Hello! Thanks for your positive feedback! This year, our goal is to get you excited about fitness and to assist you in acing the Army Physical Fitness Test this September. In the last issue of GX we provided the first 30 days of a two-month APFT preparation program. This issue will provide you with the last 30 days of preparation. These workouts cater to the specific events and are designed to prepare you to achieve a higher score on the APFT.

For avid weightlifters 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.

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 START Pushing for Points™ program has been tested and proven effective. Are you ready for the challenge? HOOH! Let’s get started!

### Monday
#### Muscle Target Day #1

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 5-10 minutes
  - Close-grip push-ups: 45 seconds
  - Rest: 45 seconds
  - Normal-grip push-ups: 45 seconds
  - ½ Sit-ups: 2 minutes
  - Wide-grip push-ups: 45 seconds
  - ½ Sit-ups: 2 minutes

**REMARKS:**
- The ½ sit-up is also called the abdominal crunch. Start: Lay down on your back with both legs together and bent 90 degrees at your knees. Place your heels 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 blinks off the ground and return to the start position.
- Warning: Don’t pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky.
- Intermediate Level: 1 round = approximately 45 minutes
- Advanced Level: 2 rounds = approximately 90 minutes

**SET #2**
- Close-grip push-ups: 20 seconds
  - Rest: 20 seconds
  - Normal-grip push-ups: 20 seconds
  - Rest: 20 seconds
  - Wide-grip push-ups: 20 seconds
  - Rest: 20 seconds
  - ½ Sit-ups: 2 minutes
  - 10 Minutes aerobics (choose one: treadmill, elliptical machine, running, cycle)
  - Stretching exercises: 6-10 minutes

**THURSDAY**
#### Interval Running Day #1

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 5-10 minutes
  - ½ Sit-up: 90 seconds
  - Run 2 laps around a 1/4 mile track or the same distance around your street block or on a treadmill at a good pace
  - Slow jogging: 3-4 minutes

Repeat the sequence 4 additional sets (total 7 sets = 2.25 miles of running)
- Stretching exercises: 8-10 minutes (cool down)

#### Friday
#### Ranger Push-up Sprint Drill Day

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Ranger Push-up Sprint Drill #1
  - Push-ups in the close-grip for 20 seconds
  - Rest: 20 seconds
  - Repeat: 6 additional sets (total = 7 sets of push-ups at 20 seconds with 20 seconds of rest in between each set)
  - ½ Sit-up: 2 minutes

**SET #2**
- Ranger Push-up Sprint Drill #2
  - Push-ups in the close-grip for 15 seconds
  - Rest: 20 seconds
  - Repeat: 6 additional sets
  - ½ Sit-up: 2 minutes

**SET #3**
- Ranger Push-up Sprint Drill #3
  - Push-ups in the close-grip for 15 seconds
  - Rest: 20 seconds
  - Repeat: 6 additional sets
  - ½ Sit-up: 2 minutes

**TUESDAY**
#### Long Distance Day #1

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 5-10 minutes
  - ½ Sit-up: 90 seconds
  - Jogging: 3-4 miles
  - Stretching exercises: 8-10 minutes (cool down)

**Note:** For your body to easily endure a two-mile run, you must get used to running and jogging greater distances.

**WEDNESDAY**
#### Muscle Target Day #2

Repeat Monday lesson plan.
When the goal is to score as high as possible on the APFT, it can be counter-productive to engage in heavy weight workouts. One effective training strategy for the APFT is to focus on specific events and prepare accordingly. This program is designed to help you maximize results.

For avid weight lifters or athletes with advanced training needs, be advised that this program will specifically cater to the specific events and is designed to prepare you to achieve a higher score on the APFT. This will help you in acing the Army Physical Fitness Test this September. In the last issue of GX we provided the first 30 days of a comprehensive APFT training program. If you missed it, you can find it on the GX website or in their magazine.

