



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 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!

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 REMARK: SSG 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.

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WORKOUT

INTERMEDIATE - ADVANCED

11. Warm-up (*not pictured*)

Running in-place (3 min.) and/or Side-Straddle-Hops “Jumping Jacks” (50)

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: 21-40 sec.
Advanced: 41-60 sec.

17. Leaning Lateral Leg Lifts

Intermediate: 1-6 reps.
Advanced: 7-12 reps.

18. Russian Twists

Intermediate: 7-12 reps.
Advanced: 13-24 reps.
Extreme: Perform more than 25 reps. with a Medicine Ball in your hands

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.

9 19 Modified Roman Crunches



14 Swimmers



15



Uneven Push-ups

Start Position: Balance your body on your hands and feet with your back forming a straight line. First, place your left hand on a step higher than your right hand. Look forward and keep your feet together or up to twelve inches apart.

Action: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Slowly return to the Start Position and continue. Switch arm positions after you have completed the required number of repetitions.

17 Leaning Lateral Leg Lifts



18 Russian Twists



16 Flutter Kicks

