Hello. I am presently eight weeks out from an APFT. I am a long time Guardsman who is training seriously for the first time in a long are great! Right now, I am running, doing full sit-ups and pushups. How do I put it together in order to MAX the APFT?

Thanks.

> Gx

From APFT to Promotion

Part 1 of 2—The First 30 Days

**Weeks 1 and 2: Operation Wake-Up Call**

**Monday Muscle Exploitation Day**

**SET #1**

- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
- Close-grip push-ups: 45 seconds
  - Rest: 45 seconds
  - Normal grip (hands shoulder-width apart) push-ups: 45 seconds
  - Rest: 45 seconds
  - Wide-grip push-ups: 45 seconds
  - Rest: 45 seconds
  - 1½ sit-ups: 2 minutes

**SET #2**

- Close-grip push-ups: 35 seconds
  - Rest: 25 seconds
  - Normal grip push-ups: 35 seconds
  - Rest: 25 seconds
  - Wide-grip push-ups: 35 seconds
  - Rest: 25 seconds
  - ½ sit-ups: 2 minutes

**SET #3**

- Close-grip push-ups: 25 seconds
  - Rest: 25 seconds
  - Normal grip push-ups: 25 seconds
  - Rest: 25 seconds
  - Wide-grip push-ups: 25 seconds
  - Rest: 25 seconds
  - ½ sit-ups: 2 minutes

10 Minutes aerobics (Choose one: treadmill, elliptical machine, running cycle)
- Stretching exercises: 8-10 minutes (cool down)

**Tuesday**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)  
**Stretching exercises:** 8-10 minutes  
**1 Mile Sprints:** 40 seconds  
Sprint 1 lap around a ¼ mile track or the same distance around your street block, or run ¼ mile on a treadmill at a good pace.  
*Fast walk 3-5 minutes*  
Repeat the sequence 5 additional sets (total of 6 sets = 1.5 miles of running)  
**Stretching Exercises:** 8-10 minutes (cool down)

**Wednesday**

**Repeat Monday Lesson Plan**

**Thursday**

**Repeat Tuesday Lesson Plan**

**Friday Practice Push-up Test Day**

**SET #1**

- Warm-up: 10-15 minutes (See past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
- Push-up test #1 (Complete the most push-ups possible in a 2-minute period)
  - ½ sit-ups: 2 minutes
  - Rest: 2 minutes

**SET #2**

- Push-up test #2 (Complete the most push-ups possible in a 1.5-minute period)
  - ½ sit-ups: 2 minutes
  - Rest: 2 minutes

**SET #3**

- Push-up test #3 (Complete the most push-ups possible in a 1 minute period)
  - ½ sit-ups: 2 minutes
  - Rest: 2 minutes

**Stretching exercises:** 8-10 minutes (cool down)

**Saturday and Sunday**

Light stretching and plenty of rest.

Stick to the diet plan and you will notice a tremendous increase in your energy after the first week!

**Monday**

**Intermediate Level**—1 round = approximately 45 minutes*

**Advanced Level**—2 rounds = approximately 90 minutes*

*Depending on repetitions per set and rest periods

Note: Diet plan available by going to www.GXonline.com.

**Energy and persistence conquer all things.**  
—Benjamin Franklin

**Success is the sum of small efforts, repeated day in and day out.**

—Robert Collier

**Winning isn’t everything, but wanting to win is.**  
—Vince Lombardi

**Fellow Guard Soldiers,**

Hello! Thanks for reading GX. About 75 percent of the emails Stephanie and I receive are from Guard Soldiers who are concerned about passing the Army Physical Fitness Test (APFT). We understand and would like to address your concern with a two-month training program. Many of us lead very busy lives, which can sometimes lead to a horrible diet and putting off regular exercise. Sometimes, the only exercise we manage to fit in our schedule is on drill weekends.

