



START FITNESS™

The Shoulder Shredder!

Part 1 of 2

OPERATION SLIM GYM™

By SSG Ken Weichert



SSG Weichert,

Thanks for all of the help that you and Stephanie have given me! To be honest, at first I didn't think that those rubber resistance bands by SPRI Products were gonna do much. I was wrong. They really do work you out! I have been using them for several weeks while doing your workouts from *GX* magazine and your Operation Fit to Fight™ DVDs. Recently, I took an APFT and did better than ever before on the push-ups and sit-ups. I got 80 push-ups and 78 sit-ups this time. That's nearly double from what I got three months ago. Now, I am going to use your workout from *GX* 3.2 to improve my running. I had one more question. I noticed you talk very little about weights. What weight-training exercises will help me with the APFT? Thanks.

—PVT Stevenson, Texas Army National Guard

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PVT Stevenson,

Great job on improving your APFT score! That's incredible! Keep up the good work! Regarding weight training for the APFT, there are absolutely no weight-training exercises that will help you with the events in the APFT. Personally, I use weight training immediately after the APFT in order to diversify my strength-training workouts. However, I stay away from weight training when I'm within eight weeks of my next APFT. Bottom line, good push-up training helps you develop the type of strength and stamina needed to perform your best on the push-up event for the APFT; likewise sit-ups for sit-ups, and running for running. You got the right idea by going to *GX* 2.6, 3.1 and 3.2 for your APFT training. Those workouts help me max my APFT each time! What I do is mark my calendar where the APFT is scheduled and go back eight weeks (Some people may need as much as 12 weeks). I will stop the weight training eight weeks out and use *GX* 2.6 intensely for weeks 1-3. For weeks 4-5, I add the abdominal exercises from *GX* 3.1. For weeks 6-8, I favor the aerobic exercises from *GX* 3.2 and I gradually taper off the muscle-failure drills from *GX* 2.6, leaving me with the 21 days of consistent running that I need to prepare me for the APFT two-mile run.

Regarding weight training, many people have written to Stephanie and me asking if weight training will make them bigger or smaller. The answer is "both." The amount of weight used and the repetitions per set determine the mass or lean qualities that develop as a result. In other words, if you want to get giant in the gym, lift heavy weights with very few repetitions on each set. If you want to stay SLIM in the GYM and still stay strong, pump more reps with less weight.

Here's how it works:

WARM-UP PHASE:

1. **Running in place or 50 "side-straddle-hops"** (jumping jacks) (5 minutes)
2. **A few rotation exercises** (2 minutes)
3. **A few s stretches** (5 minutes)

It's best to repeat steps 1-3 prior to step 4 in order to be properly warmed-up.

4. **High steps** (2-minutes)

Jogging in place with your hands at least above your shoulders and your knees as high as your hips.



BUILD-UP PHASE:

5. Shoulder push-ups

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. Your head and shoulders will appear to move 45 degrees forward, instead of straight down. Maintain the angles at your hips during this exercise and stay on the balls of your feet. Return to the start position and repeat the steps.

- Basic—1-5 repetitions
- Intermediate—6-10 repetitions
- Advanced—11-20 repetitions



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6. Crunches on the ground (or stability ball crunches)

Basic—1-30 repetitions
Intermediate—31-60 repetitions
Advanced—61-120 repetitions
Note: This exercise is performed at this time in order to give the shoulders a bit of rest before the shoulder shredder goes wild.



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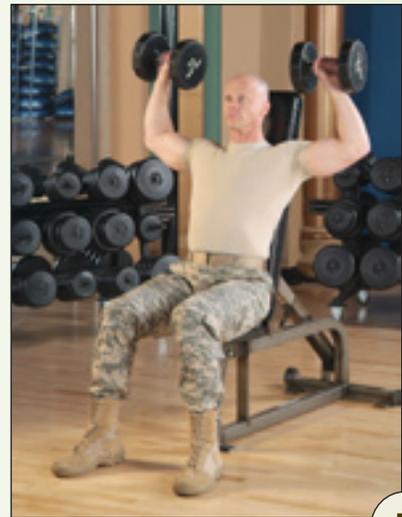
MUSCLE TARGET PHASE:

7. Military press with dumbbells

Start Position: Sit upward with correct posture on a high-back bench, or stand erect. Position dumbbells to sides with elbows forming a 90-degree angle.
Action: Press dumbbells upward until arms are fully extended overhead. Slowly return to the start position and repeat. **Warning:** Do not jerk your body during this exercise. Perform the actions slowly.

