

Kicking Off the Year Right

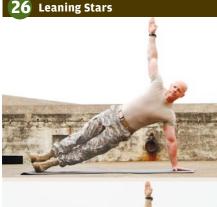
By Staff Sergeant Ken Weichert Photos by Jonathan Miller

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.











Stability Ball Push-ups

25

Start Position: Balance your body with your feet on the ground and your hands on a Stability Ball while keeping your back in a straight line. Look forward and keep your feet together or up to twelve inches apart.

Action: While keeping your abdominal muscles tight, slowly drop your body straight down by bending both elbows. Slowly return to the Start Position and continue.





27 Opposite Limb Prone Pointers







29 Superman/woman



WORKOUT

ADVANCED - EXTREME

Note: This exercise routine is very difficult. Do NOT perform this exercise routine unless you can perform our Basic - Intermediate and Intermediate - Advanced fitness programs with ease. Please use extreme caution. "It's the toughest Boot Camp you'll ever love!™"

- 21. Warm-up (not pictured)
 Running in-place (3 min.) and
 Side-Straddle-Hops
 "Jumping Jacks" (60)
- **22. A few Rotation Exercises** 4 min. (not pictured)
- **23. A few Stretches** 5 min. (not pictured)
- 24. **High Steps** 2 min. (not pictured)
 Jogging in-place with your hands
 at least above your shoulders and
 your knees as high as your hips
- 25. Stability Ball Push-ups
 Advanced: 4-12 reps.
 Extreme: Perform more than
 12 reps. without compromising
 your form
- 26. Leaning Stars
 Advanced: 4-8 reps.
 Extreme: Perform more than 8 reps.
- 27. Opposite Limb Prone Pointers
 Advanced: 4-8 reps.
 Extreme: Perform more than
 8 reps.
- **28. Eagle Pose**Advanced: 21-30 sec.

 Extreme: Perform more than 30 sec.
- 29. Superman/woman

 Basic: 1-6 reps.

 Intermediate: 7-12 reps.

 Advanced: 13-24 reps.
- 30. Modified Plank and Pike
- **31. Aerobics** (not pictured)
 Treadmill, or Elliptical Machines, or Running, or Cycle (10 min.)

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.

28 Eagle Pose

