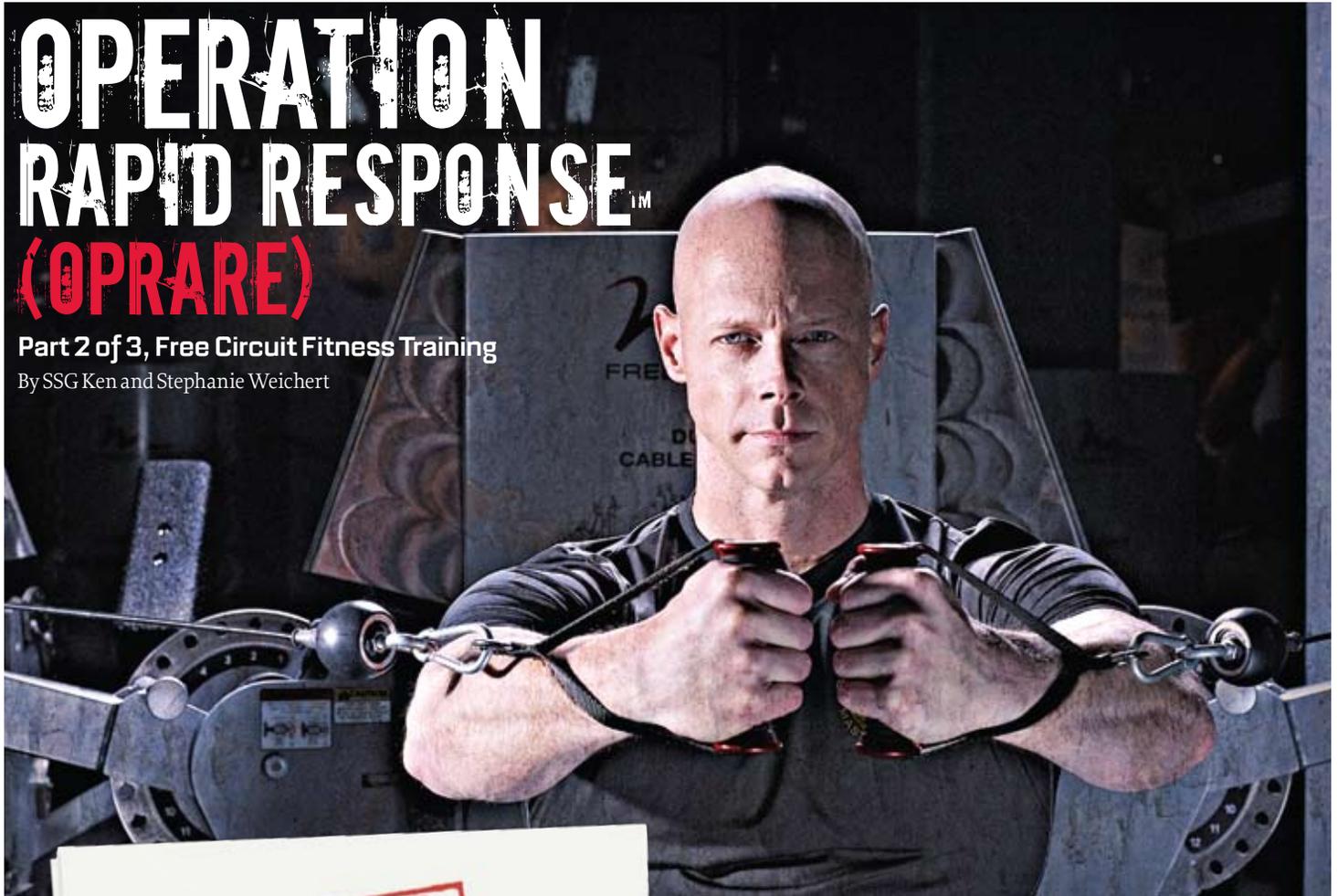


# OPERATION RAPID RESPONSE™ (OPRARE)

Part 2 of 3, Free Circuit Fitness Training

By SSG Ken and Stephanie Weichert



**RECEIVED**

DEAR SSG KEN AND STEPHANIE WEICHERT,

I really enjoyed meeting you both and feel fortunate to have been able to share some time with you while in Nashville. You both have a passion for what you do, and just being near you was truly motivational. You exude the enthusiasm and can-do attitude that makes you so good at what you do!

Ken, our brief workout session was very valuable as it reminded me that you don't have to spend hours in the gym to get the job done—thanks for making it happen. Your instructional technique was on-point, as would be expected of a professional of your caliber.

Thanks for all you two do!

**CSM David Ray Hudson**  
Senior Enlisted Leader to the Chief  
National Guard Bureau

CSM DAVID RAY HUDSON  
WORKS OUT WITH SSG KEN



“Always bear in mind that your own resolution to succeed is more important than any one thing.”

— Abraham Lincoln

## WARM-UP PHASE

### 1. Aerobics (5 minutes)

**EXAMPLES:** Running in place; side-straddle hops (jumping jacks); high steps/knees

### 2. Stretching (5 Minutes)

## MUSCLE TARGET PHASE

### 3. Abdominal Leg Extensions

**START:** Sit on the edge of a sturdy flat bench with your hands slightly outside your hips, gripping the bench tightly. Extend your legs and flex your feet.

**ACTIONS:** Begin by bending your knees into a 90-degree angle. Slowly return to the start position.

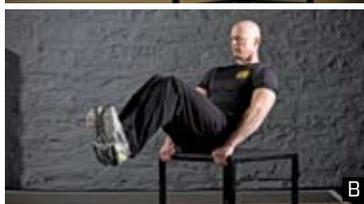
**Warning:** Never lock your knees.

**Basic:** 1–10 repetitions

**Intermediate:** 11–20 repetitions

**Advanced:** 21–40 repetitions

#### ABDOMINAL LEG EXTENSIONS



### 4. Medicine Ball Bench Dips

**START:** Sit on the edge of a sturdy flat bench with your hands slightly behind your hips, gripping the bench tightly. With your legs together, place your heels on the ground and point your toes in the air.

Move your feet away from your hips. Position the medicine ball between your upper legs. Straighten your arms and keep a slight bend in your elbows.

**ACTIONS:** Slowly lower your body by bending both elbows into a 90-degree angle. Do not allow your elbows to bend away from your body. Slowly return to the start position.

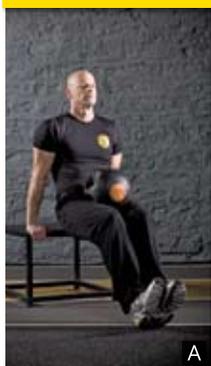
**Warning:** Never lock your elbows.

**Basic:** 1–10 repetitions

**Intermediate:** 11–20 repetitions

**Advanced:** 21–40 repetitions

#### MEDICINE BALL BENCH DIPS



#### PUSH-UPS, FEET ELEVATED



### 5. Push-ups, Feet Elevated (with or without the Perfect Push-up)

**START:** Balance your body with your hands on the ground and your feet (or knees) on a bench or platform that is 6–16 inches off the ground, with your back forming a straight line. Tilt your chin up slightly and keep your feet together or up to 12 inches apart. Different arm positions engage different arm, chest and shoulder muscles. The closer together your hands are, the more triceps muscles you engage.

**ACTIONS:** While keeping your core muscles tight, drop your body straight down by bending both elbows. Return to the start position.

**Warning:** Look slightly forward and do not let your head drop during the exercise. Maintain proper form and do not let your back sag. If using the Perfect Push-up, rotate your arms naturally.

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

“Superset your program by taking little or no break between exercises.”

— SSG Ken Weichert

### 6. Step-ups with Kettle Bells or Dumbbells

**START:** Stand behind a bench or platform that is 12–16 inches off the ground. Place your left or right foot firmly on the step.

**ACTIONS:** Slowly transfer your weight to your left heel and step up onto the bench until your right knee bends at a 90-degree angle and becomes level with your hips. The opposite leg will never touch the bench. Slowly return to the start position. After completing your reps, switch legs.

**Basic:** 1–10 repetitions

**Intermediate:** 11–20 repetitions

**Advanced:** 21–40 repetitions

#### STEP-UPS WITH KETTLE BELLS OR DUMBBELLS



## 7. Jump Ups

**START:** Stand behind a bench or platform that is 6–16 inches off the ground. Many fitness facilities have platforms for this activity. Make certain that the equipment is sturdy.

**ACTIONS:** First, stand on the platform and jump backward onto the ground, keeping your knees bent slightly. This helps your body get used to the actions. Be certain to land as softly as you can. Next, with your knees still slightly bent, jump back onto the platform as fast as you can.

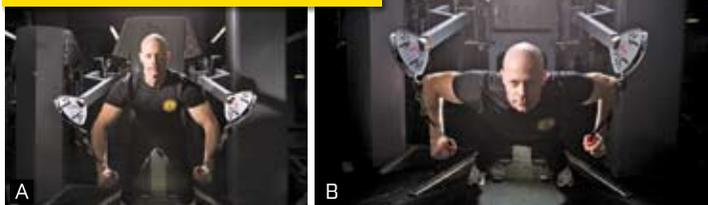
**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions



## FREE MOTION PUSH-UP OR REGULAR PUSH-UP



## 9. Free Motion Push-up or Regular Push-up

**START:** Lock the arms of the machine approximately 12 inches outside of your body (see No. 3) and level with your lower chest or upper abdomen (see No. 7), with the pins secured in the highest weight for stability. Facing the machine, balance your body with your feet on the ground hip-width apart, with your hands on the Free Motion grips and suspended 12–16 inches off the ground and your back forming a straight line. Tilt your chin up slightly and contract your core muscles.

**ACTIONS:** While keeping your core muscles tight, slowly drop your body straight down by bending both elbows. Return to the start position.

**Warning:** Maintain a neutral spine and do not let your head or back sag.

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

**Very Advanced:** Bring your hands close together while in the up position and widening your arms when lowering your body (Fly Push-up).

“Victory belongs to the most persevering.”  
—Napoleon Bonaparte

## SQUATS WITH A BARBELL OR DUMBBELLS



## 8. Squats with a Barbell or Dumbbells

**START:** Stand with your feet hip-width apart and your toes pointing forward. Place the barbell slightly above your shoulders at the bottom of your neck. You might want to use a pad on the barbell for comfort. If using dumbbells, raise them up to your shoulders in a military press position. Choose a weight based on the “Weight Training Body Basics” formula.

**ACTIONS:** Lower your body into a squat by bending both knees. Continue to bend until you reach a 90-degree angle, or you lose the natural arch in your back. Keep your body stable by contracting your rear end and leg muscles. Return to the start position by slowly standing up.

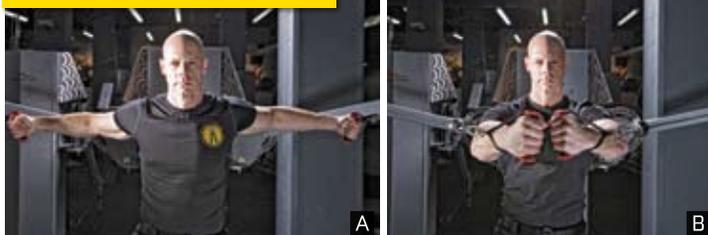
**Warning:** Do not lock your knees. Your knees should not exceed your toe line. To prevent this, point your tailbone back behind you while dropping toward the ground.

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

## FREE MOTION OR CABLE CHEST FLY



## 10. Free Motion or Cable Chest Fly (wide to narrow)

**START:** Lock the arms of the machine approximately 20 inches outside of your body and level with your upper chest. Stand with your feet hip-width apart, your toes pointing forward and in the middle of the grips. Bend the knees and elbows slightly and hold the Free Motion grips with palms forward. Internally rotate your shoulders slightly, keeping your elbows level with your shoulders. If using dumbbells, raise them up to the same start position while lying flat on your back on a sturdy bench.

**ACTIONS:** While keeping your core muscles tight and your back straight, slowly press the weight inward by bringing your fists together. Your arms will make a hugging motion. Do not let your elbows drop. Keep them level with your shoulders. Slowly return to the start position.

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

## 11. Free Motion or Cable Military Press or Dumbbell Press

**START:** Lock the arms of the machine approximately 12 inches outside of your body (see No. 3) and close to the ground (see No. 10). Stand with your feet hip-width apart and your toes pointing forward. Hold the Free Motion grips slightly above the shoulders with elbows outward and palms facing forward. If using dumbbells, raise them up to the same start position.

“There are very few people that go out and dominate. If you’re not mentally prepared, you’re competing for second place.”

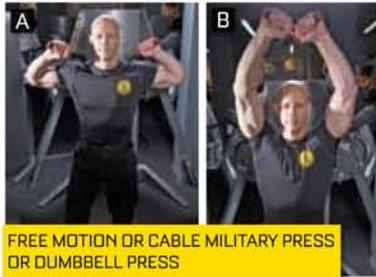
– Kevin VanDam

**ACTIONS:** While keeping your core muscles tight and your back straight, slowly press the weight overhead and your fists together until your arms are fully extended. Do not lock your elbows. Slowly return to the start position.

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions



FREE MOTION OR CABLE SHOULDER FLY, LATERAL RAISE



## 12. Free Motion or Cable Shoulder Fly, Lateral Raise

**START:** Lock the arms of the machine approximately 12 inches outside your body (see No. 3) and close to the ground (see No. 10). Stand with your feet hip-width apart, your toes pointing forward and in the middle of the grips. Bend the knees and elbows slightly and hold the Free Motion grips with palms forward and your arms at your sides. If using dumbbells, hold them in the same start position.

**ACTIONS:** While keeping your core muscles tight and your back straight, slowly press the weight upward and fists together until your arms are level with your shoulders. Slowly return to the start position.

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

## 13. Bicep Curls with Cables or Dumbbells

**Basic:** 1–10 repetitions

**Intermediate:** 11–20 repetitions

**Advanced:** 21–30 repetitions

## 14. Lat Pull Downs (with a cable and grips or straight bar)

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

## 15. Tricep Pull Downs (with a cable and rope or “V” or straight bar)

**Basic:** 1–5 repetitions

**Intermediate:** 6–10 repetitions

**Advanced:** 11–20 repetitions

### Stamina Stopwatch:

**Operation Rapid Response:** 1 full set = approximately 5–10 minutes

**Operation Double-Time:** 2 full sets = approximately 10–20 minutes

**Operation Max Load:** 3 full sets = approximately 15–30 minutes

**Note:** The warm-up and cooldown phases are performed only once.

### Weight Training Body Basics:

**Bulk Up:** Three sets of 4–6 repetitions each with heavy resistance

**Maintenance Drills:** Three sets of 8–12 repetitions each with medium resistance.

**Sculpt Down:** Three sets of 15–20 repetitions each with light to moderate resistance.

## COOLDOWN PHASE

### 16. Stretching (5 Minutes)

Total workout time is approximately 35, 45 or 55 minutes. Want more?

Go to <http://www.1-800-GO-GUARD.com/fitness>

## WORKOUT WRAP-UP

From Army Field Manual (FM) 21-20, Physical Fitness Training, 30 September 1992, Chapter 7, Fitness Circuits

**Free Circuit:** In a free circuit, there is no set time for staying at each station, and no signal is given to move from one station to the next. Soldiers work at their own pace, doing a fixed number of repetitions at each station. Progress is measured by the time needed to complete a circuit. Because soldiers may do incomplete or fewer repetitions than called for to reduce this time, the quality and number of the repetitions done should be monitored. Aside from this, the free circuit requires little supervision.

**Fixed Circuit:** In a fixed circuit, a specific length of time is set for each station. The time is monitored with a stopwatch, and soldiers rotate through the stations on command.

**REFERENCE NOTE:** FM 3-22.20 Army Physical Readiness Training (December 2007) supersedes FM 21-20 Physical Fitness Training (Sept. 30, 1992).

**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.