OPERATION: BACK TO BASICS™
Kicking Off the Year Right

By Staff Sergeant Ken Weichert
Photos by Jonathan Miller

We’ve received many letters from Soldiers asking for help with their New Year’s 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!

TO CONTACT THE TRAINING PROGRAM, PLEASE VISIT: www.gxonline.com/047

For all your fitness needs, please visit: www.askthetrainer.com

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. Uniform免责 Statement: Staff Sergeant Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

FOR BEST RESULTS:

1. Warm-up: (not pictured)
   Running in place (5 min.) or
   Side-Straddle Hops
   *Jumping Jacks* (10)

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

3. A few Stretches: 2 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-up: Goal Post Grip,
   Normal, & 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: 3 min. (not pictured)
    Treadmill, or Elliptical Machines,
    Running, or Cycle

11. Stability Ball Crunches

FOR BEST RESULTS:

Basic: 1 set = approx. 5 min.
Intermediate: 2 sets = approx. 10 min.
Advanced: 3 sets = approx. 20 min.

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

WEIGHTLIFTING

Basic: 1 set = approx. 3 min.
Intermediate: 2 sets = approx. 5 min.
Advanced: 3 sets = approx. 10 min.

Prep Position: Balance your body on your hands and feet (or knees) with your back forming a straight line. Look forward and keep your feet together or up to twelve inches apart.

Start Position: Tuck your hips closer and lock your right leg securely. Slowly bring your right knee to tuck it in toward your chest.

Action: Fully extend your right leg slowly and lock your thigh and rear while flexing your foot. Slowly return to the Start Position and continue. Switch leg and hip positions after you have completed the required amount of repetitions.

Stability Ball Crunches

Basic:
Intermediate:
Advanced:

Action:

Warm-up: (not pictured)
Running in place (5 min.) or
Side-Straddle Hops
*Jumping Jacks* (10)

1. Warm-up: (not pictured)
   Running in place (5 min.) or
   Side-Straddle Hops
   *Jumping Jacks* (10)

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

3. A few Stretches: 2 min.
   It is advised that you repeat steps 1-3 prior to step 4 in order to be properly warmed-up. (Not pictured)

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   Normal, & 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: 3 min. (not pictured)
    Treadmill, or Elliptical Machines,
    Running, or Cycle

11. Stability Ball Crunches

FOR BEST RESULTS:

Basic: 1 set = approx. 5 min.
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Advanced: 3 sets = approx. 20 min.

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

WEIGHTLIFTING

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Start Position: Tuck your hips closer and lock your right leg securely. Slowly bring your right knee to tuck it in toward your chest.

Action: Fully extend your right leg slowly and lock your thigh and rear while flexing your foot. Slowly return to the Start Position and continue. Switch leg and hip positions after you have completed the required amount of repetitions.

Stability Ball Crunches

Basic:
Intermediate:
Advanced:

Action:
11. Warm-up (not pictured)
   Running in-place (5 min.) and/or
   Side-Straddle-Hops “Jumping Jacks” (10)
12. A few Rotation Exercises
    3 min. (not pictured)
13. A few Stretches
    3 min. (not pictured)
14. Swimmers
    Intermediate: 21-40 sec.
    Advanced: 41-60 sec.
15. Uneven Push-ups
    Intermediate: 4-12 reps.
    Advanced: 12-24 reps.
16. Flutter Kicks
    Intermediate: 4-12 reps.
    Advanced: 12-24 reps.
17. Leaning Lateral Leg Lifts
    Intermediate: 1-6 reps.
    Advanced: 7-12 reps.
18. Russian Twists
    Intermediate: 4-12 reps.
Extreme: Perform more than
19. Modified Roman Crunches
20. Aerobics (not pictured)
    Treadmill, or Elliptical Machines, or Running, or Cycle (6 min.)
FOR BEST RESULTS:
Intermediate: 2 sets = approx. 40 min.
Advanced: 3 sets = approx. 60 min.
Workout time depends on number of reps. per set and rest periods.
21. Warm-up (not pictured)
22. A few Rotation Exercises
    4 min. (not pictured)
23. A few Stretches
    5 min. (not pictured)
24. High Steps
    2 min. (not pictured)
25. Stability Ball Push-ups
    Advanced: 4-12 reps.
Extreme: Perform more than
26. Leaning Stars
    Advanced: 4-8 reps.
Extreme: Perform more than
27. Opposite Limb Prone Pointers
    Advanced: 4-8 reps.
Extreme: Perform more than
28. Eagle Pose
    Advanced: 21-30 sec.
Extreme: Perform more than
29. Superman/woman
    Basic: 1-6 reps.
Intermediate: 7-12 reps.
Workout time depends on number of reps. per set and rest periods.
FOR BEST RESULTS:
Advanced: 3 sets = approx. 75 min.
Extreme: 4 sets = approx. 90 min.
Workout time depends on number of reps. per set and rest periods.

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FOR BEST RESULTS:
Intermediate: 2 sets = approx. 40 min.
Advanced: 3 sets = approx. 60 min.
Workout time depends on number of reps. per set and rest periods.
FOR BEST RESULTS:
Advanced: 3 sets = approx. 75 min.
Extreme: 4 sets = approx. 90 min.
Workout time depends on number of reps. per set and rest periods.

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FOR BEST RESULTS:
Advanced: 3 sets = approx. 75 min.
Extreme: 4 sets = approx. 90 min.
Workout time depends on number of reps. per set and rest periods.
FOR BEST RESULTS:
Advanced: 3 sets = approx. 75 min.
Extreme: 4 sets = approx. 90 min.
Workout time depends on number of reps. per set and rest periods.