We've received many letters from Soldiers asking for help with their New Years resolutions to get into better shape. Some are preparing for the challenges of Basic Training and want to be in the best condition of their lives. Some are older Soldiers who want to be able to show their younger colleagues how it’s done. All of them want to build muscle and endurance so that they can be better Soldiers.

To help you achieve your goals, we are kicking off a new program called “Back to Basics”™. This training program will help you take your physical conditioning to the next level. By practicing these simple exercises, you are guaranteed to lose body fat, stand with better posture and perform better in every aspect of military training and testing. Best of all these exercises can be performed anywhere with little or no equipment. It’s the perfect way to start your New Year!

**OPERATION: BACK TO BASICS™**

Kicking Off the Year Right

By Staff Sergeant Ken Weichert

Photos by Jonathan Miller

**FOUR BEST RESULTS:**

1. Warm-up: (not pictured) Running in place (2-min.) or Side-Straddle Hops “Jumping Jacks” (30)
2. A few Rotation Exercises
   - 2-min. (not pictured)
3. A few Stretches: 2-min.
   - 3-10 sec.
4. Push-ups: Goal-Post Grip, Normal, & Wide Arm Grip
   - Basic: 10-20 sec.
   - Advanced: 51-60 sec.
5. Crunches on the ground, or Stability Ball Crunches
   - Basic: 1-20 sec.
   - Advanced: 61-120 sec.
6. Cobra Pose
   - Basic: 1-20 sec.
   - Advanced: 41-60 sec.
7. High Prone Back Kicks
   - Basic: 1-6 rep.
   - Intermediate: 7-12 rep.
8. High Prone Round Kicks
   - Basic: 1-6 rep.
   - Intermediate: 7-12 rep.
9. Modified Roman Crunches
   - See page 49 for exercise photo
10. Aerobics: 5-min. (not pictured)
     - Treadmill, or Elliptical Machines, or Running, or Cycle

**FOR BEST RESULTS:**

Basic: 1 set = approx. 20 min.
Intermediate: 2 sets = approx. 40 min.
Advanced: 3 sets = approx. 60 min.

Workout time depends on number of repetitions per set and rest periods.

**PLEASE NOTE:** 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. Uncommon exception: Soldier pictured is in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

To help you achieve your goals, we are kicking off a new program called “Back to Basics”™.

**WORKOUT**

**BASIC – INTERMEDIATE**

1. Warm-up: (not pictured)
   - Running in place (2-min.) or Side-Straddle Hops “Jumping Jacks” (30)
2. A few Rotation Exercises
   - 2-min. (not pictured)
3. A few Stretches: 2-min.
   - 3-10 sec.
4. Push-ups: Goal-Post Grip, Normal, & Wide Arm Grip
   - Basic: 10-20 sec.
   - Advanced: 41-60 sec.
5. Crunches on the ground, or Stability Ball Crunches
   - Basic: 1-20 sec.
   - Advanced: 41-60 sec.
6. Cobra Pose
   - Basic: 1-20 sec.
   - Advanced: 41-60 sec.
7. High Prone Back Kicks
   - Basic: 1-6 rep.
   - Intermediate: 7-12 rep.
8. High Prone Round Kicks
   - Basic: 1-6 rep.
   - Intermediate: 7-12 rep.
9. Modified Roman Crunches
   - See page 49 for exercise photo
10. Aerobics: 5-min. (not pictured)
    - Treadmill, or Elliptical Machines, or Running, or Cycle

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We’ve received many letters from Soldiers asking for help with their New Years resolutions to get into better shape. Some are preparing for the challenges of Basic Training and want to be in the best condition of their lives. Some are older Soldiers who want to be able to show their younger colleagues how it’s done. All of them want to build muscle and endurance so that they can be better Soldiers.

To help you achieve your goals, we are kicking off a new program called “Back to Basics™” (B2B). This training program will help you take your physical conditioning to the next level. By practicing these simple exercises, you are guaranteed to lose body fat, stand with better posture and perform better in every aspect of military training and testing. Best of all these exercises can be performed anywhere with little or no equipment. It’s the perfect way to start your New Year!

OPERATION: BACK TO BASICS™

Push-ups: Goal-Post Grip, Normal, and Wide-Arm Grip

**Push-ups**

1. **Warm-up**
   - (not pictured)
   - Running in-place (5 min.) or Side Straddle Hops
   - “Jumping Jacks” (50)

2. **A few Rotation Exercises**
   - 2 min. (not pictured)

3. **A few Stretches**
   - 3 min.
   - It is advised that you repeat steps 1-3 prior to step 4 in order to be properly warmed-up. (Not pictured)

4. **Push-ups**
   - Goal Post Grip, Normal, and Wide Arm Grip
   - Basic: 1-20 sec.
   - Intermediate: 31-40 sec.
   - Advanced: 41-60 sec.

5. **Crunches**
   - on the ground, or Stability Ball Crunches
   - Basic: 1-30 rep.
   - Intermediate: 31-60 rep.
   - Advanced: 61-120 rep.

6. **Cobra Pose**
   - Basic: 1-10 sec.
   - Intermediate: 11-20 sec.
   - Advanced: 21-30 sec.

7. **High Prone Back Kicks**
   - Basic: 1-6 rep.
   - Intermediate: 7-12 rep.

8. **High Prone Round Kicks**
   - Basic: 1-6 rep.
   - Intermediate: 7-12 rep.

9. **Modified Roman Crunches**
   - See page 49 for exercise photo

10. **Aerobics**
    - 5 min. (not pictured)
    - Treadmill, or Elliptical Machines, or Running, or Cycling

**FOR BEST RESULTS:**

Basic: 1 set = approx. 20 min.
Intermediate: 2 sets = approx. 40 min.
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Workout time depends on number of repetitions per set and rest periods.

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The image on page 49 shows a Soldier performing some of the exercises. The Army Combat Uniform (ACU) without the ACU Shirt is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are used during each exercise.