“Champions aren’t made in the gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision.” —Muhammad Ali, American boxer

STRENGTH AND BALANCE

MSG Butler and SGT Ken get you ready to Battle the Bulge.

YOU ARE ABOUT TO EXPERIENCE the winning workout from GX’s Operation Battle the Bulge fitness contest. Created by MSG Jennifer Butler, this workout will help you burn between 300–400 calories in 30 minutes. Time to Battle the Bulge!

WARM-UP PHASE

1. Walk or jog in-place x 1 minute (not pictured)
   START: Stand upright, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Perform the action of jumping rope without the rope. Breathe deeply.

2. Jump Rope Drill x 1 minute (not pictured)
   START: Stand upright, knees slightly bent, feet 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Perform the action of jumping rope without the rope. Breathe deeply.

3. High Step Drill x 1 minute
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands above your shoulders, palms facing forward.

   ACTIONS: Perform the action of running in place, raising your knees above your hips, hands slightly more than shoulder-width apart, legs and arms straight.

4. Overhead Abdominal Stretch x 30 seconds
   START: Stand upright, feet 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

5. Modified Chest Stretch x 30 seconds
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Bend forward at your hips approximately 45 degrees, reach behind your back with your arms and clasp your fingers, palms facing backward. Breathe deeply.

6. Downward Facing Dog Drill x 30 seconds
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Bend forward and place your hands on the ground, fingers facing forward and hands 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

7. Overhead Abdominal Stretch x 30 seconds
   START: Stand upright, feet 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

8. Modified Chest Stretch x 30 seconds
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Bend forward at your hips approximately 45 degrees, reach behind your back with your arms and clasp your fingers, palms facing backward. Breathe deeply.

9. Downward Facing Dog Drill x 30 seconds
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Bend forward and place your hands on the ground, fingers facing forward and hands 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

10. Overhead Abdominal Stretch x 30 seconds
   START: Stand upright, feet 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.

11. Modified Chest Stretch x 30 seconds
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Bend forward at your hips approximately 45 degrees, reach behind your back with your arms and clasp your fingers, palms facing backward. Breathe deeply.

12. Downward Facing Dog Drill x 30 seconds
   START: Stand upright, knees slightly bent, feet shoulder-width apart, toes pointing forward and hands at your sides.

   ACTIONS: Bend forward and place your hands on the ground, fingers facing forward and hands 6–12 inches apart, toes pointing forward and hands at your sides.

   ACTIONS: Fully extend your arms overhead with your fingers clasped, palms facing upward. Elevate your heels and balance on the balls of your feet. Breathe deeply.
A great hockey player plays where the puck is going to be.
—Wayne Gretzky, National Hockey League Hall of Famer

**Squat Bender (4-count) x 15 repetitions**

**START:**
Stand upright, feet shoulder-width apart, toes pointing forward and hands at your sides.

**ACTIONS:**
A. Lower your body by bending both knees until you reach 90 degrees of knee flexion with your hips moving backward as if sitting on a chair. Maintain your weight directly over your heels or mid-foot. While you lower your body, raise your arms upward until level with your shoulders, palms facing downward.
B. Return to the start position.
C. Bend forward at the hips and reach downward until your hands come close to or reach the ground on the inside of your feet, palms facing inward.
D. Return to the start position. Completing all four steps once is one repetition. Exhale through your mouth on steps A and C and inhale through your nose on steps B and D.

**Windmill (4-count) x 15 repetitions**

**START:**
Stand upright with your feet several inches outside the width of your hips, toes pointing forward, arms fully extended overhead and slightly out to each side until your hands are in line with your feet, palms facing forward. Your body will form a letter “X.”

**ACTIONS:**
A. Bend forward at the hips, twist your trunk counterclockwise, reach downward until your right hand comes close to or reaches your left foot, left arm extended upward, hands in line with your shoulders.
B. Return to the start position.
C. Bend forward at the hips, twist your trunk clockwise, reach downward until your left hand comes close to or reaches your right foot, right arm extended upward, hands in line with your shoulders.
D. Return to the start position. Completing all four steps is one repetition. Exhale through your mouth on steps A and C and inhale through your nose on steps B and D.

**Static Lunge x 20 repetitions (each side)**

**START:**
Place your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg straight behind you, balancing on the ball of your right foot. Your upper body is upright with your hands on your hips.

