I t was another picturesque day in the vast Redwood forest of Muir Woods, just North of San Francisco, California. My watch read 8:00 a.m. Two teams comprised of soldiers and civilians lined up for their safety briefing. “This is their chance to be in the military for a day!” remarked Michael Sherman, of KNX (CBS) Evening Magazine. He was referring to the unique opportunity of blending the worlds of Soldier and Civilian, the life of which the military spouse is keenly aware. We were excited to embark upon the 6-mile hike, which stretched out before us to the horizon. I was eager to see how well they would endure some of the most demanding trails in the country!

“Leg Lover Workouts!” for the military spouse

- Time to toss the trails! Many of us spend all day inside a building behind a desk or managing a household. Yet many of us leave the building where we spend all day and go right to another building to workout. Why would you like to challenge you to get outside this summer and get moving? If the weather is right, why not experience it?

It’s time to blaze the trails! Many of us spend all day inside a building behind a desk or managing a household. Yet many of us leave the building where we spend all day and go right to another building to workout. Why would you like to challenge you to get outside this summer and get moving if the weather is right, why not experience it?

You can burn 500+ calories an hour simply by hiking over challenging terrain. Hiking is the perfect way to sculpt the lower half of your body. It’s also a great way to enjoy the great outdoors with friends and family. Operation Trail After Trail™ is not just advertising; it’s one of the absolute best “leg lover workouts” we do at START Fitness™ every year!

In this issue, we would like to prepare you for the challenge that is ahead. Whether you are planning to hike 1 mile or 16 miles conditioning your legs is the best way to begin. Your mind is ready for the challenge, now let’s begin by conditioning your legs. Optimal leg conditioning cannot occur by solely utilizing the cardiovascular substrate in the gym. We suggest a workout that combines cardiovascular conditioning along with body weight exercises. These exercises can be used alone or combined with your current weight training program.

Your challenge, if you choose to accept it, is to first prepare yourself and then get outside for a hike at least once this summer. Are you ready for the challenge?

Warning: 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 suggested only. Participate at your own risk. Stop if you feel faint or shortness of breath.

Stephanie & Ken have been writing Health and Fitness articles for the National Guard Experience (GX) Magazine for two years and have received tremendous reviews. Together, they lead the most comprehensive Military-style fitness program in the country. “It’s the toughest Boot Camp you’ll ever love!”

Stephanie & Ken have been writing Health and Fitness articles for the National Guard Experience (GX) Magazine for two years and have received tremendous reviews. Together, they lead the most comprehensive Military-style fitness program in the country. “It’s the toughest Boot Camp you’ll ever love!”

This issue: OPERATION TRAIL AFTER TRAIL™. We are coming into the hiking seasons across the United States. This is the perfect opportunity to get people outside performing physical fitness activities. In fact, June 2007 is the National Hiking month according to the National Parks and Recreation Authority.

“Leg Lover Workouts!” for the military spouse

It’s time to toss the trails! Many of us spend all day inside a building behind a desk or managing a household. Yet many of us leave the building where we spend all day and go right to another building to workout. Why would you like to challenge you to get outside this summer and get moving? If the weather is right, why not experience it?

16-Minute Runners in place or 20 Side-Stride-Drops “Jumping Jacks”
2. 4 Rotation Exercises (2 Minutes)
3. 4 Few Stretches (2 Minutes) of your choice
4. 2-Minute Running in place or 40 Side-Stride-Drops “Jumping Jacks”
5. Crunches on the ground, or Stability Ball Crunches
   Basic: 10 repetitions
   Intermediate: 15-20 repetitions
   Advanced: 25-30 repetitions

Warm-up Phase

Build-up Phase

Warning: 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.

This issue: OPERATION TRAIL AFTER TRAIL™. We are coming into the hiking seasons across the United States. This is the perfect opportunity to get people outside performing physical fitness activities. In fact, June 2007 is the National Hiking month according to the National Parks and Recreation Authority.

AN ACTIVE LIFE NEEDS NUTRITIONAL BALANCE

Daily nutritional support balances an active mom, wife and career woman like Mary Lou Retton. This routine is simple. Start your morning with the Women’s Ultra Mag™ Active multivitamin. With protecting antioxidants, this premium formula was designed specifically to support an active woman’s injury prevention and bone health. Take Triflex® for joint flexibility and comfort, and Double Strength Fish Body OIL for a healthy cardiovascular system. Then add Calcitrate Plus® 800 to ensure your body gets all the calcium it needs to maintain strong bones and teeth.

Warning: 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.
6. Tubing Push-ups or Regular Push-ups
Start: Stand up straight, with your feet together and hands on your hips.
Action: Perform push-ups.
Basic: 1-10 repetitions
Intermediate: 11-20 repetitions
Advanced: 21-40 repetitions
11. Speed Skate Drill
Start: Stand up straight, with your feet together and hands on your hips.
Action: Perform lateral jumps to the left and right.
Basic: 10-20 seconds
Intermediate: 21-40 seconds
Advanced: 41-60 seconds
11. Ski Jumper Drill
Start: Stand up straight, with your feet together and hands on your hips.
Action: Perform lateral jumps to the left and right.
Basic: 10-20 seconds
Intermediate: 21-40 seconds
Advanced: 41-60 seconds

Summit Phase
12. Static Lunges, or sometimes called, “Drop-down Lunges”
Start: Stand up straight, with your feet together and hands on your hips.
Action: Perform lateral jumps to the left and right.
Basic: 1-20 repetitions
Intermediate: 21-40 repetitions
Advanced: 41-60 repetitions
13. Lateral Leg Lifts
Start: Stand up straight, with your feet together and hands on your hips.
Action: Perform lateral jumps to the left and right.
Basic: 1-10 repetitions
Intermediate: 11-20 repetitions
Advanced: 21-40 repetitions
14. 5-Minutes Aerobics (Treadmill, or Elliptical Machines, or Running, or Cycle)
“Great effort! Now, try it again!”
Operation Trail After Trail™
Performance levels:
Basic: 1 set = approximately 20 minutes *
Intermediate: 2 sets = approximately 40 minutes *
Advanced: 3 sets = approximately 60 minutes *
* Depending on Repetitions per set and Rest Periods

Cool-down Phase
15. Stretching (10-Minutes)
Best of Health,
SGT KEN and Stephanie

Our two Teams did a great job! We found that those who spent time preparing for the hike finished with vigor and in front. Those who spent less time preparing were more likely to experience leg discomfort and extreme fatigue. Before you get out there, get prepared. Spend at least two weeks preparing your legs for the challenge ahead. Send us an email and tell us how your training prepared you for the great outdoors and the Operation Trail After Trail™ Summer Challenge.

Stephanie and Ken have been writing Health and Fitness articles for the National Guard Experience (GX) Magazine for the past four years and have received tremendous reviews. Together, they lead the most comprehensive Military-style Fitness program in the country. “It’s the toughest Boot Camp you’ll ever love!”

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.

SPECIAL REMARKS: We encourage you to request additional information by emailing us at ask@startfitness.com or to exercise with us while watching our Operation Fit to Fight DVD series. If you are ever in San Francisco, come to our studio where Military and Family members are always FREE.

Best of Health,
SGT KEN and Stephanie

Great job!