- FORMULA WITH WEIGHTS:**
- Bulk Up—3 sets of 4-6 repetitions each with heavy resistance
 - Maintenance Drill—3 sets of 8-12 repetitions each with medium resistance
 - Sculpt Down—3 sets of 15-20 repetitions each with light to moderate resistance

- FORMULA WITH TUBING:**
- Basic—1-10 repetitions
 - Intermediate—11-20 repetitions
 - Advanced—21-40 repetitions



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8. Lateral raises

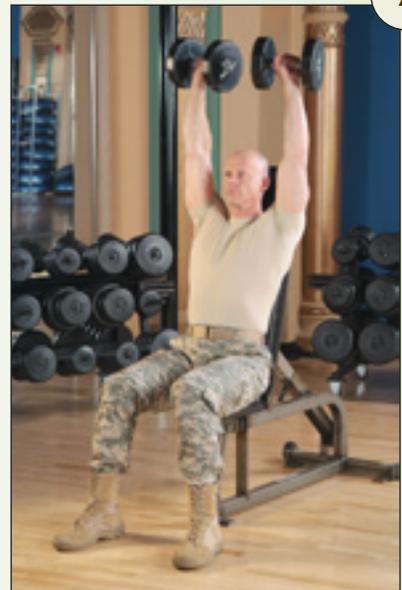
Start Position: Grasp dumbbells or tubing handles in front of upper thighs. Bend slightly forward at your hips. Bend your knees and elbows slightly.
Action: Raise upper arms to sides until elbows are shoulder height. Keep your wrists level with your elbows and turn them inward slightly. Slowly return to the start position and repeat.
WARNING: Do not rock your body to swing the weights upward. Maintain proper form by reducing the amount of weight used if necessary.
Note: Same formulas

9. Prone shoulder press

Start Position: Lie in the prone position with legs straight and upper body rigid (This can be performed on the ground, bench, BOSU, or stability ball). Grasp dumbbells in the overhead position with your elbows outward and your wrists to the side of your temples.
Action: Engage your abdominal and rear-end muscles to assure spinal stabilization. Press arms overhead until arms are straight. Slowly return to the start position and repeat. **Suggestion:** Use low weight for this exercise in order to maintain proper form.
Note: Same formulas

10. Forward lateral raises

Start Position: In a standing position, hold two dumbbells or the tubing handles in front of your upper thighs with your palms facing your body.
Action: Lift the dumbbells or tubing handles up in front of your body until your wrists are level with your shoulders. Slowly return to the start position and repeat.
Note: Same formulas



11. Upright row

Start Position: In a standing position, hold two dumbbells or the tubing handles in front of your upper thighs with your palms facing your body.
Action: Lift the dumbbells or tubing handles straight up until the handles nearly reach chin level, keeping

them close to your body and six to 10 inches apart from each other. Slowly return to the start position and repeat.
 Note: Same Formulas

SUMMIT PHASE:

12. Tubing jacks

Start Position: Stand on top of the tubing with one foot, hold the two tubing handles in front of your upper thighs with your palms facing your body.

Action: Jump to a position with your legs spread evenly with your shoulders. While jumping, swing your arms out to your sides until your hands nearly touch overhead. Quickly return to the start position and repeat.

Basic—1-10 repetitions
 Intermediate—11-20 repetitions
 Advanced—21-40 repetitions

13. 5 minutes of aerobics (treadmill, elliptical machines, running or cycle)
 "Outstanding! Now do it, again!"

Basic—1 full set = approximately 20 minutes*
 Intermediate—2 full sets = approximately 40 minutes*
 Advanced—3 full sets = approximately 60 minutes*
 * Depending on repetitions per set and rest periods

COOL-DOWN PHASE:

- 14. A few rotation exercises (2 minutes)
- 15. A few stretches (5 minutes)



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FOR SPECIFIC APFT (ARMY PHYSICAL FITNESS TEST) PREPARATION EXERCISES: Please refer to START Fitness™ in GX issues 2.6, 3.1 and 3.2 in www.GXonline.com past issues.

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.

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.

SPECIAL REMARKS: We encourage you to request additional information by emailing us at askthetrainer@startfitness.com and to exercise with us while watching our FIT TO FIGHT™ DVD series.

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