**Fighting Spirit**

**operation**

*GX 70  |  VOL 6 : ISSUE 2*

**FITNESS**

SGT Ken,  
My training is going well! I firmly believe that the 30-day workout calendar from Opera -

and I realize that I must remain focused on those goals. I am finding out that the harder I

refusing to give in and allow myself to take the easy route. I have goals set for myself,

work at this, the easier and more enjoyable it becomes. I never thought I would say this,

appreciate any more advice or programs you can provide me. Thanks for your help!

SGT James p.  
north carolina army national Guard

We are happy to hear that you are using our

health and exercise programs from

www.NATIONALGUARD.com/fitness

your training going so far?

SGT Ken and Stephanie

**Sharp and StronG**

5.6 will help me! While I realize this is an uphill battle, I am

in the “Get Healthy” section. Get plenty of rest at night,

Wednesday workout. Follow our diet plan, Operation Diet

Bounds,” Part 2, to the 30-day workout calendar for every

Here is your challenge: Add “Operation Leaps and

SGT Ken and Stephanie

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

**Operation Leaps and Bounds**

Strength and Flexibility Training. Part 2 of 2

By SSG Ken and Stephanie Weichert

**Warm-up Phase**

Aerobics: Examples: Running in place, side-straddle-hops; jumping jacks; high steps/knee (5–7 minutes)

Stretching (5 minutes)

**Muscle Target Phase**

**Shoulder Bridge**

**Dive Bomber Push-ups**

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90 degrees at your hips, head aligned with your arm.

**HOOAH!**  
and take two days off from training every week so that your

muscles and joint tissue can rest and recover.

**Prone Knee Thrusts**

**Roadmap**

**FORWARD**

**ALTERNATE FOREARM POSITION**

**DIVE Bomber push-ups**

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90 degrees at your hips, head aligned with your arm.

**ACTIONS:** Lower your body to the ground slowly by bending at the thighs until your face reaches the ground. Continue moving downward to forward to upward by slightly dragging your upper body across the ground until your abdominals are over your hands, pressing your body upward until your arms are straight and your lower back is arched. Return to the start position by reversing the steps.

Female standards:

Basic: 1–3 repetitions

Intermediate: 4–8 repetitions

Advanced: 9–16 repetitions

Male standards:

Basic: 1–6 repetitions

Intermediate: 7–15 repetitions

Advanced: 16–30 repetitions

**You must begin to think of yourself as becoming the person you want to be.”**  
—David Viscott
**Leaps and Bounds**

**Strength and Flexibility Training. Part 2 of 2**

By SGT Ken and Stephanie Weather

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**Operation Leaps and Bounds**

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**WARM-UP PHASE**

**Aerobic:** Examples: Running in place; side-straddle-hops; jumping jacks; high step/knee (5–7 minutes)

**Stretching** (6 minutes)

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**Nothing great was ever achieved without enthusiasm.”**

—Ralph Waldo Emerson

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**MUSCLE TARGET PHASE**

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**Shoulder Bridge**

**START:** Lie flat on your back, arms at your sides.

**Actions:** Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight. Tighten your abdominal and lower back muscles and hold this position.

**Additional Movements**

**Advanced:** Slowly lift your right knee until you reach 90 degrees at the hips and knees. Switch legs. Performing the actions once with both legs is one repetition.

**Basic:** 1–20 seconds

**Intermediate:** 21–30 seconds

**Advanced:** 31–60 seconds

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**Prone Knee Thrusts**

**START:** Balance your body on your hands and feet with your head and knees forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight.

**Actions:** While keeping your abdominal muscles tight, bend your right knee and raise it up and across to the left side of your body, balancing on your hands and left foot. Return to the start position and perform the actions with your left leg. Performing the actions in both directions once is one repetition.

**Basic:** 1–10 repetitions

**Intermediate:** 11–20 repetitions

**Advanced:** 21–30 repetitions

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**Dive Bomber Push-ups**

**START:** Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 30 degrees at your hips, head aligned with your arm.

**Actions:** Lower your body to the ground slowly by bending at the elbows until your face reaches the ground. Continue moving downward to forward to upward by slightly dragging your upper body across the ground until your abdominals are over your hands, pressing your body upward until your arms are straight and your lower back is arched. Return to the start position by reversing the steps.

**Female standards:**

**Basic:** 1–3 repetitions

**Intermediate:** 4–8 repetitions

**Advanced:** 9–16 repetitions

**Male standards:**

**Basic:** 1–6 repetitions

**Intermediate:** 7–15 repetitions

**Advanced:** 16–30 repetitions

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Russian Twist
START: Sit on the floor, knees bent at a 90-degree angle and heels on the ground. Position your arms at chest level, elbows out and hands together. Relax your shoulders, maintain a neutral spine and lean back until your torso to the right until your elbow reaches the ground, and twist slow and continuously. Performing the actions on both sides once is one repetition. Continue until goal is reached. Exhale through your mouth as you twist and inhale through your nose as you return to the start position.

Squat-Thrust Jumps
START: Stand upright and ready.

COOL-DOWN PHASE
Standing Hamstring Stretch
START: Stand up right.

Prone Calf Stretch
START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, and legs and arms straight. Place your hips until slightly higher than your shoulders.