**Bottom-line, the higher the score we achieve on the APFT, the more points we receive for promotion. Whether you’re a Guard Soldier trying to better your previous APFT score or a reader who simply wants to reach a higher level of fitness, we challenge you to utilize our 60-day Diet and Exercise APFT summer challenge—Operation Pushing for Points!”

For those of you who are avid weight lifters or athletes with advanced training needs, be advised that this program will specifically address effective training strategies for the APFT only. This program is designed to help you maximize results. Although results will vary, many recruits in our private program have seen a tremendous reduction of body fat as well as an increase in strength and stamina after utilizing the Operation Pushing for Points™ program, which we will be presenting over the ensuing two months. When the goal is to score as high as possible on the APFT, it can be counter-productive to engage in heavy weight training. The Operation Pushing for Points™ program has been tested and proven to be effective. Are you ready for the challenge? HOOH! Let’s get started!

**Go for Muscle Failure!**

—SGT KEN

**Repeat Monday Lesson Plan**

**Repeat Tuesday Lesson Plan**

**Repeat Friday Lesson Plan**

**Repeat Saturday Lesson Plan**

**Repeat Sunday Lesson Plan**

**PPS Graphic**
Stephanie and SSG Weichert,
Hello. I am presently eight weeks out from an APFT. I am a long time Guardsman who is training seriously for the first time in a long time. I read GX magazine frequently and in the past couple of months have become more familiar with START Fitness. Your articles are great! Right now, I am running, doing full sit-ups and pushups. How do I put it all together in order to MAX the APFT? Thanks.
Dave A.

By SSG Ken and Stephanie Weichert

Weeks 1 and 2: Operation Wake-Up Call™

Monday Muscle Exploitation Day

Set #1
Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
Stretching exercises: 8-10 minutes
Climb-grip push-ups: 45 seconds
Rest: 45 seconds
Normal grip (thumb shoulder-width apart) push-ups: 45 seconds
Rest: 45 seconds
Wide-grip push-ups: 45 seconds
Rest: 45 seconds
½ Sit-ups: 2 minutes
Rest: 90 seconds

Remarks: The sit-up is also called the abdominal crunch. Start: Lay down on your back with both legs together and bend 90 degrees at your knees. Place your heel on the ground and point your toes upward. Interlock your fingers and place your hands behind your head. Action: Raise your upper body until your shoulders blades lift off the ground and return to the start position. Warning: Do not pull on your neck with your hands. Keep your elbows wide and your face pointing toward the sky during the entire exercise.

Set #2
Close-grip push-ups: 35 seconds
Rest: 25 seconds
Normal grip push-ups: 35 seconds
Rest: 25 seconds
Wide-grip (two fists) push-ups: 35 seconds
Rest: 25 seconds
½ Sit-ups: 2 minutes
Rest: 90 seconds

Remarks: Full sit-ups are not performed during weeks 1-2 of the Operation Pushing for Points™ training plan.

Set #3
Close-grip push-ups: 25 seconds
Rest: 25 seconds
Normal grip push-ups: 25 seconds
Rest: 25 seconds
Wide-grip push-ups: 25 seconds
Rest: 25 seconds
½ Sit-ups: 2 minutes
Rest: 90 seconds
10 Minute aerobics (Choose one: treadmill, elliptical machine, running cycle)
Stretching exercises: 8-10 minutes (cool down)

Tuesday

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
Stretching exercises: 8-10 minutes
½ Sit-ups: 45 seconds
Sprint 1 lap around a ¼-mile track or the same distance around your street block, or run ¼ mile on a track at a good pace.
Fast walk 3-5 minutes
Repeat the sequence 5 additional sets (Total is 6 sets = 1.5 miles of running)
Stretching exercises: 8-10 minutes (cool down)

Wednesday

Winning isn’t everything, but wanting to win is. —Vince Lombardi

By SSG Ken and Stephanie Weichert

Winning Isn’t Everything, but Wanting to Win Is. —Vince Lombardi

Thursday

Intermediate Level—1 round = approximately 40 minutes
Advanced Level—2 rounds = approximately 90 minutes
Depending on repetitions per set and rest periods

Note: Diet plan available by going to www.GXonline.com.