Hello! Thanks for your positive feedback! This year, our goal is to get you excited about fitness and to assist you in preparing for the APFT. Start with the plan below and let's get started!

**Monday: Muscle Target Day #1**

**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
  - Wide-grip push-ups: 45 seconds
  - Rest: 45 seconds
  - Uneven push-ups (right hand high): 45 seconds
  - Rest: 45 seconds

**SET #2**
- Close-grip push-ups: 20 seconds
  - Rest: 20 seconds

**SET #3**
- Close-grip push-ups: 20 seconds
  - Rest: 20 seconds

**Thursday: Interval Running Day #1**

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
  - ½ sit-ups: 2 minutes
  - ½ sit-ups: 2 minutes
  - ½ sit-ups: 2 minutes
  - ½ sit-ups: 2 minutes

**SET #2**
- Push-ups in the close-grip for 20 seconds
  - Rest: 20 seconds

**SET #3**
- Push-ups in the close-grip for 20 seconds
  - Rest: 20 seconds

**Friday: Ranger Push-up Sprint Drill Day**

**SET #1**
- Close-grip push-ups: 20 seconds
  - Rest: 20 seconds

**SET #2**
- Close-grip push-ups: 20 seconds
  - Rest: 20 seconds

**SET #3**
- Close-grip push-ups: 20 seconds
  - Rest: 20 seconds

**Tuesday: Long Distance Day #1**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)

**Stretching exercises:** 8-10 minutes
- ½ sit-ups: 90 seconds
- Jogging: 3-5 miles

**Stretching exercises:** 8-10 minutes (cool down)
Note: For your body to easily endure a two-mile run, you must get used to running and jogging greater distances.

**Wednesday: Muscle Target Day #2**

Repeat Monday lesson plan.

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**Additional Remarks:**
- Stretching exercises: 8-10 minutes (cool down)
- Note: For your body to easily endure a two-mile run, you must get used to running and jogging greater distances.

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**Operation PUShing For Points™**

**From APFT to Promotion**

**Part 2 of 2—The Last 30 Days**

**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.1-800-GO-Guard.com

**Exercise clips available by going to www.GXonline.com**

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**Weeks 5 and 6: Operation Stay The Course™**

**Monday**

**Muscle Target Day #1**

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
  - ½ sit-ups: 90 seconds
  - Run 2 laps around a ¼ mile track or the same distance around your street block, or run on a treadmill at a good pace
  - Slow jogging: 5-8 minutes

**Repeat sequence 4 additional sets (total 7 sets + 2-2.5 miles of running)**
- Stretching exercises: 8-10 minutes (cool down)

**Thursday**

**Interval Running Day #1**

**SET #1**
- Warm-up: 10-15 minutes (see past issues for suggested warm-ups)
- Stretching exercises: 8-10 minutes
  - ½ sit-ups: 90 seconds
  - Run 2 laps around a ¼ mile track or the same distance around your street block, or run on a treadmill at a good pace
  - Slow jogging: 5-8 minutes

**Repeat sequence 4 additional sets (total 7 sets + 2-2.5 miles of running)**
- Stretching exercises: 8-10 minutes (cool down)

**Friday**

**Ranger Push-up Sprint Drill Day**

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

**RANGER PUSh-UP SPRINT DRiLL #1**
- Push-ups in the close-grip for 20 seconds
  - Rest: 20 seconds

**Repeat 6 additional sets (total 7 sets of push-ups at 20 seconds with 20 seconds of rest in between each set)**
- ½ sit-ups: 2 minutes
  - Rest: 2 minutes

**SET #2**
- Push-ups in the close-grip for 15 seconds
  - Rest: 15 seconds

**Repeat 6 additional sets (total 7 sets of push-ups at 15 seconds with 20 seconds of rest in between each set)**
- ½ sit-ups: 2 minutes
  - Rest: 2 minutes

