Getting Guard-Ready
A WORKOUT TO PREPARE YOU FOR BASIC TRAINING

By Staff Sgt. Ken Weichert

Warm-up Phase:
AEROBICS
Examples: Running in place; side-straddle-hops (jumping jacks); high steps/knees (4 minutes)
STRETCHING (4 minutes)

Muscle Target Phase:
MEDICINE BALL
PUSH-UPS
Examples: Medicine ball (can be substituted with a basketball)
Primary muscles targeted: Pectorals, triceps and abdominals
START: Place a medicine ball on the ground under your chest with your hands on top slightly on the outside of the ball.
Balance your body on your hands and your feet with your back and legs, forming a straight line.
Maintain a neutral spine, with your feet together or up to 12 inches apart and your legs and arms straight.

ACTIONS: While keeping your abdominal muscles tight, slowly drop your body straight down, bending both elbows until your chest is a few inches from the medicine ball. Return to the start position and repeat.

Basic: 1–5 repetitions
Intermediate: 6–10 repetitions
Advanced: 11–15 repetitions

Knock out 10 regular push-ups as soon as you finish the medicine ball push-ups!
PLANK HOLD
Equipment: None
Primary muscles targeted: Abdominals and lower back
START: Assume a push-up position with your hands slightly wider than your shoulders.

How did this fitness plan work for you? Send an email to Sgt. Ken at SgtKen@NATIONALGUARD.com and tell him what you think!

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.

Water Works!

Don’t forget to drink plenty of water! Drinking 64 ounces of water every day flushes toxins out of your body and will help you sustain your energy!

Did you know it takes 27 glasses of water to wash out the acidity of one soda? Want more proof? Pour some soda on your car battery terminals and watch it eat the corrosion away. That is what you are putting into your body!

—Sgt. Ken

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Logo of National Guard


Hoohah! Fit Tips:

Hooah!

The Real Hooah! Challenge

Repeat the Muscle Target Phase

Quick Fix: 1 full set equals approximately 18 minutes

Fast and Furious: 2 full sets equals approximately 24 minutes

Mother Load: 3 full sets equals approximately 36 minutes

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

Equipment Needed: Medicine ball or basketball

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