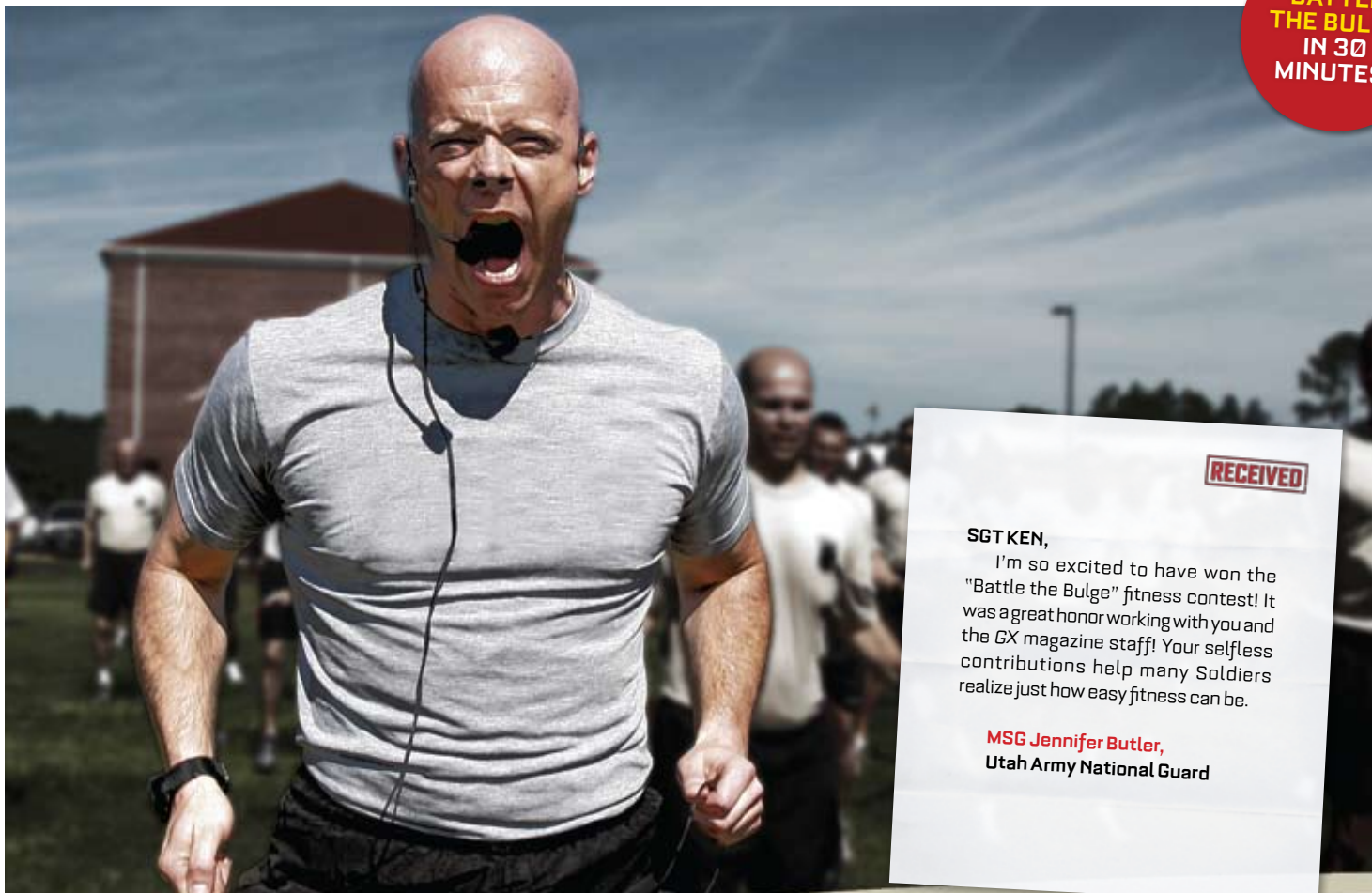


BATTLE THE BULGE IN 30 MINUTES!