**SET #3**
- Push-ups in the close-grip for 10 seconds
  - Rest: 10 seconds

**Repeat 6 additional sets (total 7 sets of push-ups at 10 seconds with 20 seconds of rest in between each set)**
- ½ sit-ups: 2 minutes
  - Rest: 2 minutes

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**Tuesday**

**Long Distance Day #1**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)

**Stretching exercises:** 8-10 minutes
- ½ sit-ups: 90 seconds
- Jogging: 3-5 miles

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

**Wednesday**

**Muscle Target Day #2**

Repeat Monday lesson plan.
**MONDAY Core Crusher Day #1**

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

**SET #2**
- Elevated sit-ups: 90 seconds
- Rest: 45 seconds
- Elevated sit-ups: 75 seconds
- Rest: 45 seconds
- Elevated sit-ups: 60 seconds
- Rest: 45 seconds
- ½ Sit-ups: 2 minutes
- Normal-grip (hands shoulder-width apart) push-ups: 45 seconds
- Rest: 45 seconds

**Remarks:** The elevated sit-up is where your legs are raised above the ground, knees bring over your hips, bottom part of your legs is parallel to the ground, feet flexed.

**SET #3**
- ½ Sit-ups: 2 minutes
- Finish in the up position on the 30th repetition for 10 seconds, and then continue
- Rest: 45 seconds
- ½ Sit-ups: 1.5 minutes
- Finish in the up position on the 30th repetition for 10 seconds, and then continue
- Rest: 45 seconds
- ½ Sit-ups: 1 minute
- Finish in the up position on the 20th repetition for 10 seconds, and then continue
- Rest: 45 seconds
- Wide-grip push-ups: 45 seconds
- ½ Sit-ups: 30 seconds
- 10 Minutes: aerobics 5 minute (treadmill, elliptical machines, running, cycle)
- Stretching exercises: 8-10 minutes (cool down)

**TUESDAY Interval Running Day #2**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)

**Stretching exercises:** 8-10 minutes

**Tracks:** Sprint the stretches and jog the curves, 8 laps. This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance.

**Sprint:** 2 minutes on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for 2 minutes, 16 consecutive sets.

**Notes:** You may choose to sprint .15 miles and jog for 1.5 miles, 8 consecutive sets.

**Rest:** 5 minutes

**Push-up test** (total performance of push-ups for a 2-minute period)

**½ Sit-ups: 3 minutes
Stretches exercises:** 8-10 minutes (cool down)

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

**If you aren’t going all the way, why go at all?**

—Jim Mischke

**WEDNESDAY Core Crusher Day #2**

Repeat Monday’s lesson plan.

**THURSDAY Long Distance Day #2**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-up)

**Stretching exercises:** 8-10 minutes

**½ Sit-ups: 90 seconds
Jogging:** 4-6 miles

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

**Notes:** To easily endure a two-mile run, you must get used to running and jogging without pains.

**FRIDAY Diagnostic Day**

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

**Push-up test #1** (total push-ups possible in a 2-minute period)

**½ Sit-ups: 4 minutes
Stretches exercises:** 8-10 minutes (cool down)

**Rest:** 5 minutes

**SET #2**
- Push-up test #2 (total push-ups possible in a 1-minute period)
- Sit-ups test #2 (total sit-ups possible in a 1-minute period)

**Running test #2** (achieve the best time possible in a one-mile run)

**Rest:** 2 minutes

**Notes:** For those of you that are already achieving high APFT scores, we challenge you to perform set #1 with three minutes of push-ups and sit-ups, and run three miles instead of two. Perform set #2 as indicated.

**SATURDAY and SUNDAY**

Light stretching and plenty of rest.

“We conclude our 60-day APFT improvement plan. Use the exercises in G6.2 and G6.4 each 60 days prior to a fitness test in order to achieve your absolute best! It’s imperative that you rest two days prior to your fitness test or event. Lastly, simply do the best you can.”

