

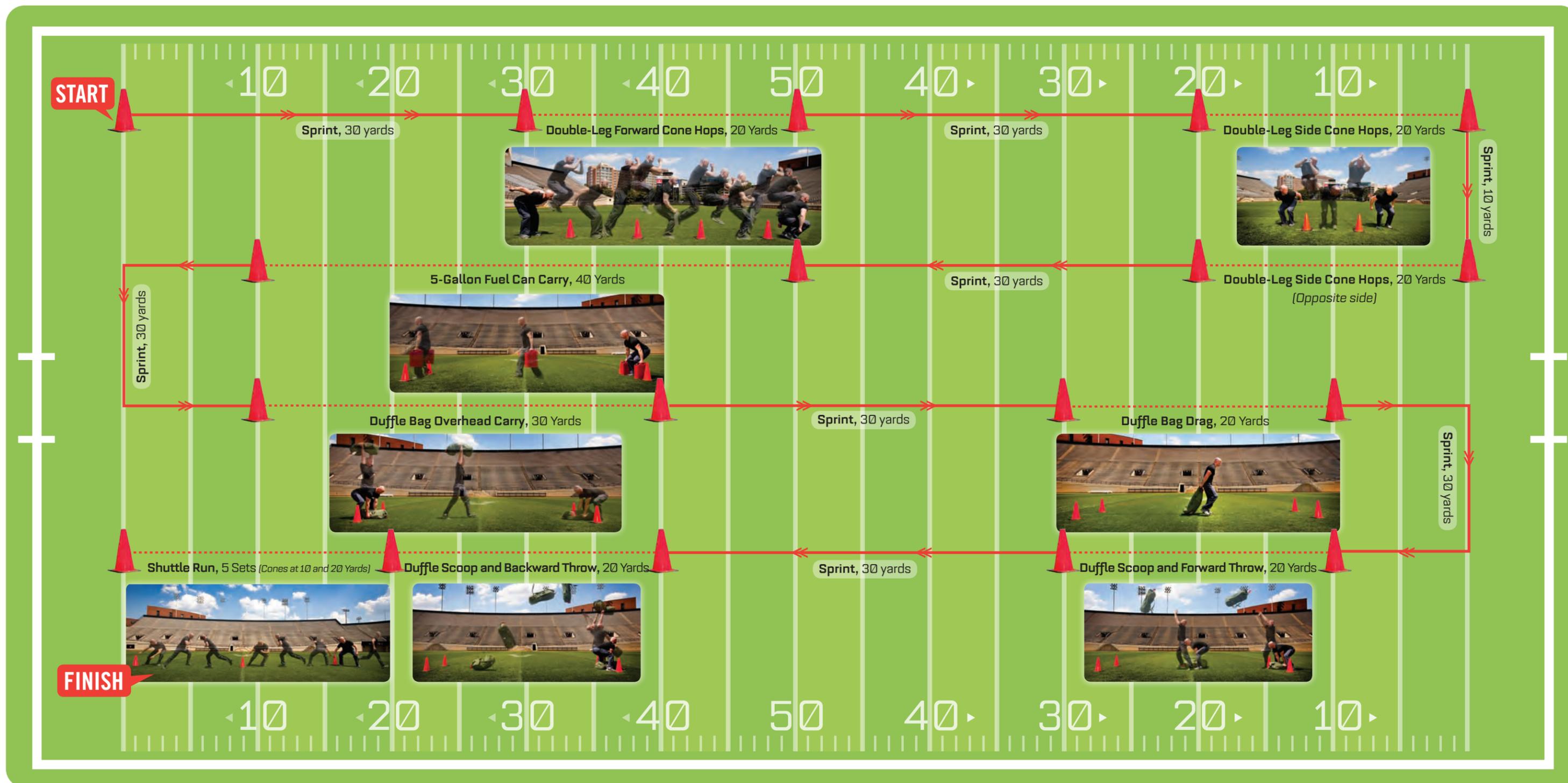


The Combat Fitness Challenge



>> For details on these exercises, go to the Fitness section of GX, vol. 7, issue 4.

By Ken and Stephanie Weichert • Photos by Adam Livingston



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 short of breath.

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