RECEIVED

SGT KEN,
I'm so excited to have won the "Battle the Bulge" fitness contest! It was a great honor working with you and the GX magazine staff! Your selfless contributions help many Soldiers realize just how easy fitness can be.

MSG Jennifer Butler,
Utah Army National Guard



>> Meet MSG Jennifer Butler
MSG Jennifer Butler serves as an instructor for the Battle Staff Noncommissioned Officer Course with the 640th Regiment, Utah Army National Guard. She has been in the Guard for 19 years and has served in numerous assignments.

Her interest in fitness began in high school and still benefits her today in the military. A native of Gettsburg, SD, her interests in outdoor activities include boating, camping, four-wheeling and hiking. Butler's short-term goals include obtaining a first sergeant position in the Utah Army National Guard and attending the First Sergeant's course. Her long-term goals are to become a sergeant major or command sergeant major.

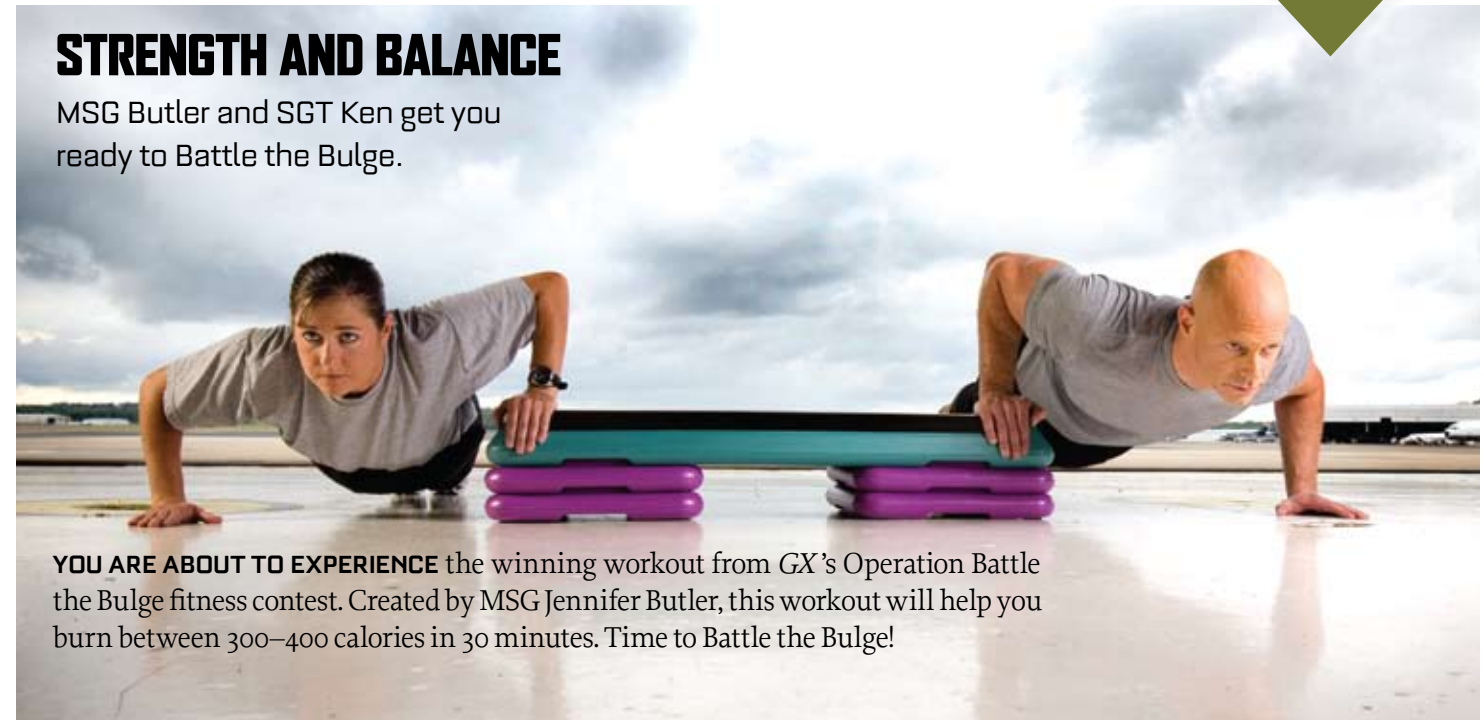


GX Fitness Contest Winner
MSG Jennifer Butler

Written by **MSG Jennifer Butler**, and **Ken** and **Stephanie Weichert**

STRENGTH AND BALANCE

MSG Butler and SGT Ken get you ready to Battle the Bulge.



YOU ARE ABOUT TO EXPERIENCE the winning workout from GX's Operation Battle the Bulge fitness contest. Created by MSG Jennifer Butler, this workout will help you burn between 300–400 calories in 30 minutes. Time to Battle the Bulge!

WARM-UP PHASE

1. Walk or jog in-place x 1 minute (not pictured)

2. Jump Rope Drill x 1 minute (not pictured)

START:
Stand upright, knees slightly bent, feet 6–12 inches apart, toes pointing forward and hands at your sides.

ACTIONS:
Perform the action of jumping rope without the rope. Breathe deeply.

4. Overhead Abdominal Stretch x 30 seconds



START:
Stand upright, feet 6–12 inches apart, toes pointing forward and hands at your sides.

ACTIONS:
Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

5. Modified Chest Stretch x 30 seconds



START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

ACTIONS: Bend forward at your hips approximately 45 degrees, reach behind your back with your arms and clasp your fingers, palms facing backward. Breathe deeply.

CLINT WOOD; ADAM LIVINGSTON; SGT KEN ILLUSTRATION COURTESY OF START FITNESS ©

3. High Step Drill x 1 minute

START:
Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands above your shoulders, palms facing forward.

ACTIONS:
Perform the action of running in place, raising your knees above or at hip-level with each stride. Keep your hands above your shoulders during the entire drill. Breathe deeply.

6. Downward Facing Dog Drill x 30 seconds

START:
Balance your body on your hands and feet with your back and legs 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:
Raise your hips upward until you reach 90-degree at your hips, head aligned with your arms. Breathe deeply.

MUSCLE TARGET PHASE

7.

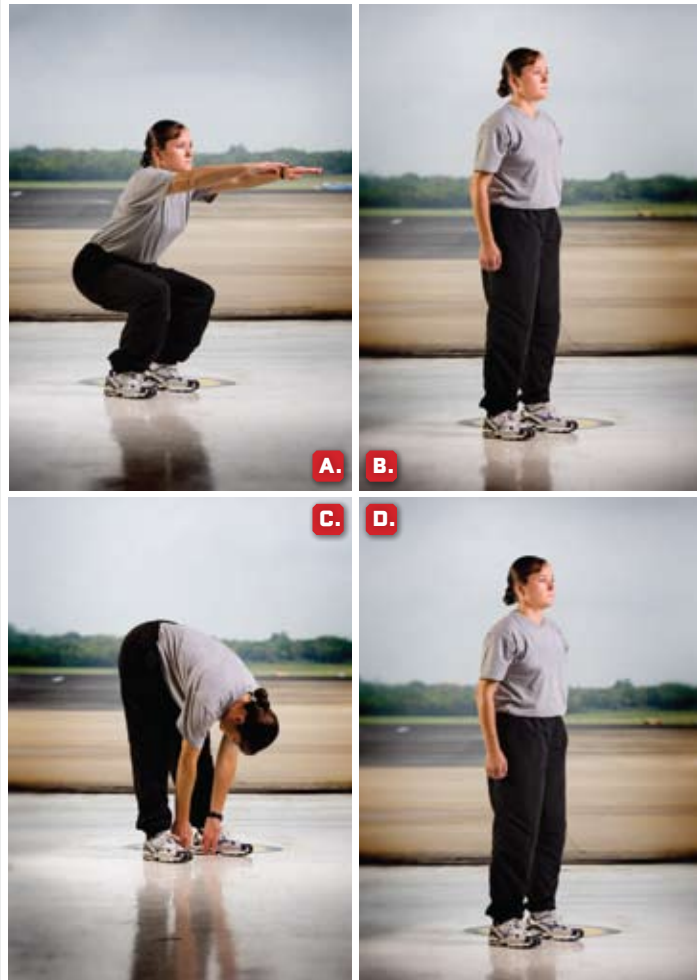
Squat Bender (4-count) x 15 repetitions

START:

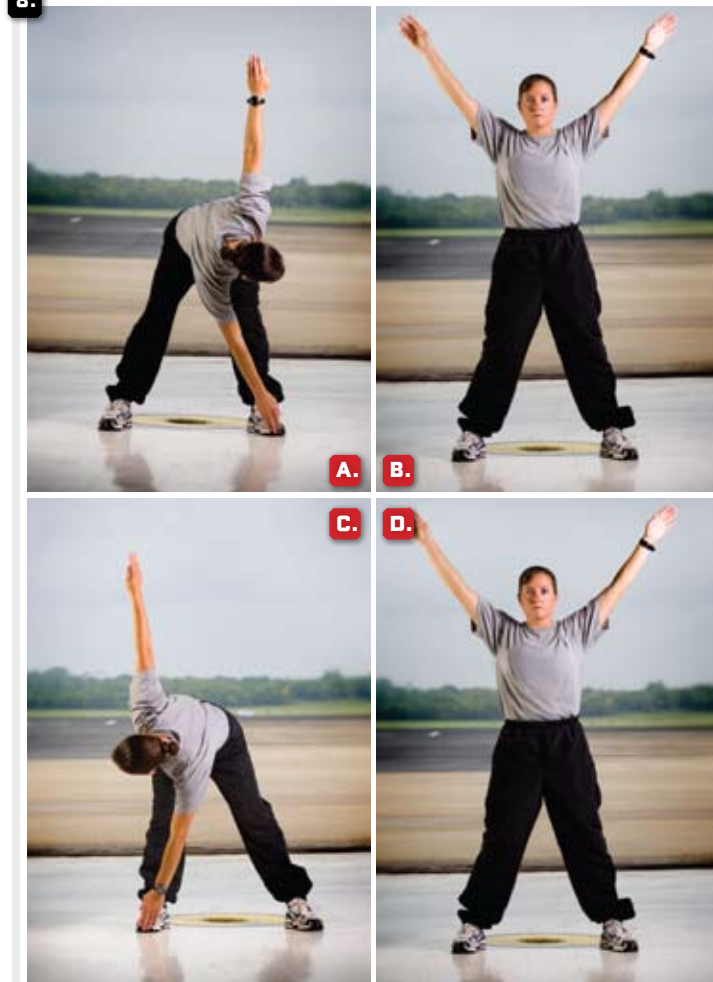
Stand upright, feet shoulder-width apart, toes pointing forward and hands at your sides.

ACTIONS:

- A. Lower your body by bending both knees until you reach 90 degrees of knee flexion with your hips moving backward as if sitting on a chair. Maintain your weight directly over your heels or mid-foot. While you lower your body, raise your arms upward until level with your shoulders, palms facing downward.
- B. Return to the start position.
- C. Bend forward at the hips and reach downward until your hands come close to or reach the ground on the inside of your feet, palms facing inward.
- D. Return to the start position. Completing all four steps once is one repetition. Exhale through your mouth on steps A and C and inhale through your nose on steps B and D.



8.



Windmill (4-count) x 15 repetitions

START:

Stand upright with your feet several inches outside the width of your hips, toes pointing forward, arms fully extended overhead and slightly out to each side until your hands are in line with your feet, palms facing forward. Your body will form a letter “X.”

ACTIONS:

- A. Bend forward at the hips, twist your trunk counterclockwise, reach downward until your right hand comes close to or reaches your left foot, left arm extended upward, hands in line with your shoulders.
- B. Return to the start position.
- C. Bend forward at the hips, twist your trunk clockwise, reach downward until your left hand comes close to or reaches your right foot, right arm extended upward, hands in line with your shoulders.
- D. Return to the start position. Completing all four steps is one repetition. Exhale through your mouth on steps A and C and inhale through your nose on steps B and D.

9.

Static Lunge x 20 repetitions (each side)

START:

Start with your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg straight behind you, balancing on the ball of your right foot. Your upper body is upright with your hands on your hips.



ACTIONS:

Lower your body, both knees bending until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the start position and continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you lower your body, and inhale through your nose as you return to the start position. Warning: Do not let your forward knee bend beyond your toe line.

10.



10. Step Up and Row x 15 repetitions (each side)

START:

Holding a set of light dumbbells at your sides, stand behind a bench or platform that is 6–12 inches from the ground.

ACTIONS:

Place your left leg on the platform, step upward and raise your right knee until level with your hips. Raise your elbows out and up until your hands and elbows are level with your shoulders, palms facing downward. Return to the start position and continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you step up and inhale through your nose as you return to the start position. Note: This can be performed without dumbbells, if needed.

12.

Flutter Kick Drill x 1 minute

START:

Lie flat on your back with your hands under, or slightly outside, your buttocks, palms down. Raise your feet 6–12 inches off the ground.



ACTIONS:

Flutter kicks are a four-count exercise where you raise your left leg to a 45-degree angle for position one, keeping your right leg stationary. Next, raise your right leg to a 45-degree angle while, at the same time, moving your left leg to the start position. Counts three and four are repetitions of the same movements. Repeat quickly until your goal is reached. Note: The lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body. If you experience discomfort in your lower back, raise your legs to a higher position.



Teacher and Pupil

SGT Ken helps instruct MSG Butler on the correct form for her workouts.

11.

Standing Supine Bicycle (4-count) x 20 repetitions

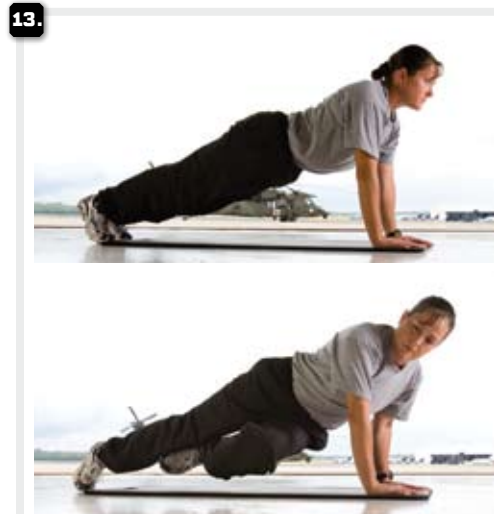
START:

Stand upright, feet shoulder-width apart, toes pointing forward, hands behind your head and fingers clasped.



ACTIONS:

Bend your left knee and raise it upward until level with your hips while twisting your trunk counterclockwise until your right elbow comes close to your left knee. Return to the start position and switch directions. Completing both directions once is one repetition. Continue until your goal is reached. Exhale through your mouth with each knee-lift and inhale through your nose each time you return to the start position.

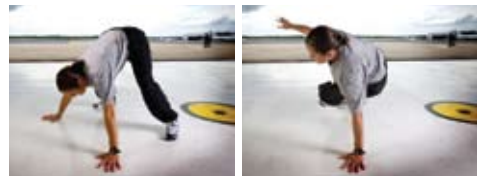


13. Prone Trunk Twist Drill x 10 repetitions (each side)

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 and your arms straight, bend your left knee and raise it toward your hips while twisting your trunk clockwise until your left knee is pointing to the right. Return to the start position. Switch legs and repeat. Completing a trunk twist on each side once is one repetition. Continue until your goal is reached. Exhale through your mouth while you twist your trunk and inhale through your nose as you return to the start position.

TRANSITION PHASE



15. "Squares" Drill (Combatives exercise using both the Shoulder Bridge and the Modified Prone) x 10 repetitions (each side)

START: Balance your body on your hands and feet with your back and legs 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. Raise your hips



slightly higher than your shoulders, head facing forward.

ACTIONS: Switch your balance to your left shoulder and right leg and bend your left knee. Lift your right arm up,

move your left leg between your left shoulder and right leg and move your right arm back. Place your left foot and right hand on the ground and raise your hips until level with your shoulders. Switch your balance to your right, lift your left arm and move your right leg between your right shoulder and left leg. Return to the start position. Continue until your goal is reached. Breathe naturally, in through your nose and out through your mouth.



14. Quadruped Extensions x 10 repetitions (each side)

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



ACTIONS: Contract the abdominal muscles, lift and extend the left arm and the right leg simultaneously until level with the back. Pause for a few seconds and slowly return to the start position. Repeat with the opposite arm and leg, pausing for a few seconds while extended. Continue switching until goal is reached. Performing the actions on both sides once is one repetition. Exhale through your mouth as you extend and inhale through your nose as you return to the start position.



*ADVANCED

“If you train hard, you’ll not only be hard, you’ll be hard to beat.”

—Herschel Walker, former NFL Football player

AEROBIC CONDITIONING PHASE



16. Press-Squat-Push Drill (with or without dumbbells) x 10 repetitions

START: Holding a set of light or moderately weighted dumbbells at your sides, stand with your feet shoulder-width apart, toes pointing forward.

ACTIONS: While keeping your core muscles tight and back straight, press your arms up until nearly fully extended, rotating your wrists outward until palms face forward. Keep your wrists firm and elbows slightly bent. Bend both elbows until your hands are level with your neck. Bend your knees and hips forward, reach downward with your arms and place the dumbbells on the ground slightly outside and in front of your feet, palms facing inward. Thrust your legs back to a “push-up” position, back and legs forming a straight line, arms straight, head facing forward. Lower your body by bending both elbows until your upper arms are parallel with the ground. Extend your arms and return to the start position by reversing the steps. Continue until your goal is reached. Exhale through your mouth as you press and push, and inhale through your nose as you lower your body and return to the start position.

ADAM LIVINGSTON

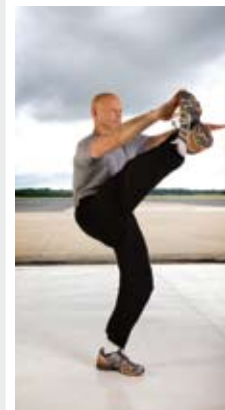
17. Speed Skater Drill (with or without dumbbells) x 20 repetitions

START: Stand with your feet shoulder-width apart, knees slightly bent and toes pointing forward. Hold a set of light dumbbells at your sides, elbows slightly bent and palms facing inward.



ACTIONS: Shifting your balance to your right, thrust your left leg to the left several inches, right leg following and crossing behind your body, left arm extending to the left, right elbow bending and hand moving to upper chest, left foot landing on the ground before the right. Land and balance your body on your left leg, arms level with your shoulders. Quickly, switch directions and repeat. Continue until your goal is reached. Performing the actions on each leg once is one repetition. Exhale through your mouth as you land and inhale through your nose as you switch directions. Note: You can perform this exercise without dumbbells, if needed.

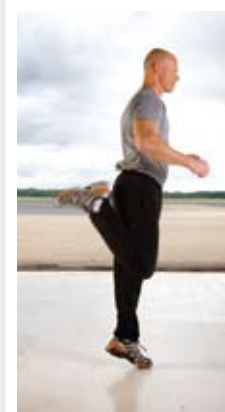
18. Front Rising Kick Drill x 1 minute



START: Stand upright with your feet shoulder-width apart, toes pointing forward, arms fully extended in front of you and level with your shoulders, palms facing downward.

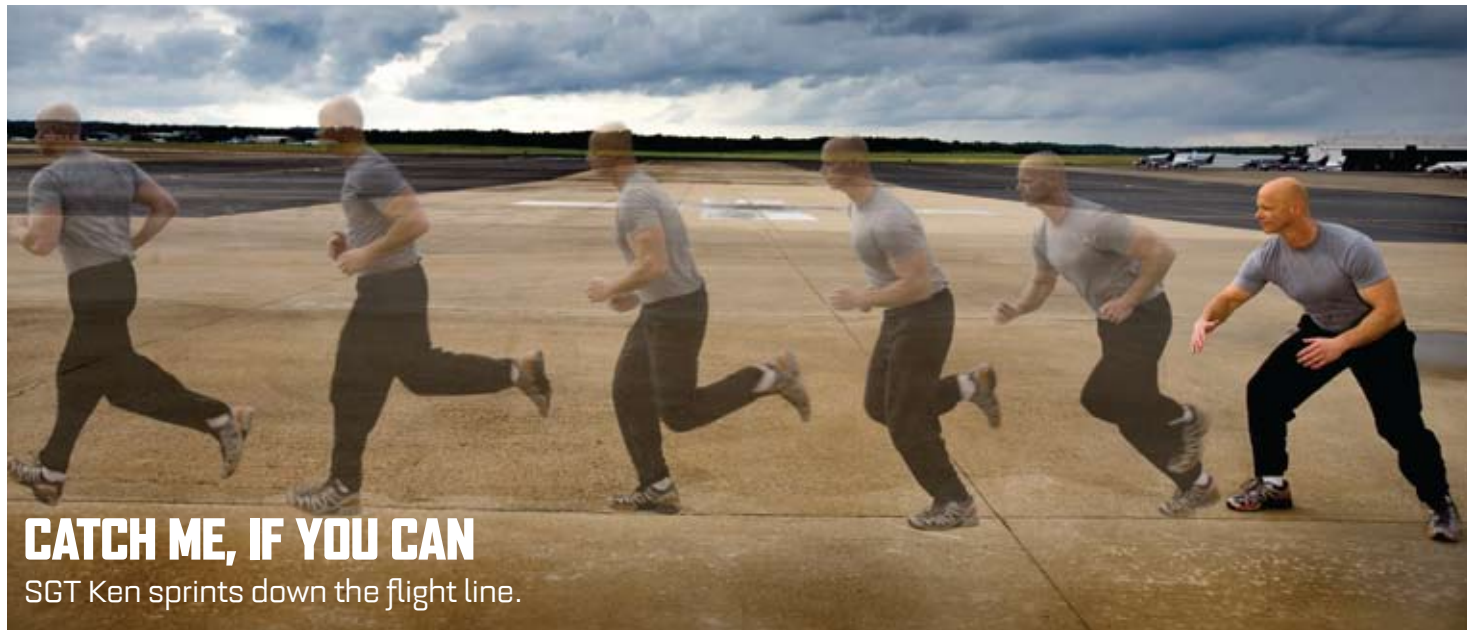
ACTIONS: Tighten your abdominals and thrust your left leg upward toward your left hand, keeping a slight bend in your right knee, shoulders aligned with your hips. Return to the start position and switch legs. Continue until your goal is reached. Exhale through your mouth as you kick and inhale through your nose as you return to the start position.

19. Backside Kick Drill x 1 minute



START: Stand upright with your feet shoulder-width apart, toes pointing forward, arms slightly bent and level with your navel, palms facing inward.

ACTIONS: Bend your left knee and raise your foot toward your buttocks, knees remaining aligned with your hips. While your left leg returns to the start position, quickly raise your right foot toward your buttocks. Continue until your goal is reached. Breathe naturally, in through your nose and out through your mouth. Note: The actions are performed at a fast pace.