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**UNIFORM REQUIREMENTS:** SGT 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.

**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 short of breath.

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**MONDAY Core Crusher Day #1**

**SET #1**
- Warm-up: 10-15 minutes
- Stretching exercises (see past issues for suggested warm-up): 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
- Close-grip push-ups: 45 seconds
- Rest: 60 seconds

**SET #2**
- Elevated sit-ups: 90 seconds
- Rest: 45 seconds
- Elevated sit-ups: 75 seconds
- Rest: 45 seconds
- Elevated sit-ups: 60 seconds
- Rest: 45 seconds
- ½ Sit-ups: 2 minutes
- Normal-grip (hands shoulder-width apart) push-ups: 45 seconds
- Rest: 45 seconds

**Remarks:** The elevated sit-up is where your legs are raised above the ground. knees bring up over your hips, bottom part of your legs is parallel to the ground, feet flexed.

**SET #3**
- ½ Sit-ups: 2 minutes
- Finese in the up position on the 30th repetition for 10 seconds, and then continue
- Rest: 45 seconds
- ½ Sit-ups: 1.5 minutes
- Finese in the up position on the 30th repetition for 10 seconds, and then continue
- Rest: 45 seconds
- ½ Sit-ups: 1 minute
- Finese in the up position on the 20th repetition for 10 seconds, and then continue
- Rest: 45 seconds
- Wide-grip push-ups: 45 seconds
- ½ Sit-ups: 30 seconds
- 10 Minutes: aerobics 5 minute-walk, elliptical machines, running, cycling

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

**note:** If you aren’t going all the way, why go at all?
—Joe Montana

**TUESDAY Interval Running Day #2**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-up)

**Stretching exercises:** 8-10 minutes

**Track:** Sprint the stretches and jog the curves, 8 laps. This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or

**Treadmills:** sprint: 0.25 miles on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for 0.25 miles, 16 consecutive sets

**Note:** You may choose to sprint .25 miles and jog for 1.3 miles, 8 consecutive sets

**Rest:** 5 minutes

**Push-up test #1 (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 prepares you for faster speeds when it’s really needed during testing periods. You will see your stamina and endurance improve every week with this strategy. Simply increase sprinting distances and decrease jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

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**WEDNESDAY Core Crusher Day #2**

**Repeat Monday’s lesson plan.**

**THURSDAY Long Distance Day #2**

**Warm-up:** 10-15 minutes (see past issues for suggested warm-up)

**Stretching exercises:** 8-10 minutes

**½ Sit-ups: 90 seconds**

**1½ Sit-ups: 75 seconds**

**3 Sit-ups: 60 seconds**

**6 Sit-ups: 45 seconds**

**10 Sit-ups: 30 seconds**

**10 Minutes: aerobics** 5 minute-walk, elliptical machines, running, cycling

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

**Note:** To easily endure a two-mile run, you must get used to running and jogging greater distances.

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**FRIDAY Diagnostic Day**

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

**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 2-minute period)

**Running test #1 (achieve the best time possible in a one-mile run)**
- Rest: 10 minutes

**SET #2**
- Push-up test #2 (complete the most push-ups possible in a 1-minute period)
- Sit-ups test #2 (complete the most sit-ups possible in a 1-minute period)

**Running test #2 (achieve the best time possible in a one-mile run)**
- Rest: 5 minutes

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

**Rest:** 2 Days

**Note:** For those of you that are already achieving high APFT scores, we challenge you to perform set #1 with three minutes of push-ups and sit-ups, and run three miles instead of two. Perform set #2 as indicated.

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**SATURDAY and SUNDAY**

Light stretching and plenty of rest.

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**“This concludes our 60-day APFT improvement plan. Use the exercises in G6.6 and 4.2 every 60 days prior to a fitness test in order to achieve your absolute best! It’s imperative that you rest two days prior to your fitness test or event. Lastly, simply do the best you can!”**

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**SSG 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.**