Upper Body Targeting Phase: “T” Push-up
Primary Muscles Targeted: Anterior and Medial Deltoids, Triceps, Pectorals, full body integrated

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

Actions: While keeping your abdominal muscles taut, lower your body by bending both elbows until the upper parts of your arms become parallel to the ground. Return to the start position. Maintain balance, rotate your body to your left, raise your left arm and point your fingers upward until your body forms a “leaning T.” Return to the start position, repeat the actions on both sides once in one repetition. Exhale through your mouth as you push-up, and inhale through your nose as you return to the start position. Note: Do not let your hips sag or arch upward.

Male standards:
Basic: 5-10 repetitions (each side)
Intermediate: 11-30 repetitions (each side)
Advanced: 31-60 repetitions (each side)
Extreme: 61-100 repetitions (each side)

Female standards:
Basic: 2-4 repetitions (each side)
Intermediate: 5-9 repetitions (each side)
Advanced: 10-20 repetitions (each side)
Extreme: 20-40 repetitions (each side)

Lower Body Targeting Phase: Lunge
Primary Muscles Targeted: Gluteus Maximus, Quadriceps, Hamstrings, Gastrocnemius, hip flexors

Start: Balance your left leg on the ground straight in front of you with your left knee slightly bent. Place your right leg slightly 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. 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.

Male standards:
Basic: 5-10 repetitions (each side)
Intermediate: 11-40 repetitions (each side)
Advanced: 41-80 repetitions (each side)
Extreme: 61-100 repetitions (each side)

Female standards:
Basic: 2-5 repetitions (each side)
Intermediate: 6-10 repetitions (each side)
Advanced: 11-20 repetitions (each side)
Extreme: 21-40 repetitions (each side)

Stamina Stopwatch
The Stamina Stopwatch included the estimated time it will take to complete each set of the fitness program.

Quick Fix:
1. full set = approximately 20 minutes
2. full set = approximately 40 minutes
3. full set = approximately 60 minutes

Combates
To lose additional body fat, try reducing the consumption of sweets, pasta, dairy products, and sugar.

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

You can go to www.NATIONALGUARD.com/fitness and download your Personal Training Guide.

Nutrition Advice
1. To lose additional body fat, try reducing the consumption of sweets, pasta, dairy products, and sugar.
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Visit www.NATIONALGUARD.com/fitness for more fitness tips from SGT Ken!