

OPERATION LEAPS AND BOUNDS

Strength and Flexibility Training, Part 2 of 2

By SSG Ken and Stephanie Weichert



JUMP TO NEW HEIGHTS! SGT Ken and Stephanie get ready for Operation Leaps and Bounds in Nashville, TN.

[SENT]

SGT James,

We are happy to hear that you are using our health and exercise programs from GX magazine and www.NATIONALGUARD.com/fitness! How is your training going so far?

SGT Ken and Stephanie

[RECEIVED]

SGT Ken,

My training is going well! I firmly believe that the 30-day workout calendar from Operation Pushing for Points in GX 5.6 will help me! While I realize this is an uphill battle, I am refusing to give in and allow myself to take the easy route. I have goals set for myself, and I realize that I must remain focused on those goals. I am finding out that the harder I work at this, the easier and more enjoyable it becomes. I never thought I would say this, but I am enjoying my workouts now! I appreciate your follow-through and would greatly appreciate any more advice or programs you can provide me. Thanks for your help!

SGT James P.
North Carolina Army National Guard

[SENT]

SGT James,

Here is your challenge: Add "Operation Leaps and Bounds," Part 2, to the 30-day workout calendar for every Wednesday workout. Follow our diet plan, Operation Diet Dissection, posted on www.NATIONALGUARD.com/fitness in the "Get Healthy" section. Get plenty of rest at night, and take two days off from training every week so that your muscles and joint tissue can rest and recover. Keep us informed of your progress, and continue to have fun with your workouts!

HOOAH!

SGT Ken and Stephanie



“You must begin to think of yourself as becoming the person you want to be.”

—David Viscott

WARM-UP PHASE

Aerobics: *Examples:* Running in place; side-straddle-hops; jumping jacks; high steps/knees (5–7 minutes)

Stretching (5 minutes)

“Nothing great was ever achieved without enthusiasm.”
—Ralph Waldo Emerson

MUSCLE TARGET PHASE

SHOULDER BRIDGE



SHOULDER BRIDGE (WITH KNEE LIFT)



SHOULDER BRIDGE (ALTERNATE FOREARM POSITION)



Shoulder Bridge

START: Lie flat on your back, arms at your sides.

ACTIONS: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight. Tighten your abdominal and lower back muscles and hold this position.
Alternate Position (Basic): Balance

your body on your forearms and feet.

Additional Movements

(Advanced): Slowly lift your right knee until you reach 90 degrees at the hips and knees. Switch legs. Performing the actions once with both legs is one repetition.

Basic: 1–20 seconds

Intermediate: 21–30 seconds

Advanced: 21–30 seconds (with knee lifts)

DIVE BOMBER PUSH-UPS



Dive Bomber Push-ups

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90 degrees at your hips, head aligned with your arms.
ACTIONS: Lower your body to the ground slowly by bending at the elbows until your face reaches the ground. Continue moving downward to forward to upward by slightly dragging your upper body across the

ground until your abdominals are over your hands, pressing your body upward until your arms are straight and your lower back is arched. Return to the start position by reversing the steps.

Female standards:

Basic: 1–3 repetitions

Intermediate: 4–8 repetitions

Advanced: 9–16 repetitions

Male standards:

Basic: 1–6 repetitions

Intermediate: 7–15 repetitions

Advanced: 16–30 repetitions

PRONE KNEE THRUSTS



Prone Knee Thrusts

START: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight.
ACTIONS: While keeping your abdominal muscles tight, bend your right knee and raise it up and across to

the left side of your body, balancing on your hands and left foot. Return to the start position and perform the actions with your left leg. Performing the actions in both directions once is one repetition.

Basic: 1–10 repetitions

Intermediate: 11–20 repetitions

Advanced: 21–30 repetitions

PLYOMETRIC PUSH-UPS



A



B

Plyometric Push-ups

START: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight.

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 and pause for a few seconds. Push upward as fast as possible by extending your arms, upper body coming off of the ground. As you land, collapse your elbows, slowing down the speed of your descent gradu-

ally until you reach the lower position. Repeat until your goal is reached. Exhale through your mouth as you push up and inhale through your nose as you lower your body.

Female standards:

Basic: 1–12 repetitions (without leaving the ground)

Intermediate: 13–26 repetitions (without leaving the ground)

Advanced: 1–6 repetitions

Male standards:

Basic: 1–22 repetitions (without leaving the ground)

Intermediate: 1–8 repetitions

Advanced: 9–18 repetitions

RUSSIAN TWIST



A



B

Russian Twist

START: Sit on the floor, knees bent at a 90-degree angle and heels on the ground. Position your arms at chest level, elbows out and hands together. Relax your shoulders, maintain a neutral spine and lean back until your torso is at a 45-degree angle with the ground.

ACTIONS: Twist your torso at the trunk of your body to the left until your elbow reaches the ground, and twist your torso to the right until your elbow

reaches the ground. Twist slow and continuously. Performing the actions on both sides once is one repetition. Continue until goal is reached. Exhale through your mouth as you twist, and inhale through your nose as you return to the start position.

Note: If you experience discomfort in the lower back, stop and readjust the position.

Basic: 1–10 repetitions

Intermediate: 11–20 repetitions

Advanced: 21–30 repetitions

SQUAT-THRUST-JUMPS



A



B



C



D

Squat-Thrust-Jumps

START: Stand upright and ready.

ACTIONS: Lower your body, both knees bending until your hands reach the ground. Straighten your body until you are in the push-up position. Quickly bring your knees into your

chest, switch your balance to your feet, extend your legs and jump in the air. Repeat.

Basic: 1–10 repetitions

Intermediate: 11–20 repetitions

Advanced: 21–30 repetitions

COOL-DOWN PHASE



Standing Hamstring Stretch

START: Stand upright.

ACTIONS: Place your left leg 12 inches in front of you. Point your toes upward. Bend forward from your hips and reach toward your left foot with your hands. If possible, grasp the outside of your foot with your hands and hold this position. Switch legs and repeat.

Prone Calf Stretch

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, and legs and arms straight. Raise your hips until slightly higher than your shoulders.

ACTIONS: Push your heels down toward the ground and hold this position.



Modified Side Stretch

START: Stand with your feet 3–4 feet apart, toes forward and arms at your sides.

ACTIONS: Slightly bend your right knee and reach toward the inside of your right foot with your right hand, placing your hand on the ground. Maintain balance and reach upward with your left arm. Hold this position. Switch directions and repeat.

Modified Straddle Stretch

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight.

ACTIONS: Keeping your right foot in place, slightly bend your right knee and walk your body backwards with your hands in short movements until you begin to feel the stretch in your right leg. Only go back as far as it is comfortable. Attempt to straighten your legs, beginning with your front leg. Balance your body on your hands in the center and hold this position. Return to the start position by reversing the steps. Switch positions and repeat.



Stretching Techniques:

Hold each stretch approximately 30 seconds. Do not bounce or overstretch.

Equipment Needed:

None

Breathing Techniques Applied to “Operation Leaps and Bounds”: Exhale through the mouth and inhale through the nose for each exercise.

STAMINA STOPWATCH

Muscle Target Phase:

Rapid Response: 1 full set = approximately 30 minutes

Double-Time: 2 full sets = approximately 45 minutes

Max Load: 3 full sets = approximately 60 minutes

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

“It is time for us all to stand and cheer for the doer, the achiever—the one who recognizes challenge and does something about it.”

—Vincent Lombardi

Watch fitness videos and download workouts at

www.NATIONALGUARD.com/fitness or email sgtken@GXonline.com.

SSG KEN AND STEPHANIE WEICHERT



EVAN BAINES

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.