



START Fitness™

OPERATION HEAVY OR NOT™



WEIGHT TRAINING AND BODY-RESISTANCE EXERCISES

With important Diet advice from Dr. Robert Portman
of the Pacific Health Laboratories

Part 3 of 3
By SSG Ken Weichert

THE CARDIO AND CORE BLASTER!

The other day Stephanie and I were at our gym, and just before the workout, she turned to me and said, "Today I want you to try my workout plan." She had been asking to train me for months. Each time, I told her that I was on a specific fitness schedule. This time, I hesitated. I looked at her beautiful, blue eyes and suddenly lost complete control of any stopping power. Before I could stuff them back in, I heard the words "sure, that sounds great" pour out of my mouth.

"Did I say that?"

Filled with excitement, she smiled and charged forward toward our first exercise station. Following her, I felt the same panic as if I were back on day one of Basic Training. Her surprise exercise program dare not include a single argument from me, lest she believe SGT Ken could not keep up! I was there to receive her best "smoke session" and I had nowhere to go; and people in the gym were now watching my every move. One thing for certain was the anticipation of living in the "house of pain" the next day because of my very own blue-eyed Drill Sergeant of the day! "Bring on the House of Pain!"

Part 3 of Heavy or Not is a quick cardio and core blaster that requires absolutely no equipment. The following exercise routine is what Stephanie prepared for me. Warning: **This exercise routine includes exercises that are NOT for beginners!**

HEAVY OR NOT, BIG CORE NO MORE!

QUICK REVIEW OF THE HEAVY OR NOT:

- Part 1 *Upper Body Muscle Exploitation Day* (GX 3.4, pages 72-73)
- Part 2 *We've got lower body answers* (GX 3.5, pages 75-76)
- Part 3 *Big Core, No More*

1. **Warm-up** (5-Minutes Running in-place or 50 Side-Straddle-Hops "Jumping Jacks")
2. **A few rotation exercises and leg stretches** (2-Minutes)
3. **Modified Plank Pose Dragging Knee Thrusts** [Pictured on following page]

This is the perfect way to start your core-strengthening routine. While performing this exercise, you are slowly warming up deep tissue muscle groups in the modified plank pose while also stretching lower back and contracting abdominal muscles during each knee thrust.

START POSITION: Assume a modified plank position by balancing on your forearms and on the balls of your feet or toes, feet together, forearms are shoulder width apart and both hands on the ground together or with palms on the ground. Maintain a flat back and do not allow your hips to sag towards the ground.

ACTION: While keeping your abdominal muscles as tight as you can, bend your left knee and drag it lightly on the ground across your body until it reaches your waist. Slowly return to the Start Position and perform the same steps with the other leg.

Basic - 4 reps, each leg; **Intermediate** - 8 reps, each leg; **Advanced** - 16 reps, each leg

4. **Crunches**
Basic - 15 reps; **Intermediate** - 30 reps; **Advanced** - 50 reps
5. **Modified Lower Back Bends** [Pictured on following page]
START POSITION: Carefully lower your body to the ground with your arms outward and bent at the elbows, hands slightly above your shoulders, palms on the ground, and your feet shoulder-width apart touching the floor.
ACTION: Slowly arch your lower back by tightening your rear end and lower back muscles until your legs and arms move upward. Slowly return to the Start Position.
WARNING: Do not jerk your body during this exercise. Perform the actions slowly.
Basic - 8 reps; **Intermediate** - 16 reps; **Advanced** - 32 reps
6. **Flutter Kicks** (See GX 2.4 for exercise description)
Basic - 15 reps; **Intermediate** - 30 reps; **Advanced** - 60 reps
7. **High Crawl Push-ups** [Pictured on following page]

START POSITION: Assume a modified Push-up Position by placing your left arm slightly higher than your left shoulder and your right arm slightly lower than your chest with your left leg bent at the knee and your right leg straight balancing on your toes or on the balls of your feet.

ACTION: Lower your body to the ground slowly by bending at the elbows. Slowly return to the Start Position. Do not switch positions until you have reached your repetition goal. This exercise can be modified by pointing your fingers downward with your lower hand only.

Basic - 4 reps; **Intermediate** - 8 reps; **Advanced** - 16 reps

High Crawl Push-ups



Modified Plank Pose Dragging Knee Thrusts



Modified Lower Back Bends



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.

FOR SPECIFIC APFT PREPARATION EXERCISES: Please refer to START Fitness in GX issues 2.6, 3.1, and 3.2 in www.gxonline.com past issues.

8. **Crunches**

Basic - 20 reps; **Intermediate** - 40 reps; **Advanced** - 80 reps

9. **Dive Bomber Push-ups** [Pictured at right]

START POSITION: Assume the standard Push-up position. Now widen your feet and point your rear end in the air.

ACTION: Lower your body to the ground slowly by bending at the elbows. Slightly drag your chest across the ground and press your body upward until your arms are straight and your lower back is arched backwards. Return to the Start Position by reversing the steps.

Basic - 2 reps; **Intermediate** - 8 reps; **Advanced** - 16 reps

10. **Aerobics** (Treadmill, Elliptical Machines, Running, or Cycle) – 5 minutes

Big Core, No More, levels:

BASIC 1 set = approximately 20 minutes *

INTERMEDIATE 2 sets = approximately 40 minutes *

ADVANCED 3 sets = approximately 60 minutes *

* Depending on repetitions per set and rest periods

Dive Bomber Push-ups



UNIFORM REMARK: SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

ILLUSTRATION BY SEAMAS GALLAGHER, NICOLE SYLVESTER; PHOTOS BY JONATHAN MILLER