Friday Practice Push-up Test Day

Set #1
Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
Stretching exercises: 8-10 minutes
Push-up test #1 (Complete the most push-ups possible in a 2-minute period)
½ Sit-ups: 2 minutes
Rest: 2 minutes

Set #2
Push-up test #2 (Complete the most push-ups possible in a 1.5-minute period)
½ Sit-ups: 2 minutes
Rest: 2 minutes

Set #3
Push-up test #3 (Complete the most push-ups possible in a 1-minute period)
½ Sit-ups: 2 minutes
Rest: 2 minutes

Stretching exercises: 8-10 minutes (cool down)
Rest: 2 Days

Saturday and Sunday

Light stretching and plenty of rest.

Stick to the diet plan and you will notice a tremendous increase in your energy after the first week!
The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.
—Vince Lombardi

Nothing great was ever achieved without enthusiasm.
—Ralph Waldo Emerson

**MONDAY** Belly Buster Day

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
- Sit-ups: 90 seconds
- Rest: 60 seconds
- Sit-ups: 75 seconds
- Rest: 60 seconds
- Sit-ups: 60 seconds
- Rest: 60 seconds
- Sit-ups: 45 seconds
- Rest: 60 seconds

**SET #2**
- Box and reach: 10 repetitions
- Rest: 45 seconds
- Box and reach: 40 repetitions
- Rest: 45 seconds
- Box and reach: 20 repetitions
- Rest: 45 seconds

**Remarks:** The box and reach is a two-movement exercise. Start: Lay down on your back with your arms and legs pointing upward and your feet flexed. Elevate your shoulders slightly.

**Actions:** Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.

**SET #3**
- ½ Sit-ups: 2 minutes
  - Freeze in the up position on the 30th repetition for 15 seconds, and then continue
  - Rest: 45 seconds
  - ½ Sit-ups: 1.5 minutes
  - Freeze in the up position on the 30th repetition for 10 seconds, and then continue
  - Rest: 45 seconds
  - ½ Sit-ups: 1 minute
  - Freeze in the up position on the 20th repetition for 10 seconds, and then continue
  - Rest: 45 seconds
  - ½ Sit-ups: 30 seconds
  - 30 minutes aerobics (choose one: treadmill, elliptical machine, running, cycling)

- Stretching exercises: 8-10 minutes (cool down)

**TUESDAY**

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes

**Track:** Sprint the stretches and jog the curves. 8 laps
- In other words, sprint the straight sections of the track and jog the curves until you reach 2 miles
- This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or
- Treadmill: Sprint: 395 miles per hour on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for .050 miles; 24 consecutive sets
- Note: You may choose to sprint .150 miles and jog for .100 miles; 8 consecutive sets
- Rest: 5 minutes
- Push-up test (the best performance of push-ups for a 2-minute period)
  - ½ Sit-ups: 3 minutes
- Stretching exercises: 8-10 minutes (cool down)
- Note: Interval training simply prepares you for faster speeds when it’s really needed during testing periods. You will see your stamina and endurance improve every week that you endure this strategy. Simply increase the sprinting distances and decrease the jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

**WEDNESDAY** (Repeat Monday Lesson Plan)

**THURSDAY** (Repeat Tuesday Lesson Plan)

**FRIDAY** Mini-Test Day

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
- Push-up test #1 (complete the most push-ups possible in a 2-minute period)
- Sit-ups test #1 (complete the most sit-ups possible in a 5-minute period)
- Running test #1 (achieve the best time possible in a 1-mile run)
- Rest: 30 minutes

**SET #2**
- Push-up test #2 (complete the most push-ups possible in a 2-minute period)
- Sit-ups test #2 (complete the most sit-ups possible in a 5-minute period)
- Running test #2 (achieve the best time possible in a 1-mile run)
- Rest: 5 minutes
- Stretching exercises: 8-10 minutes (cool down)
- Rest: 2 days

**SATURDAY and SUNDAY**

Light stretching and plenty of rest.