**ACTIONS:**
Lower your body, both knees bending until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the start position and continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you lower your body, and inhale through your nose as you return to the start position. Warning: Do not let your forward knee bend beyond your toe line.

**Flutter Kick Drill x 1 minute**

**START:**
Lie flat on your back with your hands under, or slightly outside, your buttocks, palms down. Raise your feet 6–12 inches off the ground.

**ACTIONS:**
Flutter kicks are a four-count exercise where you raise your left leg to a 45-degree angle (or position one), keeping your right leg stationary. Next, raise your right leg to a 45-degree angle, while at the same time, moving your left leg to the start position. Counts three and four are repetitions of the same movements. Repeat quickly until your goal is reached. Note: The lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body: if you experience discomfort in your lower back, raise your legs to a higher position.

**Standing Supine Bicycle (4-count) x 20 repetitions**

**START:**
Stand upright, feet shoulder-width apart, toes pointing forward, hands behind your head and fingers clasped.

**ACTIONS:**
A. Bend your left knee and raise it upward until level with your hips. Raise your elbows out and up until your hands and elbows are level with your shoulders, palms facing downward. Return to the start position.
B. Return to the start position. Completing both directions once is one repetition. Continue until your goal is reached. Exhale through your mouth as you step up and inhale through your nose as you return to the start position. Note: This can be performed without dumbbells, if needed.

**FLICKER KICK DRILL**

**START:**
Flat on your back, raise your right foot off the floor. Inhale as you bring your hips to a 45-degree angle (or position one) without letting your head or upper body move. Keep your left leg slightly bent and extend your right leg straight in front of you, toes pointed. Exhale as you bring your right leg to a 90-degree angle (or position two). Keep your right leg straight and lower it to the floor. Inhale as you return your right leg to a 45-degree angle (or position one). Exhale as you return your right leg to a 90-degree angle (or position two). Complete 10 repetitions of this movement and then switch legs. Note: This exercise is performed for 1 minute. Static lunge x 20 repetitions (each side)

**START:**
Place your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg straight behind you, balancing on the ball of your right foot. Your upper body is upright with your hands on your hips.

**ACTIONS:**
Lower your body, both knees bending until your forward leg achieves 90 degrees of knee flexion. Maintain your balance in the center. Return to the start position and continue until your goal is reached. Switch sides and continue. Exhale through your mouth as you lower your body, and inhale through your nose as you return to the start position. Warning: Do not let your forward knee bend beyond your toe line.

**Flutter Kick Drill x 1 minute**

**START:**
Lie flat on your back with your hands under, or slightly outside, your buttocks, palms down. Raise your feet 6–12 inches off the ground.

**ACTIONS:**
Flutter kicks are a four-count exercise where you raise your left leg to a 45-degree angle (or position one), keeping your right leg stationary. Next, raise your right leg to a 45-degree angle, while at the same time, moving your left leg to the start position. Counts three and four are repetitions of the same movements. Repeat quickly until your goal is reached. Note: The lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body: if you experience discomfort in your lower back, raise your legs to a higher position.

**Flutter Kick Drill x 1 minute**

**START:**
Lie flat on your back with your hands under, or slightly outside, your buttocks, palms down. Raise your feet 6–12 inches off the ground.

**ACTIONS:**
Flutter kicks are a four-count exercise where you raise your left leg to a 45-degree angle (or position one), keeping your right leg stationary. Next, raise your right leg to a 45-degree angle, while at the same time, moving your left leg to the start position. Counts three and four are repetitions of the same movements. Repeat quickly until your goal is reached. Note: The lower your legs are positioned, the more back muscles you engage for this exercise. Keep your back flat against the floor with your arms supporting the sides of your body: if you experience discomfort in your lower back, raise your legs to a higher position.
"Do you know what my favorite part of the game is?  The opportunity to play!"  
—Mike Singletary, Head Coach, San Francisco 49ers

**Quadruped Extensions x 10 repetitions (each side)**  

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

**ACTIONS:** Contract the abdominal muscles, lift and extend the left arm and the right leg simultaneously until level with the back. Pause for a few seconds and slowly return to the start position. Repeat with the opposite arm and leg, pausing for a few seconds while extended. Continue switching until goal is reached. Performing the actions on both sides once is one repetition. Exhale through your mouth as you extend and inhale through your nose as you return to the start position.

