OPERATION IMMEDIATE IMPROVEMENT

15-day Army Physical Fitness Test Quick Fix
By Ken and Stephanie Weichert

Dear PFC Carb and 2LT.

Thank you! We’re glad you’ve benefited from our workouts’ high-intensity and flexible nature. As you continue your training, we hope that your progress will continue to be steady.

Thanks,
2LT David T.
Pennsylvania Army National Guard

SGT Ken and Stephanie,

First, let me start by saying that your APFT 30-day calendar called “Operation Pushup” is an awesome tool to help you get results.

Great job on the accomplishment of raising your score! Now, we have just a couple of weeks to get ready for your next APFT. Do you have any advice?

Thanks,
2LT David T.
Pennsylvania Army National Guard

SGT Ken and Stephanie,

Your workouts are amazing! I lost 24 pounds in eight weeks! My first sergeant uses your workouts for our unit, and he loves them too! I need your help! I have to take an APFT in a few weeks. I know it is short notice, but do you have an APFT crash course? If so, I need it. Thank you both for helping Soldiers get fit!

MOSAH
PFC Michael B., Mississippi Army National Guard

“SGT Ken and his cutting-edge fitness programs put the ‘fun’ in fitness. Having experienced his training firsthand, you actually feel like you have accomplished something—you can’t wait to do it all again!”

—CSM David Ray Hudson, Senior Enlisted Advisor to the National Guard Bureau Chief

You can also download audio exercises at: www.NATIONALGUARD.com/fitness

AEROBICS [WARM-UP EXERCISES]

Examples: Running in Place, Side-Straddle-Hops (“Jumping Jacks”), High Steps/Knees, Flutter Kicks, Leg Pulses, Leg Crunces, Straight Leg Pulses

A. Flutter Kicks
b. Perform Flutter Kicks for 60 seconds.

2. Straight Leg Pulses
b. Perform Straight Leg Pulses by moving both legs together, up and down, 12 to 16 inches from the ground for 30 seconds.

3. Straight Leg Drops
b. Perform Straight Leg Drops by lowering your legs to 12 inches above the ground and raising your legs to the start position. Continue moving your legs up and down for 60 seconds.

4. Vertical Leg Crunches
b. Perform Vertical Leg Crunches by raising your upper body toward your toes and returning to the start position.

5. Box and Reach
b. Perform the Box and Reach drill by elevating your upper torso and reaching with your arms, over your left thigh (dropping back slightly) and reaching over your right thigh. Continue switching, left and right for 60 seconds.

6. Cradle Crunch
b. Perform the Cradle Crunch drill by raising your lower and upper body sections, at the same time. Return to the start position and repeat. Continue for 30 seconds.

7. Modified Back Bands
Perform Modified Back Bands for 30 seconds.

8. Modified Child’s Pose (Balasana)

A. Box and Reach:

b. Perform Modified Child’s Pose stretch for 30 seconds.

b. Roll your back up to a kneeling position.

c. Elevate to your knees and stand up.

Dear PFC Carb and 2LT,

Thank you! We’re glad you’ve benefited from our workouts’ high-intensity and flexible nature. As you continue your training, we hope that your progress will continue to be steady.

Stay the course and keep us informed of your progress!

MOSAH
SGT Ken and Stephanie

FASTER THAN A SPEEDING BULLET!
SGT Ken and Steph

www.GXONLINE.COM

SECTION I: Exercise Instructions

8-MINUTE ABS

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1. Flutter Kicks
a. Perform Flutter Kicks for 60 seconds.

b. Freeze your legs together approximately 12 inches above the ground for 20 seconds. Flex your feet. Raise your legs straight upward until your feet line up over your hips.

2. Straight Leg Pulses
a. Perform Straight Leg Pulses by moving both legs together, up and down, 12 to 16 inches from the ground for 30 seconds.

b. Hold your legs in the upward position. Point your arms toward your toes. Flex your feet.

3. Straight Leg Drops
a. Perform Straight Leg Drops by lowering your legs to 12 inches above the ground and raising your legs to the start position. Continue moving your legs up and down for 60 seconds.

b. Hold your legs in the upward position. Point your arms toward your toes. Flex your feet.

4. Vertical Leg Crunches
Dying Cockroach

a. Perform Vertical Leg Crunches by raising your upper body toward your toes and returning to the start position.

b. Continuous moving your upper body up and down for 60 seconds.

5. Box and Reach
a. Perform the Box and Reach drill by elevating your upper torso and reaching with your arms, over your left thigh (dropping back slightly) and reaching over your right thigh. Continue switching, left and right for 60 seconds.

b. Bend your knees to a 90-degree angle of knee flexion, and place your hands behind your head, fingers clasped.

6. Cradle Crunch
a. Perform the Cradle Crunch drill by raising your lower and upper body sections, at the same time. Return to the start position and repeat. Continue for 30 seconds.

b. Straighten your body and turn over on your abdomen.

C. Straighten your body and lower back muscles until your chest and knees come off of the ground. Bend your elbows and tuck them in toward your sides and keep your hands level with your shoulders.

7. Modified Back Bands

B. Perform Modified Back Bands for 30 seconds.

8. Modified Child’s Pose (Balasana)

a. Perform the Modified Child’s Pose stretch for 30 seconds.

a. Roll your back up to a kneeling position.

b. Elevate to your knees and stand up.

www.GXONLINE.COM
**DIPS ON A BENCH**

START: Sit on the edge of a sturdy flat bench with your hands slightly behind your hips, gripping the bench tightly. With your legs together and knees bent 90 degrees, place your heels on the ground and point your toes in the air. Straighten your elbows, elevate your hips, and move your hips slightly away from the bench.

**ACTIONS:** Slowly lower your body by bending both elbows 90 degrees. Point your elbows backward while lowering your body. Do not allow your elbows to point in or outward. Return to the start position and repeat until your goal is reached. Exhale through your mouth as you lower your body and inhale through your nose as you return to the start position.

**Notes:** The repetition counts when you return to the start position, if you can in this position.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

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**DIVE BOWLER PUSH-UP**

**START:** Balance your body on your hands and feet with your back and legs 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 up until you reach 90 degrees at your hips, head aligned with your arms.

**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 abdomen is over your hands, pressing your body upward until your arms are straight and your lower back is arched back. Return to the start position by reversing the steps. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

**Notes:** These actions are performed quickly.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

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**FULL SIT-UP**

**START:** Lie 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.

**ACTIONS:** Tighten your abdominal muscles and raise your upper body until your back becomes perpendicular with the ground and return to the start position. Continue until your goal is reached. Exhale through your mouth as you raise your body and inhale through your nose as you return to the start position.

**Notes:** The repetition counts when you return to the start position.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

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**HALF SIT-UP**

**START:**Lie 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.

**ACTIONS:** Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the ground and return to the start position. Continue until your goal is reached. Exhale through your mouth as you raise your body and inhale through your nose as you return to the start position.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

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**PUSH-UP**

**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, lower your body straight down by bending both elbows until your upper arms become parallel with the ground. Return to the start position and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

**Notes:** These actions are performed quickly.

**WARNING:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

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**PUSH-UP INTERVAL TRAINING**

Push-up Interval Training is where you complete the most push-ups possible in 20-second intervals.

**Example:** Perform push-ups for 20 seconds and rest 20 seconds. Repeat this sequence for the required amount of time. 1 set x 4 minutes = 8 sets of push-ups at 20 seconds each with 20-second resting periods of 20 seconds each.

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**PUSH-UP WITH TUBING**

**START:** Grab the handles and position the center of the tubing behind your upper back and under your shoulder blades. 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, and legs and arms straight.

**ACTIONS:** While keeping your abdominal muscles tight, lower your body by bending both elbows until the upper part of your arms become parallel with the ground. Return to the start position and repeat. Exhale through your mouth as you push up and inhale through your nose as you lower your body.

**Note:** These actions are performed quickly.
Running Long Distance

Long-distance running is performed at moderate speeds.

Example: Choose to run on a treadmill, track, or walk a known route. After a thorough warm-up, run at a moderate speed ( jogging ) for 30 seconds and sprint as fast as you can for 30 seconds. Repeat this sequence for the remainder of your run. Or, if on a track, sprint the stretch and jog the curve.

Note: Be certain to time your sprint drills. That way, you can challenge yourself to sprint for longer periods of each week.

Want to listen to it or watch it on video? Go to www.NATIONALGUARD.com/fitness.

A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, SGT Ken has an incredible program! He came to our RSP site and gave the staff sergeant in the hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians.

He kindly recommended SGT Ken for all RSP site fitness trainers.

— Sgt. Lonnie Kirby, Tennessee Army National Guard

“SGT Ken has an incredible program! He came to our RSP site and gave us a great workout, which included an insulinometric picture on nutrition. I highly recommend SGT Ken for all RSP sites!”

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Want to listen to it or watch it on video? Go to www.NATIONALGUARD.com/fitness. Get Fit, Aerobics, Running Interval Training.

Running Interval Training is running at moderate and fast speeds.

1. Run for 30 seconds at a moderate speed, followed by 10- to 15-second sprints.

2. Check with your physician before making any changes to your diet or exercise plan.


STRETCHING

Stretching Example #1: Seated Forward Bend

Start: Sit on the ground or on a mat with your legs straight and together, feet flexed.

Actions: Reach toward your toes or bring your chest toward your knees.

Note: Measure the length of the stretch to prevent overstretching.

Stretching Example #2: Seated Butterfly Stretch

Start: Sit on the ground with your back straight, shoulders down, abdomen engaged, feet in front of you, knees bent 90 degrees and pointing outward, and bottoms of feet together. Grab the outer parts of your feet with your hands.

Actions: While keeping your heels on the ground, bring your elbows toward the ground and pull your chest toward your knees. Breathe deeply and hold the stretch for 30 seconds.

Want more stretching examples? Go to www.NATIONALGUARD.com/fitness.

Putting It All Together

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