Modified Side Stretch
START: Stand with your feet 3–4 feet apart, toes forward and arms at sides.

Modified Straddle Stretch
START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight.

Stretches:
Hold each stretch approximately 30 seconds. Do not bounce or overstretch.

Equipment Needed:
None

Breathing Techniques Applied to "Operation Leaps and Bounds": Exhale through the mouth and inhale through the nose for each exercise.

Note: The warm-up and cool-down phases are performed only once.

STAMINA STOPWATCH

“Warning: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have regarding any training or exercise. The advice should not be relied on or substituted for professional medical diagnosis or treatment. You are responsible for your own health and well-being. It is important to participate at your own risk. Stop if you feel faint or shortness of breath.”

—Carl Sandburg

“Stamina is the time for action is now. It’s never too late to do something.”
—Vincent Lombardi

Soldiers and civilians. The program now recognizes challenge and cheer for the doer, the one who does something about it.

Evan Bain, Esq.
sgtken@GXonline.com.
Russian Twist

START: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart. Hands shoulder-width apart, legs and arms straight. 

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows until the upper part of your arms become parallel to the ground and pause for a few seconds. Push upward as fast as possible by extending your arms, upper body coming off of the ground. As you land, collapse your elbows, slowing down the speed of your descent gradually until you reach the lower position. Repeat until your goal is reached. Exhale through your mouth as you push up and inhale through your nose as you lower your body.

Female standards:
Basic: 1–2 repetitions (without leaving the ground)
Intermediate: 3–25 repetitions (without leaving the ground)
Advanced: 1–8 repetitions

Male standards:
Basic: 1–2 repetitions (without leaving the ground)
Intermediate: 1–8 repetitions
Advanced: 8–10 repetitions

Squat-Thrust-Jumps

START: Stand upright and ready.

ACTIONS: Lower your body, both knees bending until your hands reach the ground. Straighten your body until you are in the push-up position. Quickly bring your knees into your chest, switch your balance to your feet, extend your legs and jump in the air. Repeat.

Basic: 1–10 repetitions
Intermediate: 11–20 repetitions
Advanced: 21–30 repetitions

Plyometric Push-ups

START: Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart. Hands shoulder-width apart, legs and arms straight.

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows until the upper part of your arms become parallel to the ground and pause for a few seconds. Push upward as fast as possible by extending your arms, upper body coming off of the ground. As you land, collapse your elbows, slowing down the speed of your descent gradually until you reach the lower position. Repeat until your goal is reached. Exhale through your mouth as you push up and inhale through your nose as you lower your body.

Female standards:
Basic: 1–2 repetitions (without leaving the ground)
Intermediate: 3–25 repetitions (without leaving the ground)
Advanced: 1–8 repetitions

Male standards:
Basic: 1–2 repetitions (without leaving the ground)
Intermediate: 1–8 repetitions
Advanced: 8–10 repetitions

Standing Hamstring Stretch

START: Stand upright.

ACTIONS: Place your left leg 12 inches in front of you. Point your toes upward. Bend forward from your hips and reach toward your left foot with your hands. If possible, grasp the outside of your foot with your hands and hold this position. Switch legs and repeat.

Basic: 1–10 repetitions
Intermediate: 11–20 repetitions
Advanced: 21–30 repetitions

Prone Calf Stretch

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, and legs and arms straight. Raise your hips until slightly higher than your shoulders.

ACTIONS: Push your heels down toward the ground and hold this position.

Basic: 1–6 repetitions
Intermediate: 7–18 repetitions
Advanced: 19–30 repetitions

Modified Side Stretch

START: Stand with your feet 13–24 inches apart, toes forward and arms at your sides.

ACTIONS: Slightly bend your right knee and reach toward the inside of your right foot with your right hand, placing your hand on the ground. Maintain balance and reach upward with your left arm. Hold this position. Switch directions and repeat.

Basic: 1–8 repetitions
Intermediate: 1–12 repetitions
Advanced: 13–24 repetitions

Modified Straddle Stretch

START: Balance your body on your hands and feet with your back forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight.

ACTIONS: Keeping your right foot in place, slightly bend your right knee and walk your body backwards with your hands in short movements until you begin to feel the stretch in your right leg. Only go back as far as it is comfortable. Attempt to straighten your legs, beginning with your front leg. Balance your body on your hands in the center and hold this position. Return to the start position by reversing the steps. Switch positions and repeat.

Basic: 1–8 repetitions
Intermediate: 1–12 repetitions
Advanced: 13–24 repetitions

Cool-Down Phase

Stretching Techniques:
Hold each stretch approximately 30 seconds. Do not bounce or overstretch.

Equipment Needed:
None

Breathing Techniques Applied to “Operation Leaps and Bounds”:
Exhale through the mouth and inhale through the nose for each exercise.

It’s time for us all to stand and cheer for the doer, the achiever—the one who recognizes challenge and does something about it.”
—Vincent Lombardi

Stamina StopWatch

 Muscle Target Phase:
Rapid Responses: 1 full set = approximately 30 minutes
Double-Time: 2 full sets = approximately 45 minutes
Max Load: 3 full sets = approximately 60 minutes

Note: The warm-up and cool-down phases are performed only once.

Warning:
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“The time for action is now. It’s never too late to do something.”
—Carl Sandburg