**If you train hard, you'll not only be hard, you'll be hard to beat."**  
—Herschel Walker, former NFL Football player

**AEROBIC CONDITIONING PHASE**

**Speed Skater Drill (with or without dumbbells) x 20 repetitions**  

**START:** Stand with your feet shoulder-width apart, knees slightly bent and toes pointing forward. Hold a set of light dumbbells at your sides, elbows slightly bent and palms facing inward.

**ACTIONS:** Shifting your balance to your right, thrust your left leg to the left several inches, right leg following and crossing behind your body, left arm extending to the left, right elbow bending and hand moving to upper chest, left foot landing on the ground before the right. Land and balance your body on your left leg, arms level with your shoulders. Quickly, switch directions and repeat. Continue until your goal is reached. Performing the actions on each leg once is one repetition. Exhale through your mouth as you kick and inhale through your nose as you switch directions. Note: You can perform this exercise without dumbbells, if needed.

**Press-Squat-Push Drill (with or without dumbbells) x 10 repetitions**  

**START:** Holding a set of light or moderately weighted dumbbells at your sides, stand with your feet shoulder-width apart, toes pointing forward.

**ACTIONS:** While keeping your core muscles tight and back straight, press your arms up until nearly fully extended, rotating your wrists outward until palms face forward. Keep your wrists firm and allow elbows slightly bent. Bend both elbows until your hands are level with your neck. Swing your knees and hips forward, reach downward with your arms and place the dumbbells on the ground slightly outside and in front of your feet, palms facing inward. Thrust your legs back to a “push-up” position, back and legs forming a straight line, arms straight, head facing forward. Lower your body by bending both elbows until your upper arms are parallel with the ground. Extend your arms and return to the start position by reversing the steps. Continue until your goal is reached. Exhale through your mouth as you press and push, and inhale through your nose as you lower your body and return to the start position.

**Backside Kick Drill x 1 minute**  

**START:** Stand upright with your feet shoulder-width apart, toes pointing forward, arms slightly bent and level with your naval, palms facing inward.

**ACTIONS:** Bend your left knee and raise your foot toward your buttocks, knees remaining aligned with your hips. While your left leg returns to the start position, quickly raise your right foot toward your buttocks. Continue until your goal is reached. Breathe naturally, inhale through your mouth and out through your nose. Note: The actions are performed at a fast pace.

**“Squares” Drill (Combatives exercise using both the Shoulder Bridge and the Modified Prone) x 10 repetitions (each side)**

**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, handle slightly more than shoulder-width apart, legs and arms straight. Raise your hips slightly higher than your shoulders, head facing forward.

**ACTIONS:** Switch your balance to your left shoulder and right leg, bend your right knee, lift your right arm up, move your left leg between your left shoulder and right leg and move your right arm back. Place your left foot and right hand on the ground and raise your hips until level with your shoulders. Switch your balance to your right, lift your left arm and move your right leg between your right shoulder and left leg. Return to the start position. Continue until your goal is reached. Breathe naturally, inhale through your nose and out through your mouth.

**Squares” Drill**

By Herschel Walker

—Herschel Walker, former NFL Football player

**Quadruped Extensions x 10 repetitions (each side)**

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

**ACTIONS:** Contract the abdominal muscles, lift and extend the left arm and the right leg simultaneously until level with the back. Pause for a few seconds and slowly return to the start position. Repeat with the opposite arm and leg, pausing for a few seconds while extended. Continue switching until goal is reached. Performing the actions on both sides once is one repetition. Exhale through your mouth as you extend and inhale through your nose as you return to the start position.

**“Squares” Drill**

By Herschel Walker

—Herschel Walker, former NFL Football player

**Press-Squat-Push Drill (with or without dumbbells) x 10 repetitions**

**START:** Holding a set of light or moderately weighted dumbbells at your sides, stand with your feet shoulder-width apart, toes pointing forward.

