



## Takes 2 to Tango™ with SGT Ken®

### Overview

Takes Two to Tango: Team-building Drills and Fitness Thrills™ with SGT Ken® utilizes highly effective interval training techniques practiced by the U.S. military. Complete with unique and effective athletic conditioning drills and partner-assisted sports, this course will teach you fun and exciting ways to perform your daily exercise programs. You will be immersed in fitness drills that require the assistance of other participants, all designed to show you how team-building games can help you double your strength and stamina in two weeks! It takes two to tango and to get the results that you've always wanted!



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## Introduction

The original version of this program was developed some time ago, and was appropriate for the freedom of space and distance that we experienced at the time. Now it seems that we have been forced to adapt exercise programming to meet newly developed procedures on physical distancing during general community quarantine situations. This means that what I wrote prior to the virus crisis is somewhat obsolete and needed a new science to support our current perspective on the use of proximity between human beings.

Takes Two to Tango: Team-building Drills and Fitness Thrills™ is now a program in three parts:

1. Close Contact Calisthenics
2. Short Distance Fitness Drills
3. Long Distance Athletic Conditioning

## Part One: Close Contact Calisthenics

Close Contact Calisthenics are summarized as fitness drills that include physical touch. This can be compared to how a wrestler or mixed martial artist performs grappling moves.

Example exercises:

### Partner-assisted

Exercise Name	Duration
Partner-resisted Shoulder Press	120 seconds
Partner-assisted Elevated Push-up	90 seconds
Partner-Assisted Inverted Pull-ups	45 seconds
Partner-resisted Leg Push (supine)	60 seconds
Partner-resisted Decline Sit-up Drill	60 seconds
Partner Burpee Ladder Drill	120 seconds

### Team Building

Exercise Name	Duration
Fireman's Carry Relays	240 seconds

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Human Gurney Carry Relays	240 seconds
Team Tunnel Crawl Relays	240 seconds
4x4 Push-up Survivor Challenge	240 seconds
Shoulder Bridge to Sit-up Synchronicity	240 seconds
Back Extension Synchronicity	240 seconds
Double-Decker Plank Survivor Challenge	240 seconds

## Part Two: Short Distance Fitness Drills

Short Distance Fitness Drills are summarized as exercises that are within arms-length of the other athlete. This can be compared to how a boxer is within punching distance of the opponent. This may include exercises where the athletes are connected by a piece of equipment, such as a resistance band (closed loop strength band).

Example exercises:

### Partner-assisted

Exercise Name	Duration
RB Partner-Assisted Push-ups	120 seconds
RB Partner Plank Single-arm Pull, Left	60 seconds
RB Partner Plank Single-arm Pull, Right	60 seconds
RB Partner Seated Torso Twists	120 seconds
RB Partner Plank Single-leg Back Kick, Left	60 seconds
RB Partner Plank Single-leg Back Kick, Right	60 seconds
RB Partner Jump Squats, Forward	90 seconds
RB Partner Jump Squats, Lateral	90 seconds
RB Partner Jump Squats, Backwards	90 seconds
RB Partner Bear Crawl, Forward and Back	120 seconds

## Part Three: Long Distance Athletic Conditioning

Long Distance Athletic Conditioning is summarized as exercises that are at kicking distance or more of the other athlete. This may include exercises where the athletes are coaching each other during rest phases.



Example exercises:

Partner-assisted

Exercise Name	Duration
Squat to Push-up	90 seconds
Quadruped Side Kicks	90 seconds
Lateral Tuck Jump Push-up	90 seconds
Single Leg Squat	90 seconds

## Part Four: Behavioral Science and Fitness Theater

*“People may forget what you said,  
but they will never forget how you made them feel.”*  
– SGT Ken®

### Cultivating Connection through Comprehensive Fitness

Fitness is just not physical. It is quintessential to the success of any Boot Camp program to approach fitness in seven dimensions: Physical, Nutritional, Emotional, Social, Family, Financial and Spiritual. Called Comprehensive Fitness, the seven-dimension approach is the backbone of preventive maintenance and progressive development for the body, mind and spirit. Instead of waiting for a problem to arise, comprehensive fitness helps to mitigate the risk factors associated with an inactive lifestyle that can ultimately lead to poor health and depression. When you give full consideration to a comprehensive fitness leadership technique, you are simply offering more value to the students. By providing more value in your program, you allow the opportunity for the students to build resilience and growth.

### The Three Pillars of Peak Performance: Inform, Impact, and Empower

The three pillars serve as the foundation for effective development and delivery of all program presentations.

**Inform:** This means that we will provide examples of what to inform, and how this is the opportunity to make the student feel at ease right away.



Example:

The '4 W's' serve as the structure for all Boot Camp presentations (Wake-up, Warm-up, Workout and Wind-down).

The first 'W', Wake-up, is the starting section that includes:

1. Introduction (personal greeting)
2. Overview of the:
  - A. Target: (i.e. strength, power, endurance, aerobic training)
  - B. Type (i.e. HIIT, VIIT, HVIT, Steady State Training, Fitness Game, Fitness Test, General Fitness, Hypertrophy)
  - C. FORMAT (i.e. Fixed or Free Circuit).

3. Safety Briefing

Note: Every Safety Briefing must include the statements, "Modify, what you have to. Amplify, when you can. Have fun, but safety always comes first."

Wake-up Phase timing example:

Introduction = 10 seconds

Target, Type and Format Overview = 20 seconds

Safety Briefing = 30 seconds

Cadence Call (if used) = 1-2 minutes

Demonstration (if performing a circuit) = 3-4 minutes

**Impact:** When you impact someone, you create a change of heart. Impact leads to influence, and influence leads to a movement. This means that impact will lead to a lifestyle change. Start each day by asking yourself, "How can I intentionally add value to the lives of others? How can I help them reach success?"

*"Impact is a moment. Influence is a movement."*

– SGT Ken®

**Empower:** Act like a coach, not a trainer. Build bonds and foster friendship in order to facilitate a lifestyle change that lasts.

*"People don't care how much you know,  
until they know how much you care."*

– Theodore Roosevelt



## The Three Structured Strategies of Systematic Success: Connection, Rapport, and Relationship.

Program pillars are driven by timed plans or strategies.

**Connection:** Connection starts before you start the class. Set the tone and mood of the program prior to performance.

*“To be early is to be on time.  
To be on time is to be late.  
To be late is to be forgotten.”*  
– Elin Hilderbrand

**Rapport:** Rapport happens during the class. Rapport means to find common ground. What is important to the student should always be important to the Boot Camp leader. Do you know the goals for each student? Do you include exercise choices to help meet their goals? Are you conducting After Action Reviews (AAR) to use recorded student achievements for future marks of improvement? This will result in stronger levels of rapport during each session.

AAR example: A coach opens the leader book to review the last four classes of the same target, type and format. During a quick review of the notes, the leader is reminded that Melanie broke her all-time personal best of 28 push-ups during a push-up test four weeks ago. The leader quickly takes note of all After Action Review comments, and begins the class. In the middle of the program, the leader announces that the class will need to get mentally prepared for a push-up test. As the leader announces the rules for the event, the coach walks toward Melanie, turns off the microphone and says, “Today you’re breaking 30!”

It was very important to Melanie when she achieved her personal best of 28 push-ups four weeks ago. When a leader remembers such a thing, it makes the situation personal. This action elevates rapport and can ultimately lead to the student exceeding their personal best during the next challenge.

Note: AAR format is to write down the date, target, type and format of the fitness class, and to reflect on three good things (SUSTAINS) and three things that could have been done better (IMPROVES). The last 30 days of After Action Reviews are maintained in the



Leader Book for accessibility by anyone on the instructor team.

**Relationship:** Relationships happen after the class, simply because relationships take time.

Example opportunity to build relationships:

End the 60-minute class at 55 minutes and announce, “Great class today, everyone! If you have been with us for less than a month, than rally on me for a few minutes. If you are a veteran of this Boot Camp and have some questions, our coaches can help you.”

Once you have the new students huddled around you, greet them again by saying, “Great job, team! How did you feel about the class?” We call this type of closing the ‘heart-felt follow-up’ approach. It allows the students to focus on a feeling, first.

Once the fitness leader receives a response from the students, the next series of statements and questions should be, “I am glad that you enjoyed it! We realize that many of the cues came rapidly. Let’s spend the next four minutes of the class as a personal training session and to review any exercise that may seem unfamiliar to you. Let’s do this.”

When you allow the opportunity for the students to receive special attention, you increase the level of empowerment. This results in a stronger relationship between you and the students.

*“If you want to lead others, use your heart.  
If you want to lead yourself, use your head.”*  
– John C Maxwell

## **The Three Phases of the Coach to Athlete Connection: Coach to Team, Athlete to Athlete, Student-coach to Athlete.**

### **Phase One: Coach to Team**

The first phase includes the standards and expectations for each drill (exercise-science) and the need to act like a team (psychology). This phase will require the Boot Camp leader to establish the tone of the program, and allow the opportunity for growth with the students. It is vital to the success of the program for the leader to immediately create connection and enhance the level of excitement. This

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phase will require the fitness leader to demonstrate and deliver the exercises to ensure a safe and effective experience.

### **Phase Two: Athlete to Athlete**

The second phase includes the implementation of physical and mental challenges that are achieved through the successful progression of student-to-student motivation. The presence of other athletes moving toward a mutual goal is motivating to every individual, resulting in encouraging elevated efforts.

### **Phase Three: Student-coach to Athlete**

The third phase is when we see the students assist each other with performance. This progression may include cues and corrections that were originally stated by the fitness leader, and now repeated by the students. This final phase of the coach to athlete connection reveals the level of perceived learning of your presentations.

Note: The three-phase Coach to Athlete Connection is a standard presentation progression that corresponds to the program pillars and strategies.

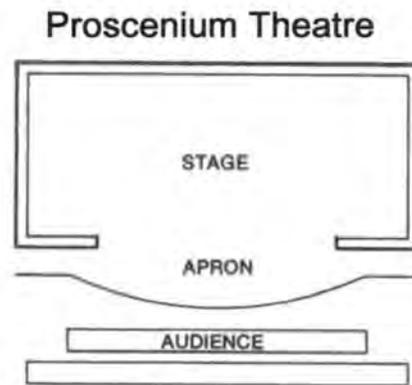
o Inform	-	Connection	-	Coach to Team
o Impact	-	Rapport	-	Athlete to Athlete
o Empower	-	Relationship	-	Student-coach to Athlete

The pillars, strategies and three phases of the coach to athlete connection are parallel to each other for each performance. In other words, the Boot Camp leader must always start each program by connecting (connection) to the students and to present the standards and expectations (inform) with a high level of professionalism and excitement (coach to team). During the class, the fitness leader must find common ground (rapport) and to make the students feel valued and significant (impact) through a high level of motivation (athlete to athlete). At the end of the class, the Boot Camp leader must focus on friendship (relationship) and the fundamental understanding of each drill performed in the program (empower) with clear cues and simple signals in order to encourage personal growth (student-coach to athlete).

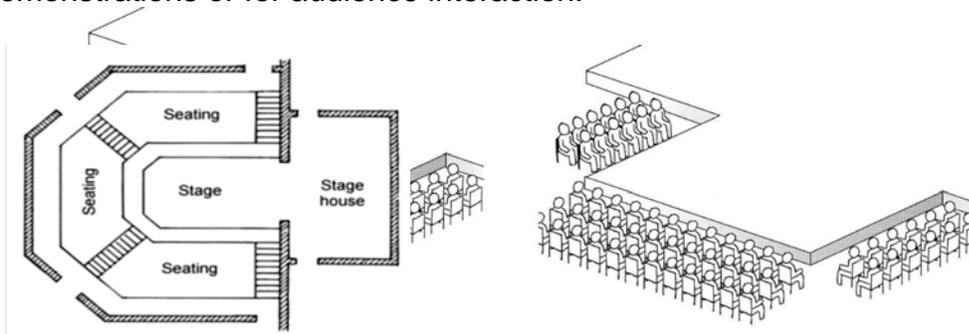
## The Three Theatrical Staging Strategies that Ensure an Extraordinary Experience with Every Member: Main, Thrust and Arena Stages

Where you stand and deliver your commands will connect the pillars, strategies and phases of the coach to athlete connection together.

**Proscenium Stage (aka Main Stage):** The proscenium staging strategy is a position that is in plain view of the audience (for square or rectangular spaces), or in the center stage (for circular spaces). It is a formal space that is used to change the dynamics of the program or announce a key point of transition. The cues that are delivered in this position are meant to be for everyone at once.

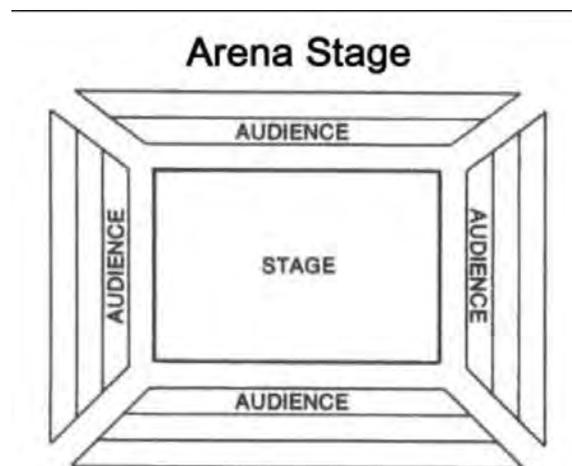


**Thrust Stage:** The thrust staging strategy is a position that is close to the first row of students. It is a friendly space that is used to perform demonstrations or for audience interaction.



**Arena Stage:** The arena staging strategy is a position that is within a couple feet of an individual in the audience. It is an intimate space that is used to deliver instructional cues and motivational comments for 1-3 people (for one person directly, and the two people that are next to the one receiving the comments). The speaker should stand between the  $\frac{1}{4}$  to  $\frac{1}{2}$  angle in relation to the individual to promote personal connection.

Note: Standing in the  $\frac{3}{4}$  to full back angle in relation to the individual is never advised, as it is intimidating and not intimate.



**Proxemic Theory:** In 1966, Edward T. Hall developed a theory on Proxemics, the study of space and relationship between individuals within the context of culture. The Proxemic Theory defined how specific amounts of space or the proximity between humans could reveal the level of a perceived relationship.

**Public Space:** Known as a space of 10 feet or more between individuals, this proximity is very formal and non-friendly. It does not allow the opportunity to easily recognize facial reactions. It is the distance that is commonly used for lectures or mass meetings.

- ✓ **Psychology Behind the Science:** The public space compares to how speakers use the proscenium stage. This



is a formal space for delivering a message that is intended for the entire audience.

**Personal Space:** This is a space and distance where individuals can physically shake hands. It allows the opportunity to recognize vocal tone and facial reactions.

- ✓ **Psychology Behind the Science:** The personal space compares to how speakers use the thrust stage. This is a friendly space that is performed near or within the first row of audience members, and allows the participants to experience the unity of the entire group.

**Intimate Space:** This is a space and distance where individuals can physically hug each other. It allows the opportunity to sense the emotions behind comments and gestures.

- ✓ **Psychology Behind the Science:** The intimate space compares to how speakers use the arena stage, and is used to coach and motivate one and up to three audience members at a time. It is performed within 18 inches of a specific student in the ¼ to ½ angle, and allows an individual or small group of individuals to experience how much the speakers cares about personal relationships.

**Putting it all together:** By repeating the staging sequence from proscenium, to thrust, to arena, the speaker will be able to saturate the audience space enough times to create a climate of connection while delivering a detailed message.

Note: The three staging strategies help complete the positive psychology progression for each presentation.

○ Inform	- Connection	- Coach to Team	- Main
○ Impact	- Rapport	- Athlete to Athlete	- Thrust
○ Empower	- Relationship	- Student-coach to Athlete	- Arena



## Part Five: Program Science

*“Having a team at my side does not compete with me,  
it completes me.”*  
– SGT Ken®

### Program Targets

Muscular Strength, Power, Endurance, and Aerobic Training

### Program Types

#### 1. HIIT/VIIT/HVIT (High or Variable Intensity, and High Volume Interval Training)

**A. High Intensity Interval Training (HIIT)** involves performing a series of exercises at equal intensity throughout the entire workout, with each drill followed by a period of rest. This work-to-recovery cycle is repeated several times throughout the fitness program with the intent to improve overall performance and possibly increase EPOC (excess post-oxygen consumption). HIIT exercises are normally performed at intervals of 10-30 seconds, with the recovery time determined by what is needed in order to sustain 100% output during each drill. Note: Some concerns are being able to maintain maximum energy output during each drill without overwhelming the lactate buffer of the body or the Onset of Blood Lactate Accumulation (OBLA). Other concerns are being able integrate adequate recovery periods to help sustain optimum performance.

**B. Variable Intensity Interval Training (VIIT)** involves performing a series of exercises at the different intensities throughout a workout, where each drill is followed by a period of rest. This work-to-recovery cycle is repeated several times throughout the workout with the intent to improve overall performance and possibly increase EPOC (excess post-oxygen consumption). Note: This type of interval training may present more adequate recovery time over a HIIT program, and provide a better overall training experience.

**C. High-volume Interval Training (HVIT)** involves performing a series of exercises at no more than 75% output during a workout at intervals of 60 seconds or up to four minutes, where each drill is followed by a period of rest.

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This work-to-recovery cycle is repeated several times throughout the workout with the intent to improve overall endurance. Note: Some concerns are being able integrate adequate recovery periods to help sustain optimum performance.

## 2. Fitness Games

Fitness Games include playful challenges designed to dramatically increase strength and stamina through superior sporting strategy.

## 3. Fitness Tests

Fitness Tests are designed to determine areas that need improvement and to recognize areas of achievement through a specific series of strength and stamina events. The intent is to capture the data and compare it to other previously taken tests each month over a 12-month period. Refer to the examples in the lessons included in this manual.

## Program Formats

**1. Fixed Circuit** fitness training involves performing a series of exercises at different stations for a uniform measure of time during each round, with each drill followed by a period of rest while moving to the next station. Each round may include a different uniform measure of time from what was performed in the previous round in order to provide varied exercise experiences, such as:  
Round One – 90:30 (90 seconds of output, followed by 30 seconds of rest)  
Round Two – 60:30 (60 seconds of output, followed by 30 seconds of rest)  
Round Three – 30:30 (30 seconds of output, followed by 30 seconds of rest)  
Note: Round one represents an effort of endurance by performing at sub-maximal force for a long period of time, and often with multiple repetitions of an exercise. Round two represents power by performing at nearly optimal force for a short period of time. Round three represents strength by performing at 100% output for the shortest amount of time in the circuit training series. The key word is “represent” and does not provide a perfect example of each energy classification.

**2. Free Circuit** fitness training involves performing a series of exercises at different stations for a uniform measure of repetitions during each round, with little to no rest between stations. The objective is to perform the exercises or obstacles as quickly as possible with the intent to achieve the lowest total time for the entire event. An obstacle course is an example of a free-style circuit. Note:



Some concerns are being able integrate adequate recovery periods to help sustain optimum performance. Other concerns are the potential risk of injury associated with a compromise of proper by performing each drill too fast or beyond personal ability.

*“Resilience means to challenge your limits,  
instead of limiting your challenges.”*

– SGT Ken®

# Operation Team Training™: The Best of Battle Buddy Sports

Produced by SGT Ken®



## Session Description

*Operation Team Training™: The Best of Battle Buddy Sports with SGT Ken®* includes a series of unique and exciting individual and team-building drills designed to create group cohesion and immediately increase morale. Learn to effectively communicate while discovering extraordinary problem-solving techniques for program success. Discover the type of military team training that will help you win battles on any front! Rated for all levels.

## Program Theory

1. Program format: *Static Action Sports* in six phases: Warm-up, Muscle Target, Partner-assisted, Team-building, Aerobic Conditioning, and Cool-down.
2. Exercise-science elements: PROGRESSION, VARIETY and PRECISION. You perform the exercises with gradual *progression* and work within your limits. You perform a *variety* of movements in order to achieve function by performance in all three planes of motion and all forms of energy. You focus on movement *precision* in order to prevent injury and improve biomechanics.
3. Program focus: *Muscle Targeting* by performing two or more exercises in a row that focus on one section of the body in order to encourage muscle-fatigue or muscle-failure, before transitioning to another section.

## **INTRODUCTION (4 minutes)**

120 seconds

*Welcome to Operation Team Training™, the Best of Battle Buddy Sports!*

*My name is SGT Ken®. We are going to improve our overall muscular strength and endurance, aerobic endurance and flexibility.*

*This workout includes six main phases:*

*Warm-up, Muscle Target, Partner-assisted,*

*Team-building, Aerobic Conditioning and*

*Cool-down. I want everyone here work within*

*your own limits. You know your body better*

*than anyone else. Give this program your*

*absolute best and you will burn over 700*

*calories in 60 minutes! Stay hydrated*

*throughout the program and keep it safe. I*

*will provide modifications and amplifications*

*to many exercises. If I ask you “ARE YOU*

*FIRED UP,” you shout “HOOAH!” The word*

*“Hooah” means, “Yes, I understand” and “I,*

*ready!” Failure to immediately respond with*

*a loud and thunderous “Hooah” could result*

*in extra push-ups. If I ask you “ARE YOU*

*GOING TO QUIT,” you shout “NEVER!”*

*Let’s produce that body you have always*

*dreamed of! ARE YOU FIRED UP?*

**CROWD RESPONDS:**

*Hooah.*

**TRAINER RESPONSE:**

*You can do better than that! ARE YOU FIRED UP?*

**CROWD RESPONDS:**

*HOOAH!*

**TRAINER RESPONSE:**

*That’s what I am talking about!*

*Time for the Warm-up Phase! Start*

*marching in-place, people!*

Note: The purpose of the introduction is to provide a quick and thorough breakdown of the program and what is expected of the participants. Much like a military *Safety Briefing*, the introduction also serves to make it clear that the participants should work within their limits at all times in order to help prevent injury.

## WARM-UP PHASE

Note: The Warm-up Phase should be conducted in two parts – Calisthenics and Dynamic Stretching.

EXERCISE NAME	DURATION
<b>March, in-place (CADENCE CALLING)</b>	120 seconds
<b>Jump Rope Drill (Narrow Leg)</b>	30 seconds
<b>Jump Rope Drill (Wide Leg)</b>	20 seconds
<b>Jump Rope Drill (Boxing stance)</b>	20 seconds
<b>Jump Rope Drill (switching feet)</b>	30 seconds
<b>Sprint, in-place</b>	30 seconds
<b>Speed Skater</b>	30 seconds
<b>Mountain Climbers</b>	20 seconds
<b>Froggers</b>	20 seconds
<b>Push-ups, Shoulder (Pike Position)</b>	30 seconds
<b>Clapper Drill</b>	60 seconds
<b>Arm and Shoulder Rotations, Arms Extended</b>	60 seconds
<b>Squats</b>	120 seconds
<b>Ski Squats</b>	30 seconds
<b>Squat Jacks</b>	30 seconds
<b>Jump Rope Drill (Narrow Leg)</b>	30 seconds

Note: Dynamic stretching exercises will be inserted here (i.e. Knee Lifts, Standing Leg Raises, Standing Rear Kicks and Arm Swings).

## MUSCLE TARGET PHASE

EXERCISE NAME	DURATION
<b>Lunges, Left (Split Squat)</b>	90 seconds
<b>Lunge Pulses, Left</b>	90 seconds
<b>Basketball Drill, Left</b>	30 seconds
<b>Jump Shots, Double-time</b>	30 seconds
<b>Lunges, Right (Split Squat)</b>	90 seconds
<b>Lunge Pulses, Right</b>	90 seconds
<b>Basketball Drill, Right</b>	30 seconds
<b>Jump Shots, Double-time</b>	30 seconds
<b>Jump Rope Drill, Narrow Legs</b>	20 seconds
<b>Ski Jumper Drill</b>	120 seconds
<b>Charlie Chaplin Drill</b>	60 seconds
<b>Jumping Jacks</b>	30 seconds
<b>Flutter Kicks</b>	30 seconds
<b>Double-leg Six-inch Pulses (supine)</b>	30 seconds
<b>Leg Lifts (supine)</b>	30 seconds
<b>Vertical Leg Crunches</b>	30 seconds
<b>Box and Reach Drill</b>	30 seconds

<b>Cradle Crunch</b>	30 seconds
<b>Back Extensions</b>	30 seconds
<b>ISO Push-up Drill</b>	90 seconds

#### **PARTNER-ASSISTED PHASE**

<b>EXERCISE NAME</b>	<b>DURATION</b>
<b>Partner-resisted Shoulder Press</b>	120 seconds
<b>Partner-assisted Elevated Push-up</b>	90 seconds
<b>RB Partner-Assisted Push-ups</b>	120 seconds
<b>Partner-Assisted Inverted Pull-ups</b>	45 seconds
<b>RB Partner Plank Single-arm Pull, Left</b>	60 seconds
<b>RB Partner Plank Single-arm Pull, Right</b>	60 seconds
<b>Partner-resisted Leg Push (supine)</b>	60 seconds
<b>Partner-resisted Decline Sit-up Drill</b>	60 seconds
<b>RB Partner Seated Torso Twists</b>	120 seconds
<b>RB Partner Plank Single-leg Back Kick, Left</b>	60 seconds
<b>RB Partner Plank Single-leg Back Kick, Right</b>	60 seconds
<b>RB Partner Jump Squats, Forward</b>	90 seconds
<b>RB Partner Jump Squats, Lateral</b>	90 seconds
<b>RB Partner Jump Squats, Backwards</b>	90 seconds
<b>RB Partner Bear Crawl, Forward and Back</b>	120 seconds
<b>Partner Burpee Ladder Drill</b>	120 seconds

#### **TEAM-BUILDING PHASE**

<b>EXERCISE NAME</b>	<b>DURATION</b>
<b>Fireman's Carry Relays</b>	240 seconds
<b>Human Gurney Carry Relays</b>	240 seconds
<b>Team Tunnel Crawl Relays</b>	240 seconds
<b>4x4 Push-up Survivor Challenge</b>	240 seconds
<b>Shoulder Bridge to Sit-up Synchronicity</b>	240 seconds
<b>Back Extension Synchronicity</b>	240 seconds
<b>Double-Decker Plank Survivor Challenge</b>	240 seconds

#### **AEROBIC CONDITIONING PHASE**

<b>EXERCISE NAME</b>	<b>DURATION</b>
<b>Jump Rope Drill</b>	30 seconds
<b>Sprint, in-place</b>	30 seconds
<b>Knee Thrusts, Left</b>	60 seconds
<b>Left Kick, Right Punch Combo</b>	60 seconds
<b>High Step</b>	30 seconds
<b>RB Knee Thrusts, Right</b>	30 seconds
<b>Right Kick, Left Punch Combo</b>	60 seconds
<b>High Step</b>	30 seconds

<b>FRONT, Back, GO!</b>	180 seconds
<b>Lateral Tuck Jump and Push-up Drill</b>	90 seconds
<b>Push-up Poker Drill</b>	120 seconds
<b>Jump Rope Drill</b>	30 seconds
<b>March, in-place (CADENCE CALLING)</b>	120 seconds

### COOL-DOWN PHASE

<b>EXERCISE NAME</b>	<b>DURATION</b>
<b>Lower Back Stretch</b>	30 seconds
<b>Gluteus Stretch, Left Leg</b>	30 seconds
<b>Trunk Stretch, Left Leg</b>	30 seconds
<b>Ankle Rotations, Left leg</b>	30 seconds
<b>Hamstring Stretch, Left leg</b>	20 seconds
<b>Gluteus Stretch, Right Leg</b>	30 seconds
<b>Trunk Stretch, Right Leg</b>	30 seconds
<b>Ankle Rotations, Right leg</b>	30 seconds
<b>Hamstring Stretch, Right leg</b>	20 seconds
<b>Abdominal Stretch, Prone</b>	30 seconds
<b>Balasana (Modified Child's Pose)</b>	30 seconds
<b>Dismissal</b>	30 seconds

### END OF LESSON

### REFERENCES:

1. *US Army Field Manual 7-22: Army Physical Readiness Training (OCT2012)*
2. *START Fitness Boot Camp Instructor Course Level One Manual (NOV2015)*
3. *US Army Field Manual 21-20: Army Physical Fitness (OCT1998)*
4. *US Army Field Manual 21-20: Army Physical Training (OCT1957)*
5. *US Army Field Manual 21-20: Army Physical Training (JAN1946)*
6. *US Army Field Manual 6-22: Army Leadership (AUG2012)*

[www.STARTfitness.com](http://www.STARTfitness.com)  
[www.sgtken.com](http://www.sgtken.com)

For program information, contact Master Fitness Trainer  
 SGT Ken@ at sgtken@STARTfitness.com

# Operation Team Training™

## Squad Against Squad Free-style Circuit Challenge with SGT Ken®

### Program Theory

1. Program targets: Muscular strength, power and endurance, aerobic endurance, and flexibility.
2. Program type: Variable Intensity Interval Training (VIIT) program, performed at specific amounts of repetitions for each event at different intensities.
3. Program format: *Free-style Circuit Fitness Training* in three phases: Warm-up, Free Circuit Fitness Course, and Cool-down. Free circuit fitness programs allow you perform exercises in multiple stations for a specified amount of repetitions each, or to successfully accomplish a series of obstacles with the intent to achieve the best time possible for the entire event.
4. References: *US Army Field Manual 7-22: Army Physical Readiness Training (OCT2012)* and the *Tactical Fitness Coach Course Manual (NOV2015)*.

### Wake-up Phase

Form group into squads of 4-6 athletes each and conduct demonstrations for each drill.

### Warm-up Phase

**Calisthenics:** Perform 6-8 minutes of calisthenics, such as running in-place, Side-Straddle-Hops “Jumping Jacks” or jumping rope in order to warm-up the body.

**Dynamic Flexibility:** Perform 4-6 minutes of dynamic flexibility exercises, such as Knee Lifts, Hip Stretches, Leg Lifts and Shoulder Rotations.

### Workout Phase

Free-style Circuit	Military Guerilla Drills	Partner Athletic Drills	Partner Power Drills
DRILLS 1-3:	Human Gurney Carry (6 rounds)	Team Plank Lateral Crawl High 5 (10 rounds)	Partner Wheelbarrow Push-up and Squat (20 each)
DRILLS 4-6:	Tunnel Crawl (2 rounds)	Partner Get-ups (10 each)	Partner Elevated Sit-ups (40 each)
DRILLS 7-9:	Lateral High Crawl, right to left (2 rounds)	Partner High Five Push-ups (20 each)	Partner Pull-ups (10 each)
DRILLS 10-12:	Duck Walk, Arms Linked (2 rounds)	Partner Burpee Ladder (1,2,3,4,5 = 15 each)	Over and Under, Plank and Pike (20 each)
DRILLS 13-15:	Pivot Squat Walk (2 rounds)	Partner Supine to Sit-up and Forward Reach (40 each)	Lateral Tuck Jump and Push-up (20 each, 10 each side)
DRILLS 16-18:	Bear Crawl and Crab Crawl Combination (2 rounds)	Team Quadruped Side Kick Foot-to-foot Touch (10 sets)	Elevated Push-ups (20 each)
DRILLS 19-21:	Fireman's Carry (2 rounds)	3 X 3 Shuttle Run Challenge (1 set each)	3 X 3 Triple Plank Photo Challenge (1 set)
CHALLENGE ROUND:	Team Rowing Relay Race	Team Duck Walk Relay Race	Team Push-up Relay Race

### Wind-down Phase

**Dynamic or Static Flexibility:** Perform 2-3 minutes of dynamic or static flexibility exercises.

# Operation Craving Competition™

Fixed Circuit Fitness Boot Camp training with SGT Ken®

## Program Theory

1. Program targets: Muscular strength, power and endurance, aerobic endurance, and flexibility.
2. Program type: Variable Intensity Interval Training (VIIT) program, performed with different outputs and modalities.
3. Program format: *Fixed Circuit Fitness Training* in three parts: Warm-up, Fixed Circuit Fitness Course (Round 1 at 90:30; Round 2 at 60:30; Round 3 at 30:30 work to rest ratios), and Cool-down.
4. Program focus: Fixed Circuit Fitness training programs allow you to perform exercises in multiple stations for a uniform measure of time (fixed circuit) each, as opposed to a competition-style circuit training program where you perform the exercises for a specified number of repetitions (free circuit).
5. Program option: AMRAP (As Many Repetitions As Possible) during the final round of 30 seconds each.

## Wake-up Phase

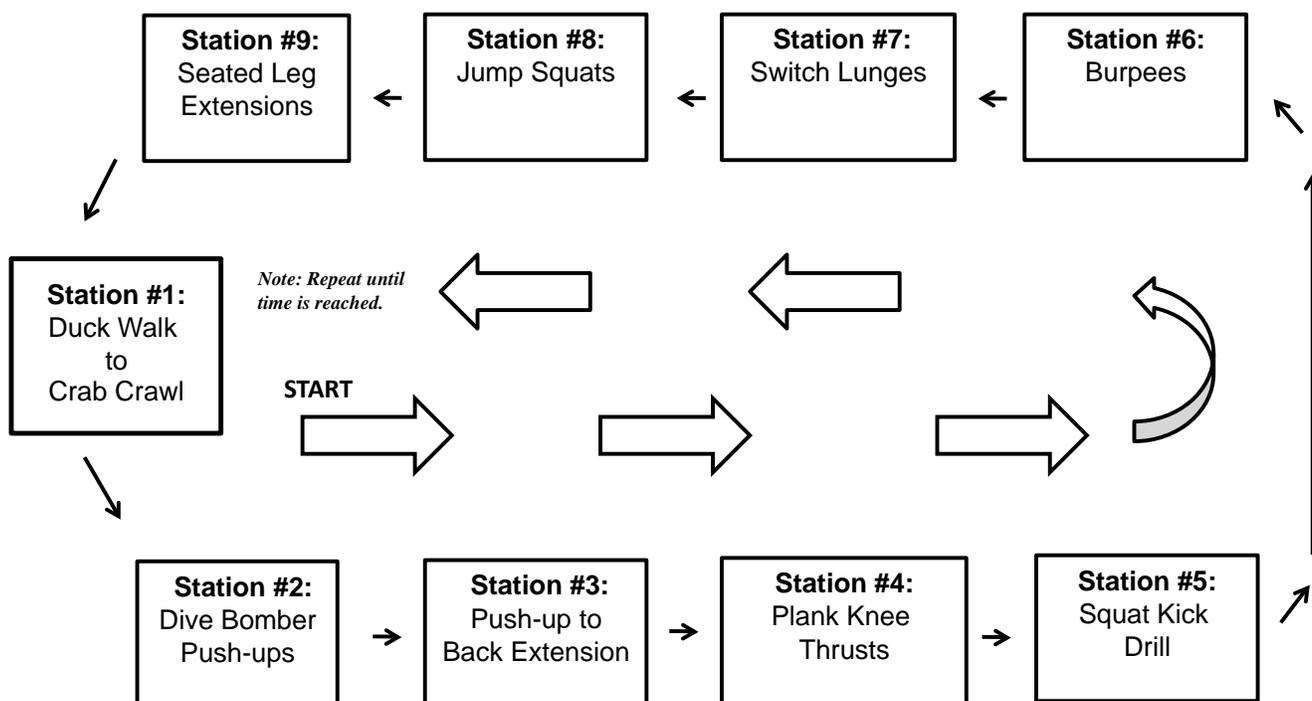
Separate into teams of four. Participants will take turns as athlete (work phase) and coach (rest phase).

## Warm-up Phase

**Calisthenics:** Perform 6-8 minutes of calisthenics, such as running in-place, Side-Straddle-Hops “Jumping Jacks” or jumping rope in order to warm-up the body.

**Dynamic Flexibility:** Perform 4-6 minutes of dynamic flexibility exercises, such as Knee Lifts, Hip Stretches, Leg Lifts and Shoulder Rotations.

## Workout Phase



## Wind-down Phase

**Dynamic or Static Flexibility:** Perform 2-3 minutes of dynamic or static flexibility exercises.

# Operation Take the HIIT™

## Fixed Circuit Fitness AMRAP Competition with SGT Ken®

### Program Theory

1. Program targets: Muscular strength, power and endurance, aerobic endurance, and flexibility.
2. Program type: High Volume Interval Training (HVIT) at 60-second intervals.
3. Program format: *Fixed Circuit Fitness Training (time-controlled)* in three parts: Warm-up, High Volume Interval Training (HVIT), and Cool-down. Fixed Circuit Fitness training programs allow you to perform exercises in multiple stations for a uniform measure of time (fixed circuit) each, as opposed to a competition-style circuit fitness program where you perform the exercises for a specified number of repetitions (free circuit).
4. Program focus: Perform AMRAP (As Many Repetitions As Possible) at rounds of 60 seconds each.

### Wake-up Phase

Separate into teams of four. Participants will take turns as athlete (work phase) and coach (rest phase).

### Warm-up Phase

**Calisthenics:** Perform 6-8 minutes of calisthenics, such as running in-place, Side-Straddle-Hops “Jumping Jacks” or jumping rope in order to warm-up the body.

**Dynamic Flexibility:** Perform 4-6 minutes of dynamic flexibility exercises, such as Knee Lifts, Hip Stretches, Leg Lifts and Shoulder Rotations.

### Workout Phase

#### STATION 1: LATERAL TUCK JUMP AND PUSH-UP DRILL



#### STATION 2: ALTERNATING SINGLE-LEG SQUAT DRILL (PISTOL)



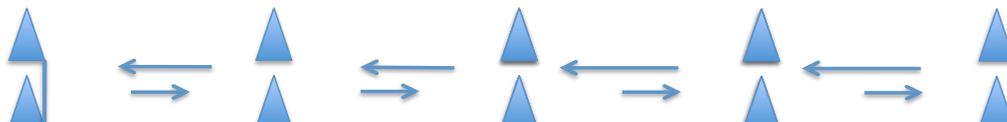
#### STATION 3: 180-DEGREE JUMP AND PUSH-UP DRILL



#### STATION 4: QUADRUPEDAL SIDE KICK DRILL



#### STATION 5: BROAD JUMP AND PUSH-UP DASH



### Wind-down Phase

**Dynamic or Static Flexibility:** Perform 2-3 minutes of dynamic or static flexibility exercises.

START  
FITNESS™

**WORKOUT FOR TWO**: SSG Ken and Stephanie Weichert gear up at the National Guard Training Center in Smyrna, TN.

## OPERATION TAKE TWO™

By SSG Ken and Stephanie Weichert

FEBRUARY 14TH

Large heart-shaped boxes of center-filled chocolates, bouquets of fragrant red roses and syrupy Hallmark cards are often what we associate with February 14th.

This Valentine's Day, we propose a heartfelt expression of love in the form of none other than a couple's workout. Consider it a gift of health that you give to each other. Perhaps your Valentine's Day will be spent solo. If so, simply follow the modifications in order to maximize this workout by yourself. It's just as intense!

This year, Stephanie and I landed in a hanger in order to give our new workout wings. It was an enjoyable the time together! We hope you're one step closer to giving your mate (and yourself) a gift of a healthier you. By the way, this Valentine's Day marks our 5th wedding anniversary.



EVAN BAINES / ILLUSTRATION BY SEAWAS GALLAGHER, NICOLE SYLVESTER

## WARM-UP PHASE

**1. Aerobics (5 Minutes):** Suggested exercises include running, biking, jump rope.

**2. Hip crossovers (10 seconds on each side; alternate sides 10 times; one set)**

- Lie face up on the floor on a gym mat with your legs together in a 90-degree angle, your feet on the floor and your arms held perpendicular to your sides.
- While keeping both legs together and your feet on the floor, lower your legs down to one side while maintaining a 90-degree angle.
- Switch sides.

*Warning: Do not stretch beyond your comfort level.*

“Gravitation is not responsible for people falling in love.”

—Albert Einstein

**3. Scorpion (10 seconds on each side; rotating 8-10 times; one set)**

- Lie face down on the floor on a gym mat with your legs together and your arms held out perpendicular to your sides.
- From the starting position, lift your right foot up behind you, over and across your body, as if you are trying to touch your toe to your left hand.
- Allow your left hip to lift off the floor, but keep your palms and your left leg down on the mat. You should feel the stretch in the front of your right hip, along the sides of your torso, and in the front of your right leg.
- Switch legs.

*Warning: Do not stretch beyond your comfortable level.*

**4. Crunches, hooking feet with partner (90 seconds; one set)**

- Put your fingertips on the side of your head and keep your navel in without holding your breath.
- Keep your heels on the floor and lift your toes off of the ground.
- Hook your legs with your partner’s legs by flexing your foot underneath your partner’s calves.
- Your legs will form a 90-degree angle at your knees.
- Lift your chin up toward the sky without pulling on your neck and return to the starting position.
- Repeat.

*Warning: Keep your lower back on the floor throughout the exercise.*

**5. Crunches, legs at a 90-degree angle with feet up and touching (90 seconds; one set)**

- Maintain similar form to crunches.
- Elevate your legs, placing the bottom of both your feet together.
- Your legs will form a 90-degree angle at your knees

**6. Box, reach, and touch (1 minute; one set)**

- Lie in face up position and extend legs toward the sky.
- Reach toward the left side of your body with both hands, while your partner reaches toward the right, so your hands will touch.
- Switch.

*Warning: It’s normal to experience some tightening in the front of your neck.*

**7. Superman and reach (1 minute; one set)**

- Lie in a face down position, and lift your arms and legs off of the mat.
- Extend your arms forward.
- Bring your arms into a 90-degree angle while squeezing your shoulder blades together.



## MUSCLE TARGET PHASE

### 8. Partner-assisted push-ups (1 minute of continuous push-ups; three sets each)

- Use a long towel wrapped around the abdomen of the person performing the push-up.
- While one person is in the push-up, the person holding the towel is in the squat, standing over and around the person performing the push-up.
- Working together, as the arms bend for the push-up, the standing person squats.
- The squatter using the towel assists the push-up performer only a little; enough to accomplish the goal.



### 9. Glute and ham raise, and lower with medicine ball (30 seconds; two sets each)

### 10. Alternating push-up and crawl race (1 minute)

### 11. Partner-assisted military press (1 minute; two sets each)

- The seated partner sits cross-legged on ground, and the standing partner places right ankle against seated partner. The seated partner uses the standing partner's leg for back support.
- The seated partner raises his or her hands into the air and makes a fist, interlocking hands with the standing partner.
- The standing partner places his or her hands over the fist, placing resistance on the seated partner throughout the exercise.

### 12. Wall hold and medicine ball pass (1 minute; two sets)

- Rest on your heels, switch places and repeat.

*Warning:* Do not allow your knees to cross over in front of your toes.

### 13. Repeat alternating push-up and crawl (1 minute)

### 14. Seesaw squats or alternating squats (1 minute; one set)

- One person is up, while the other is down.

*Warning:* Do not bend more than 90 degrees at the knees.

### 15. Mirrored traveling lunges (3 minutes)

- Face each other while one person travels backward and the other forward.

*Warning:* Keep your body centered and never allow your forward knee to bend beyond your toes.



**16. Tubing sprints (1 minute; two sets each)**

- Run across floor with a thick piece of tubing.
- Like the partner-assisted military press, make it difficult for your partner but not impossible.

**17. Last Man Up jogging drill around track (5 minutes)**

- While jogging around the track, pass your partner.
- Continue to pass your partner until the goal is reached.



**18. Leaping plyometric seesaw squats (90 seconds)**

- Like standard seesaw squats, one partner jumps in the air as soon as the other lands in the squat position.
- One person is up, while the other is down.

*Warning: Do not bend more than 90 degrees at the knees.*

“The best proof of love is trust.”  
—Dr. Joyce Brothers

“The art of love is largely the art of persistence.”

—Albert Ellis



**19. Partner-assisted pull-ups (1 minute; two sets each)**

- Spot your partner by holding his or her ankles while he or she stands on your thighs.
- Repeat.

*Warning: Stand in proper squat position while assisting your partner with pull-ups.*

**REPEAT**

**20. Last Man Up jogging drill around track (5 minutes)**

- While jogging around the track, pass your partner
- Continue to pass your partner until the goal is reached

**21. Crunches, hooking feet (90 seconds)**

**22. Crunches, keeping legs at a 90-degree angle with feet up and touching (90 seconds; one set)**

**23. Box, reach and touch (1 minute; one set)**

**COOL-DOWN PHASE**

**24. Partner-assisted seated straddle stretch (30 seconds; four sets each with feet touching and holding forearms)**

**25. Scorpion (10 seconds on each side; rotating 8-10 times; one set)**

**26. Hip crossovers (10 seconds on each side; alternate sides 10 times; one set)**

We encourage you to send your questions or requests for additional information to [askthetrainer@STARTfitness.com](mailto:askthetrainer@STARTfitness.com).

**SSG KEN AND STEPHANIE WEICHERT**



A six-time Soldier of the year and veteran of both Operation Iraqi Freedom and Desert Storm, SSG Ken Weichert and his wife, Stephanie, a certified personal trainer, run the START fitness program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians. The program now trains and certifies basic, senior and master instructors.

PHOTO BY CHRIS KISSLING

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. Strategic Army Training (START), LLC assumes no association with the United States Army or the Department of Defense. Copyright © 1998 START™. All Rights Reserved. Special thanks the Smyrna, Tennessee, National Guard Training Center.

# OPERATION AT CLOSE RANGE

## Combative Fitness Training

By SSG Ken and Stephanie Weichert



### MID-RANGE TACTICS:

The distance between combatants where they can engage each other with punches or kicks.

My gums went completely numb after slugging back my third sugary shot of hot black tea. I was at an outdoor tea stand in Samarra, Iraq—similar to an outdoor American coffee shop—conversing with a local. The shopping center was particularly crowded on this blistering 125-degree afternoon. This was the kind of heat that gave new meaning to the phrase “boiling point.” My eyes stung from salty sweat streams pooling down in rivers from my helmet. Between the intense caffeine and sugar overdose, I had this false sense of Superman strength raging through my veins.

“Stay focused,” I thought to myself. This large Iraqi man in front of me was not my friend. Hassan was a 6-foot, 5-inch, 280-pound former Iraqi Republican Guard officer. Earlier that week, several unrelated townspeople indicated that he was acting as my friend in order to collect information about me to sell to the enemy. My intention in this meeting was to verify that this information was true.

After the usual flowery Arabic greeting, I began. “Hassan, we have been friends for several months now.”

Speaking in Arabic, he casually responded, “Yes.”

My stare narrowed and intensified as I continued, “There is a problem.”

The tone of our meeting changed. He looked bewildered. He was caught. For a brief moment, he seemed frozen in his seat. He managed to utter the words, in Arabic, “I don’t understand.” His voice was scratchy. I prayed silently that the Military Police squad leader in the alley would not miss the designated signal to come and rescue my translator and me from a potentially dangerous situation.

“The problem is that you are selling information about me to the enemy,” I declared. My finger was on the walkie-talkie resting on my lap, ready to give the cue.

As I glanced down, I noticed that Hassan’s knuckles were turning white from the force of clenching his fists. It was going to get physical, and with my martial arts training, he was going down. Under the table I tapped the walkie-talkie call button three times, cueing my cavalry to come charging out of the alley to my rescue. However, they struggled to reach us in the midst of the large crowd.

CRASH! In one move, all suspicion disappeared. The plastic tea-stand chairs went tumbling backward as Hassan lunged toward me. He wrapped his large hands around my neck and started to squeeze.

Instead of pulling his hands off of my neck, I stretched my left hand up, grabbed his right hand tightly in its place and lunged backwards into a wide stance. “He is off-balance!” I thought. I immediately twisted my body counterclockwise at the hips, lifted my right arm in the air, struck downward and secured both of his arms in my right underarm. Loosening my grip on him for an instant, I stretched my right arm to my left and struck his face with my elbow. I stepped forward with my left leg, reached my right arm around the back of his neck under his chin and secured a chokehold on him by grabbing my right wrist with my left hand. Just like that, Hassan was in a chokehold at my side.

When the cavalry can’t make it in time, thank God for modern Combatives!

—SSG Ken Weichert



## WARM-UP PHASE

### Aerobics:

**Examples:** Running in place; side-straddle hops (jumping jacks); high steps/knees (5 minutes)

**Stretching** (5 minutes)

## AEROBIC TARGET PHASE 1 UPPER BODY

### Push-ups

**Basic:** 30 seconds

**Intermediate:** 60 seconds

**Advanced:** 90 seconds

### 1/2 Sit-ups, Crunches

**Basic:** 30 seconds

**Intermediate:** 60 seconds

**Advanced:** 90 seconds

### PUNCH 1:

#### Front Punch, Jab

{ NOT PICTURED }

**START:** Assume a guard position or boxing stance.

**ACTION:** Throw your lead fist straight at your target until the arm is fully extended. Your fist will rotate inward until the palm faces the ground. Return to the guard position and continue until your goal is reached. Switch arm and body positions and continue until your goal is reached. Exhale when you punch. *Note:* This is a speed punch. Remember to keep your wrist straight and to punch with your first two knuckles. Keep your back fist guarding your face.

**Warning:** Do not lock your elbow.

**Basic:** 20 punches (each arm)

**Intermediate:** 50 punches (each arm)

**Advanced:** 100 punches (each arm)

### PUNCH 2:

#### Straight (Back) Punch

**START:** Assume a guard position or boxing stance.

**ACTION:** Throw the back fist straight at your target until the arm is fully extended, crossing the body, rotating your back hip toward the front. Your back foot will twist outward, balancing on the ball of your foot. Your fist will rotate inward until the palm faces the ground. Return to the guard position and continue until your goal is reached. Switch arm and body positions and continue until your goal is reached. Exhale when you punch. *Note:* This is a power punch. Remember to keep your wrist straight and to punch with your first two knuckles. Keep your front fist guarding your face.

**Basic:** 10 punches (each arm)

**Intermediate:** 30 punches (each arm)

**Advanced:** 60 punches (each arm)

### COMBO 1:

- Jab
- Straight Punch

**START:** Assume a guard position or boxing stance.

**ACTION:** