



SPOT YOUR PARTNER
SGT KEN™ assists Stephanie
with a Tricep extension
exercise with SPRI tubing.

OPERATION QUICK FIX™

Part 2 of 2

Operation Quick Fix™ was also featured as the Camp Crunch Urban Challenge™ used at the Men's Health Urbanathlon™ post-race festivals in Manhattan, New York, and Chicago, Illinois.

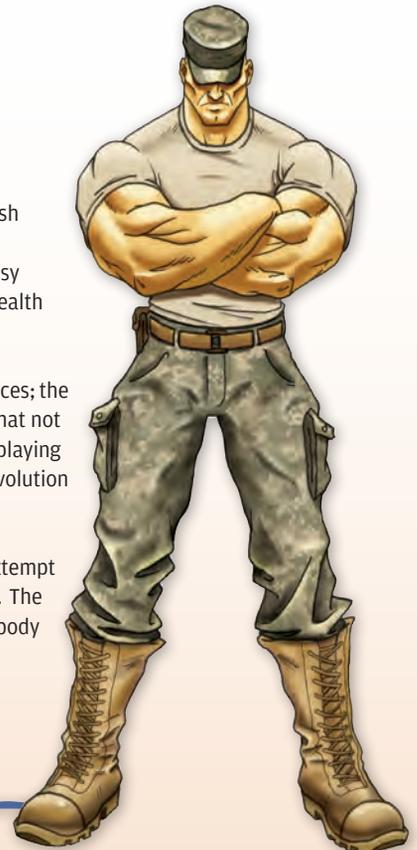
By SSG Ken and Stephanie Weichert

Chicago slumbered soundly at 0530 hours while the bleary-eyed crew began to check the remaining items of their to-do lists. The loud hum from the generator-powered work lights illuminated the vacant area. Flash floods swept Butler Field the night before, covering the ground as thoroughly as strawberry jam on the sticky fingers of a six-year-old child. The next morning, despite the wetness, the special event crew was busy conducting sound checks on the music system and securing exhibitor tents. It was race day at the Men's Health Urbanathlon™. Moreover, it was D-Day for the Camp Crunch Urban Challenge™!

It became evident to me, on that brisk morning in Chicago, that many people no longer wish to simply run races; the turnout proved that they wanted something more diverse and challenging. People are looking for events that not only include racing, but other competitions as well, testing multiple body parts and thereby leveling the playing field. A combined event like the Urbanathlon™ and the Urban Challenge™ is an example of the next evolution of races.

After the Urbanathlon™ race, a multitude of people formed a queue to the side of the Crunch tent in an attempt to become one of the 50 people to perform a more personal feat: The Camp Crunch Urban Challenge™. The challenge included a 15-20 minute circuit that brought many of them to their knees, proving that full-body military-style workouts are still the absolute best fitness training events for anyone!

Here is how it works:



CHRIS KISSLING / ILLUSTRATION BY SEAMAS GALLAGHER, NICOLE SYLVESTER

WARM-UP PHASE

NOTE: At the Urbanathlon™, we conducted the Warm-up Phase before the main event.

A. Aerobics Running in-place; Side-Straddle-Hops "Jumping Jacks"; High Steps/Knees (5 Minutes)

B. Push-ups (1 Minute)

- **Basic:** 1-10 reps
- **Intermediate:** 11-20 reps
- **Advanced:** 21-30 reps

NOTE: At the Urbanathlon™, we performed Push-ups in cadence for a 15-count.

C. Aerobics Running in place; Side-Straddle-Hops "Jumping Jacks"; High Steps/Knees (4 Minutes)

D. Stretching (5 Minutes)

OPERATION QUICK FIX™/ CAMP CRUNCH URBAN CHALLENGE™

NOTE: At the Urbanathlon™, there were no rest periods while moving from station to station. Participants performed the entire series of exercises knowing that they were being timed, starting with station one and freezing the stopwatch immediately after the completion of station 10. Please go to GXonline.com, Past Issues, START Fitness™, for any needed exercise instructions.

**1. Treadmill ¾-mile Sprint (Male);
Treadmill ½-mile Sprint (Female)**

2. Stair Climber 300 Step Drill

3. 100 Jump Rope Skips

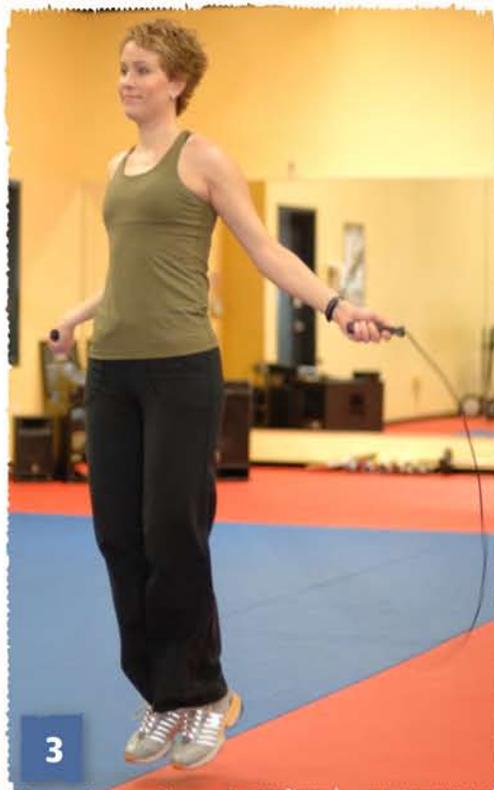
4. 30 Squat-Thrust-Jumps

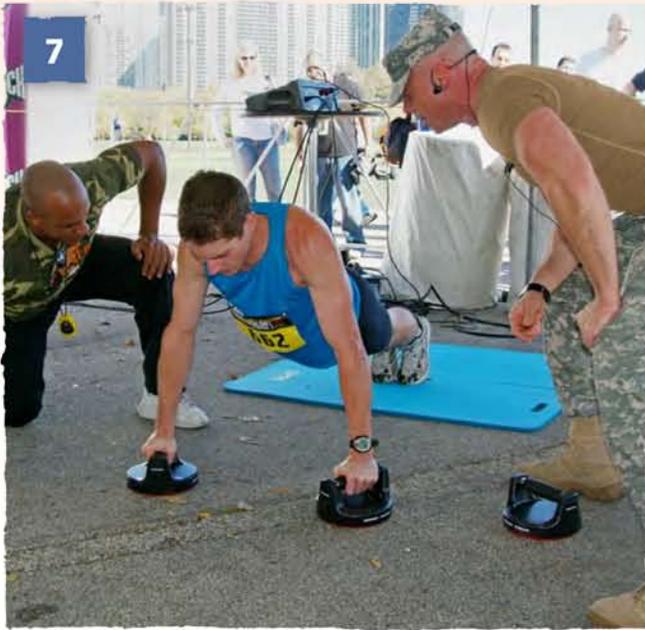
5. 50 Leaping Squats

6. 30 Sit-ups

**7. 30 Perfect Push-ups™ (Male);
15 Perfect Push-ups™ (Female)**

NOTE: You may substitute Push-up Grips or Dumbbells when Perfect Push-ups™ are not available.





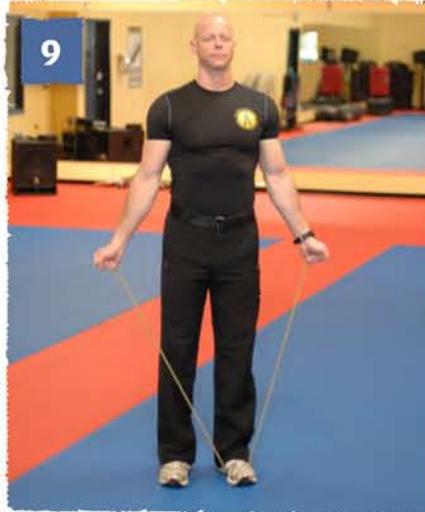
8. 30 Ultratube™ Triceps Extensions

9. 30 Xertube™ Lateral Shoulder Raises

10. Climbing Wall (FINISH)

- **Quick Fix:** 1 full set = approximately 15 minutes
- **Full Metal Jacket:** 2 full sets = approximately 30 minutes
- **Max Load:** 3 full sets = approximately 45 minutes

Note: We suggest that you Crab Crawl forward (Advanced) or Bear Crawl laterally (Intermediate) for 50 feet (25 feet in each direction) in order to create a similar finish for this event without having a rock-climbing wall, which was used at the Urbanathlon™. Or, simply return to the Treadmill (Basic-Intermediate) for station No. 10. "Hooah!"



START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips at www.GXonline.com! As this section develops, you'll be able to view short fitness videos, download workouts and more.

Go to: GXonline.com/Fitness

Special thanks to VQ Fitness in Hanford, CA for allowing us use of their facilities.

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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