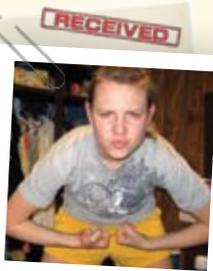


# Getting Guard-Ready

## A WORKOUT TO PREPARE YOU FOR BASIC TRAINING

By Staff Sgt. Ken Weichert

Sgt. Ken, your workouts are making me stronger—not only physically, but mentally as well. When I first considered joining the National Guard, I had no idea how to get physically prepared for basic training. I have never been good at sticking to an ongoing fitness program. However, your workouts have changed my life! I have emailed several times to share my progress, and each time you helped by telling me to keep pushing and never give up. You have always been so positive, and that has helped me so much! Best of all, we both have a great thing in common: Now, I am ready to join the Army National Guard!



Hooah!  
Tiffanie

Tiffanie,  
Helping you reach your fitness goals has been an absolute pleasure so far! I have no doubt that you will make a great soldier and a great leader! You will soon be a part of a huge family of National Guard soldiers who perform amazing deeds for our states and country. We stand for loyalty, duty, respect, selfless service, honor, integrity and personal courage. Stay the course!

Hooah!  
Sgt. Ken



### Warm-up Phase:

#### AEROBICS

**Examples:** Running in place; side-straddle-hops (jumping jacks); high steps/knees (4 minutes)

**STRETCHING**  
(4 minutes)

### Muscle Target Phase:

#### MEDICINE BALL PUSH-UPS

**Examples:** Medicine ball (can be substituted with a basketball)  
*Primary muscles targeted:* Pectorals, triceps and abdominals  
**START:** Place a medicine ball on the ground under your chest with your hands on top slightly on the outside of the ball.

Balance your body on your hands and your feet with your back and legs, forming a straight line.



Maintain a neutral spine, with your feet together or up to 12 inches apart and your legs and arms straight.

**ACTIONS:** While keeping your abdominal muscles tight, slowly drop your body straight down, bending both elbows until your chest is a few inches from the medicine ball. Return to the start position and repeat. Inhale through your nose each time you drop, and exhale through your mouth as you return to the start position.

**Basic:** 1–5 repetitions  
**Intermediate:** 6–10 repetitions  
**Advanced:** 11–15 repetitions

#### Hooah! CHALLENGE

Knock out 10 regular push-ups as soon as you finish the medicine ball push-ups!

#### PLANK HOLD

*Equipment:* None  
*Primary muscles targeted:* Abdominals and lower back

**START:** Assume a push-up position with your hands slightly wider than your shoulders.



Bend your elbows and balance your body on your forearms and your feet with your back and legs, forming a straight line. Maintain a neutral spine, with your feet together or up to 12 inches apart and your legs and arms straight. Look slightly forward to keep your head in a neutral position.

**ACTIONS:** Maintain this posture until your goal is reached. Breathe naturally.

**Basic:** 1–20 seconds  
**Intermediate:** 21–40

seconds  
**Advanced:** 41–60 repetitions

#### Hooah! CHALLENGE

Knock out 30 crunches as soon as you finish the plank hold!

#### KNEE THRUSTS

*Equipment:* None  
*Primary muscles targeted:* Abdominals and hip flexors

**START:** Assume a guard position or boxing stance by standing with your feet shoulder-width apart, your right foot a

half-step behind the left, and your fists clenched and level with your chin. Keep both feet pointing slightly to your right, with your knees slightly bent and your elbows tucked in at your sides.

**ACTIONS:** Tighten your abdominals and thrust your right knee upward toward your chest. Return to the guard position and continue until your goal is reached. Switch leg positions and repeat. Exhale through your mouth as you thrust, and inhale through your nose as you return to the guard position.

**Basic:** 1–20 repetitions (each leg)

**Intermediate:** 21–40 repetitions (each leg)

**Advanced:** 41–60 repetitions (each leg)

#### Hooah! CHALLENGE

Knock out 20 leg squats before switching leg positions.

### Cool-down Phase:

**STRETCHING**  
(4 minutes)

—Staff Sgt. Ken Weichert is a Master Fitness Trainer with the Army National Guard.

## Hooah! Fit Tips:

### Water Works!

Don't forget to drink plenty of water! Drinking 64 ounces of water every day flushes toxins out of your body and will help you sustain your energy!

Did you know it takes 27 glasses of water to wash out the acidity of one soda? Want more proof? Pour some soda on your car battery terminals and watch it eat the corrosion away. That is what you are putting into your body!  
—Sgt. Ken

## \* THE REAL Hooah! CHALLENGE

**Repeat the Muscle Target Phase**

**Quick Fix:**  
1 full set equals approximately 18 minutes

**Fast and Furious:**  
2 full sets equals approximately 21 minutes

**Mother Load:**  
3 full sets equals approximately 24 minutes

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

**Equipment Needed:**  
Medicine ball or basketball

Watch Sgt. Ken's fitness videos at  
[www.NATIONALGUARD.com/fitness](http://www.NATIONALGUARD.com/fitness).

How did this fitness plan work for you? Send an email to Sgt. Ken at [SgtKen@NATIONALGUARD.com](mailto:SgtKen@NATIONALGUARD.com) and tell him what you think!

*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.*