Next month, we will be taking it to the next level with Operation Stay the Course™ and Operation Fit to Fight™.
For more information, go to www.SXonline.com. HOOAH!
MONDAY  Belly Buster Day

**SET #1**
- **Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)
- **Stretching exercises:** 8-10 minutes
- **Sit-UPS:** 90 seconds
- **Rest:** 60 seconds
- **Sit-UPS:** 75 seconds
- **Rest:** 60 seconds
- **Sit-UPS:** 60 seconds
- **Rest:** 60 seconds
- **Sit-UPS:** 45 seconds
- **Rest:** 60 seconds

**SET #2**
- **Box and Reach:** 50 repetitions
- **Rest:** 45 seconds
- **Box and Reach:** 40 repetitions
- **Rest:** 45 seconds
- **Box and Reach:** 20 repetitions
- **Rest:** 45 seconds

**Remarks:** The Box and Reach is a two-movement exercise. Start: Lay down on your back with your arms and legs pointing upward and your feet flexed. Elevate your shoulders slightly. Action: Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Touching on both sides completes one repetition of this exercise.

**Success is the sum of small efforts, repeated day in and day out.** —Robert Collier

TUESDAY

**SET #1**
- **Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)
- **Stretching exercises:** 8-10 minutes
- **Sit-UPS:** 3 minutes
- **Push-up test (best performance of push-ups for a 2-minute period)**
- **Rest:** 5 minutes
- **Stretching exercises:** 8-10 minutes (cool down)

**Remarks:** Interval training simply prepares you for faster speeds when it’s really needed during testing periods. You will see your stamina and endurance improve every week that you endure this strategy. Simply increase the sprinting distances and decrease the jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

**WEDNESDAY** (repeat Monday Lesson Plan)

THURSDAY (repeat Tuesday Lesson Plan)

FRIDAY  Mini-Test Day

**SET #1**
- **Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)
- **Stretching exercises:** 8-10 minutes
- **Push-up test #1 (complete the most push-ups possible in a 2-minute period)**
- **Sit-ups test #1 (complete the most sit-ups possible in a 3-minute period)**
- **Running test #1 (achieve the best time possible in a 1-mile run)**
- **Rest:** 60 minutes

**SET #2**
- **Push-up test #2 (complete the most push-ups possible in a 3-minute period)**
- **Sit-ups test #2 (complete the most sit-ups possible in a 5-minute period)**
- **Running test #2 (achieve the best time possible in a 1-mile run)**
- **Rest:** 5 minutes
- **Stretching exercises:** 8-10 minutes (cool down)
- **Rest:** 2 days

SATURDAY and SUNDAY

**SATURDAY**
- **Push-up test #2 (complete the most push-ups possible in a 3-minute period)**
- **Sit-ups test #2 (complete the most sit-ups possible in a 5-minute period)**
- **Running test #2 (achieve the best time possible in a 1-mile run)**

**Rest:** 2 days

**Sunday**
- **Light stretching and plenty of rest.**

Next month, we will be taking it to the next level with Operation Stay the Course™ and Operation Fit to Fight™.

For more information, go to www.GXonline.com.

STARTFITNESS™ NOW ONLINE!

SGT Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, strategic director of START Fitness™ and a certified personal trainer, the Weicherts are conquering the fitness industry.

**SPECIAL REMARKS:** We encourage you to send your questions or request additional information by emailing us at askthetrainer@startfitness.com. You can experience our workouts at home with our Operations Living Fit—Boot Camp Fitness ToolKit™ DVD series. You can purchase our DVD set at STARTFitness.com.

**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 diagnoses or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or short of breath.

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**Nothing great was ever achieved without enthusiasm.** —Ralph Waldo Emerson