**ACTIONS:** While keeping your core muscles tight and back straight, press your arms up until nearly fully extended, rotating your wrists outward until palms face forward. Keep your wrists firm and allow elbows slightly bent. Bend both elbows until your hands are level with your neck. Swing your knees and hips forward, reach downward with your arms and place the dumbbells on the ground slightly outside and in front of your feet, palms facing inward. Thrust your legs back to a “push-up” position, back and legs forming a straight line, arms straight, head facing forward. Lower your body by bending both elbows until your upper arms are parallel with the ground. Extend your arms and return to the start position by reversing the steps. Continue until your goal is reached. Exhale through your mouth as you press and push, and inhale through your nose as you lower your body and return to the start position.

**Backside Kick Drill x 1 minute**

**START:** Stand upright with your feet shoulder-width apart, toes pointing forward, arms slightly bent and level with your naval, palms facing inward.

**ACTIONS:** Bend your left knee and raise your foot toward your buttocks, knees remaining aligned with your hips. While your left leg returns to the start position, quickly raise your right foot toward your buttocks. Continue until your goal is reached. Breathe naturally, inhale through your mouth and out through your nose. Note: The actions are performed at a fast pace.

**“Squares” Drill**

By Herschel Walker

—Herschel Walker, former NFL Football player

**Quadruped Extensions x 10 repetitions (each side)**

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

**ACTIONS:** Contract the abdominal muscles, lift and extend the left arm and the right leg simultaneously until level with the back. Pause for a few seconds and slowly return to the start position. Repeat with the opposite arm and leg, pausing for a few seconds while extended. Continue switching until goal is reached. Performing the actions on both sides once is one repetition. Exhale through your mouth as you extend and inhale through your nose as you return to the start position.
A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the Sharp and Strong fitness franchise and hiking business that delivers military-inspired, boot-camp style workouts to soldiers and civilians. Ken is currently a staff sergeant in the Tennessee Army National Guard.

“I never looked at the consequences of missing a big shot … when you think about the consequences, you always think of a negative result!”
—Michael Jordan, National Basketball Association Hall of Famer

**STAMINA STOPWATCH**

**No More Love Handles:**
1 full set = 30 minutes

**Belly Buster:**
2 full sets = 50 minutes

**Cut Check:**
3 full sets = 70 minutes

Note: The Warm-up and Cool-down phases are performed only once.

**EQUIPMENT NEEDED:**
1. Dumbbells, light to moderate weight, one set
2. Bench or platform, 6-12 inches from the ground
3. Floor mat, if a soft surface for the floor exercises is not available

Remarks:
Before starting the program, calculate your target heart rate. It is suggested that you monitor your heart rate during physical activities, if possible. 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.

### Focus Fitness

**20. Running outside or on a treadmill x 10 minutes**

**START:** Assume a “standing start position” by placing your toes behind the start line with one leg 12–18 inches behind you. Shift your weight onto the front leg and bend your lead knee 90 degrees. Bend your trunk forward with opposite arm in front and slightly elevated.

**COOL-DOWN PHASE**

**21. Seated Forward Bend x 30 seconds**

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

**ACTIONS:** Bend your left knee and move your left foot to the right of your right foot. Place your left hand on the ground behind you. Twist your trunk counterclockwise and reach toward your right leg with your right arm, placing your right arm against the left side of your left leg. Continue until your goal is reached. Return to the start position. Switch directions and continue. Breathe deeply.

**Note:** If you can, place your forward hand on your straight leg to lock the stretch for the required time.

**22. Seated Trunk Stretch x 30 seconds**

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

**ACTIONS:** Bend your left knee and raise your left foot toward your buttocks, keeping your left knee on the ground. Reach backward with your left arm and grab the outside of your left foot with your hand. Continue until your goal is reached. Return to the start position. Switch legs and continue. Breathe deeply.

**23. Modified Thigh Stretch x 30 seconds**

**START:** Lie flat on the ground on your abdomen with your legs straight and your arms in front of your face, elbows bent 90 degrees, palms on the ground. Elevate your upper body and brace yourself with your arms to maintain this position.

**ACTIONS:** Bend your left knee and move your left foot toward your buttocks, keeping your left knee on the ground. Reach forward with your right arm,尽可能将手臂向前伸展，手掌向下。深呼吸。

**Note:** Perform this exercise naturally, in through your nose and out through your mouth.

**24. Modified Straddle Stretch x 30 seconds**

**START:** Lie flat on the ground or on a mat with your legs straight and together, feet flexed.

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

**Note:** If you can, place your forward hand on your straight leg to lock the stretch for the required time.