CATCH ME, IF YOU CAN

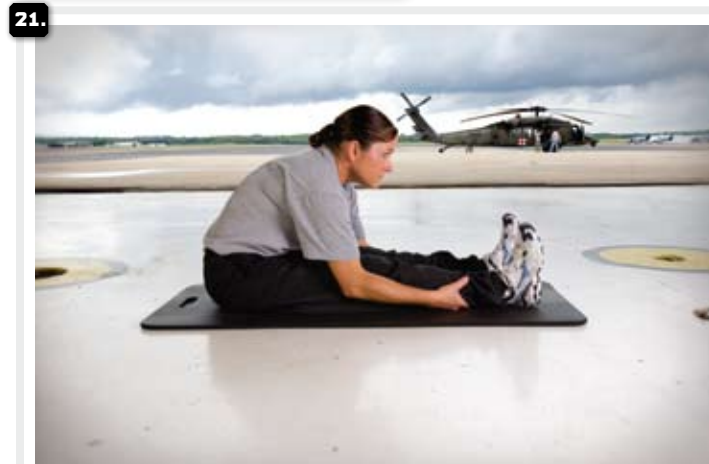
SGT Ken sprints down the flight line.

20. Running outside or on a treadmill x 10 minutes

START: Assume a "standing start position" by placing your toes behind the start line with one leg 12–18 inches behind you. Shift your weight onto the front leg and bend your lead knee 90 degrees. Bend your trunk forward with opposite arm in front and slightly elevated.

ACTIONS: Run at a moderate-to-fast pace. Continue until your goal is reached. Breathe naturally, in through your nose and out through your mouth.

COOL-DOWN PHASE



21. Seated Forward Bend x 30 seconds

START: Sit on the ground or on a mat with your legs straight and together, feet flexed.

ACTIONS: Reach toward your toes or bring your chest toward your legs. Breathe deeply. Keep your back as straight as possible while reaching forward.



22. Modified Straddle Stretch x 30 seconds

START: Sit on the ground or on a mat with your legs straight and together, feet flexed.

ACTIONS: Move your legs outward as far as you can. Reach forward with your arms as far as you can, palms facing down. Breathe deeply.

23. Seated Trunk Stretch x 30 seconds



START: Sit on the ground or on a mat with your legs straight and together, feet flexed.

ACTIONS: Bend your left knee and move your left foot to the right of your right knee. Place your left hand on the ground behind you. Twist your trunk counterclockwise and reach toward your right leg with your right arm, placing your right arm against the left side of your left leg. Continue until your goal is reached. Return to the start position. Switch directions and continue. Breathe deeply. Note: If you can, place your forward hand on your straight leg to lock the stretch for the required time.

24. Modified Thigh Stretch x 30 seconds



START: Lie flat on the ground on your abdomen with your legs straight and your arms in front of your face, elbows bent 90 degrees, palms on the ground. Elevate your upper body and brace yourself with your arms to maintain this position.

ACTIONS: Bend your left knee and raise your foot toward your buttocks, keeping your left knee on the ground. Reach backward with your left arm and grab the outside of your left foot with your hand. Continue until your goal is reached. Return to the start position. Switch legs and continue. Breathe deeply.

STAMINA STOPWATCH

- No More Love Handles:**
1 full set = 30 minutes
- Belly Buster:**
2 full sets = 50 minutes
- Gut Check:**
3 full sets = 70 minutes

Note: The Warm-up and Cool-down phases are performed only once.

- EQUIPMENT NEEDED:**
1. Dumbbells, light to moderate weight, one set
 2. Bench or platform, 6–12 inches from the ground
 3. Floor mat, if a soft surface for the floor exercises is not available.

Remarks: Before starting the program, calculate your target heart rate. It is suggested that you monitor your heart rate during physical activities, if possible. 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.



ADAM LIVINGSTON

EVAN BAINES

KEN AND STEPHANIE WEICHERT

A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, 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. Ken is currently a staff sergeant in the Tennessee Army National Guard.

Watch fitness videos and download workouts at

www.NATIONALGUARD.com/fitness
or email SGTKen@GXOnline.com.