

# OPERATION PUSHING FOR POINTS™

From APFT to Promotion

Part 2 of 2—The Last 30 Days

By SSG Ken and Stephanie Weichert



**HOOAH!** [askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com)  
Let us hear from you.

Stephanie and SSG Weichert,

RECEIVED

Hello. I have been reading your START Fitness articles in GX magazine for two years now and purchased your DVD series six months ago. Because of your workouts, my APFT [Army Physical Fitness Test] score has jumped up every time I take it! I have 30 days before I take the test, again. This time I want to get a perfect score, a feat that I have never achieved in 17 years of being in the military. The push-up event is the hardest part of the APFT for me. Do you have an exercise program that can help me with push-ups without taking away from the sit-up and running events? Thanks for all that you two do for the Guard! Keep up the awesome work! HOOAH!

Julie P.  
NDARNG

Julie,

Hello! Thanks for your positive feedback! This year, our goal is to get you excited about fitness and to assist you in aching 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 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. 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? HOOAH! Let's get started!

# 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

**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

**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 blades lift 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.

### SET #2

**Uneven push-ups, left hand high, right hand on the ground:** 30 seconds

**Rest:** 30 seconds

**Uneven push-ups, right hand high, left hand on the ground:** 30 seconds

**Rest:** 30 seconds

**Uneven push-ups, left hand high, right hand on the ground:** 30 seconds

**Rest:** 30 seconds

**Uneven push-ups, right hand high, left hand on the ground:** 30 seconds

**Rest:** 30 seconds

**Normal-grip push-ups:** 30 seconds

**Rest:** 30 seconds

**½ Sit-ups:** 2 minutes

### SET #3

**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 machines, running, cycle)

**Stretching exercises:** 8-10 minutes

(cool down)

**It does not matter how slowly you go so long as you do not stop.**

—Confucius

**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](http://www.GXonline.com). Exercise clips available by going to [www.1-800-GO-GUARD.com](http://www.1-800-GO-GUARD.com).

## 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.

## THURSDAY Interval Running Day #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 ½ mile on a treadmill at a good pace

**Slow jogging:** 5-8 minutes

Repeat the sequence 4 additional sets (total 8 sets = 2-2.5 miles of running)

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

**It isn't hard to be good from time to time in sports. What's tough is being good every day.**

—Willie Mays

## 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

#### RANGER PUSH-UP SPRINT DRILL #2

- Push-ups in the close grip for 15 seconds
- Rest 15 seconds
- Repeat 6 additional sets

**½ Sit-ups:** 2 minutes

**Rest:** 2 minutes

### SET #3

#### RANGER PUSH-UP SPRINT DRILL #3

- Push-ups in the close-grip for 10 seconds
- Rest 10 seconds
- Repeat 6 additional sets

**½ Sit-ups:** 2 minutes

**Rest:** 2 minutes

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

**Rest:** 2 days

**The bench press is great for strengthening your chest and arms. However, the only exercise that will help you improve your push-ups is push-ups.**

—SGT KEN™

## SATURDAY AND SUNDAY

Light stretching and plenty of rest.



Proper technique for the uneven push-up.

# WEEKS 7 AND 8: OPERATION FIT TO FIGHT™

## 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

**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

$\frac{1}{2}$  **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 lining up over your hips, bottom part of your legs is parallel to the ground, feet flexed.

### SET #3

$\frac{1}{2}$  **Sit-ups:** 2 minutes

Freeze in the up position on the 30th repetition for 10 seconds, and then continue

**Rest:** 45 seconds

$\frac{1}{2}$  **Sit-ups:** 1.5 minutes

Freeze in the up position on the 30th repetition for 10 seconds, and then continue

**Rest:** 45 seconds

$\frac{1}{2}$  **Sit-ups:** 1 minute

Freeze in the up position on the 20th repetition for 10 seconds, and then continue

**Rest:** 45 seconds

**Wide-grip push-ups:** 45 seconds

$\frac{1}{2}$  **Sit-ups:** 30 seconds

10 Minutes aerobics (choose one: treadmill, elliptical machines, running, cycle)

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

There are no gains without pains.  
—Adlai Stevenson

## TUESDAY Interval Running Day #2

**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. This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or

**Treadmill:** sprint .075 miles on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for .05 miles, 16 consecutive sets

**Note:** You may choose to sprint .15 miles and jog for .1 miles, 8 consecutive sets

**Rest:** 5 minutes

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

$\frac{1}{2}$  **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.

If you aren't going all the way, why go at all?  
—Joe Namath

## 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-ups)

**Stretching exercises:** 8-10 minutes

$\frac{1}{2}$  **Sit-ups:** 90 seconds

**Jogging:** 4-6 miles

**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.



It's not just what you eat, it's what you drink. Try water, instead of cola. It takes 27 glasses of normal tap water to wash out the acidity of one cola.  
—SGT KEN™

## FRIDAY Diagnostic 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 2-minute period)

**Running test #1** (achieve the best time possible in a two-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.

**Victory belongs to the most persevering.**  
—Napoleon Bonaparte



## SATURDAY AND SUNDAY

Light stretching and plenty of rest.

**“This concludes our 60-day APFT improvement plan. Use the exercises in GX 4.6 and 4.7 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!”**

For more information, go to [www.GXonline.com](http://www.GXonline.com). HOOAH!”

## START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips on [GXonline.com](http://GXonline.com)! As this section develops, you’ll be able to view short fitness videos, download workouts and more.

Go to: [GXonline.com/fitness](http://GXonline.com/fitness)



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.

**SPECIAL REMARKS:** We encourage you to send your questions or requests additional information by emailing us at [askthetrainer@startfitness.com](mailto:askthetrainer@startfitness.com). You can experience our workouts at home with our **Operation Living Fit—Boot Camp Fitness Toolkit™** DVD series. You can purchase our DVD set at [STARTFitness.com](http://STARTFitness.com).

**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.

**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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