OPERATION: BACK TO BASICS™

Kicking Off the Year Right

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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!

FOR BEST RESULTS:

1. Warm-up (not pictured)
   Running in-place (10 min.) or Side-To-Side (5 min.)

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

3. A few Stretches
   2 min.

4. Push-ups: Goal-Post Grip, Normal, & Wide-Arm Grip
   Basic: 1-20 rep.
   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 Cycle

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

If you are not able to perform the Push-up exercise from your feet, simply drop to your knees. If you are not able to perform the Push-up exercise from your knees, simply perform the MODIFIED PLANK POSE.

Start Position: Balance your body on your heels and feet (or knees) with your back forming a straight line. Look forward and keep your feet together or up to twelve inches apart. The Intermediate positions are where your hands are placed in the Goal-Post or Wide-Arm Grip.

Note: Different arm positions engage different arm and shoulder muscles. The closer your hands are together, the more Tripec muscles you engage.

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

Stability Ball Crunches

While keeping your abdominal muscles tight, 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: Twist your hips clockwise slightly while bending 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.

11. Aerobics 5-min.
    (not pictured)
    Treadmill, or Elliptical Machines, or Running, or Cycle

Prepare to perform 10 sets of the above exercises. For each set, allow a one minute rest period. Perfect your form before beginning.

Remember, if you feel faint or shortness of breath, stop immediately. If you feel pain or discomfort, stop immediately.

Warning: Do NOT look down toward the ground during this exercise. Maintain a forward focal point at all times.

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. Uniform Inspection: SSG 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 (5 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.
   Extreme: Perform more than 25 reps. with a Medicine Ball in your hands
16. Flutter Kicks
   Intermediate: 1-6 reps.
   Advanced: 7-12 reps.
17. Leaning Lateral Leg Lifts
   Intermediate: 1-6 reps.
   Advanced: 7-12 reps.
18. Russian Twists
   Intermediate: 1-6 reps.
   Advanced: 7-12 reps.
   Extreme: Perform more than 12 reps. without compromising your form
19. Modified Roman Crunches
   Basic: 1-6 reps.
   Intermediate: 7-12 reps.
20. Aerobics (not pictured)
   Treadmill, or Elliptical Machines, or Running, or Cycle (6 min.)
21. Warm-up (not pictured)
   Running in-place (3 min.) and Side-Straddle-Hops “Jumping Jacks” (50)
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.
30. Modified Plank and Pike
31. Aerobics (not pictured)
   Treadmill, or Elliptical Machines, or Running, or Cycle (10 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.

FOR BEST RESULTS:
Advanced: 4 sets = approx. 75 min.
Extreme: 5 sets = approx. 90 min.
Workout time depends on number of reps per set and rest periods.

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 know!”

FOR BEST RESULTS:
Advanced: 3 sets = approx. 35 min.
Extreme: 4 sets = approx. 70 min.
Workout time depends on number of reps per set and rest periods.

FOR BEST RESULTS:
Advanced: 4 sets = approx. 75 min.
Extreme: 5 sets = approx. 90 min.
Workout time depends on number of reps per set and rest periods.