Modified back bends

- Slowly perform back bends for 30 seconds.
- Relax into a modified “child’s pose” for 30 seconds.
- Roll your back up to a seated position.
- Elevate to your knees and stand up.

Intermediate: 1 set

Advanced: 2 sets

**Want to listen to it? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Core, 8-minute Abs.*



✦ Full sit-ups

Basic: 1 set of 1 minute

Intermediate: 2 sets of 2 minutes each

Advanced: 2 sets of 3 minutes each

✦ Physical Fitness Assessment (PFA)

Basic: Perform 1 minute of push-ups, rest 5 minutes, 1 minute of sit-ups, rest 5 minutes and run 1 mile.

Intermediate: Perform the Physical Fitness Assessment (PFA). Rest 20 minutes. Repeat the entire assessment.

Advanced: Perform the entire assessment three times, resting 20 minutes between sets.

Reference: IET Standardized Physical Training Guide (JAN05).

✦ Army Physical Fitness Test (APFT)

Intermediate: Perform 2 minutes of push-ups, rest 5 minutes, 2 minutes of sit-ups, rest 5 minutes and run 2 miles.

Advanced: Perform 3 minutes of push-ups, rest 10 minutes, 3 minutes of sit-ups, rest 10 minutes and run 3 miles.

Note: We challenge you to perform the advanced strategy on week four of this program to achieve best results. Be certain to rest 48-72 hours prior to taking the fitness test for “record” purposes. Some people may need less or more time for their rest period. Try not to exceed 96 hours of rest before taking the fitness test.

Reference: FM 21-20 (SEP92), FM 3-22.20 (DEC07), and DA Form 705 (JUN99).

Equipment Needed:

None

Forms Needed:

DA FORM 705



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.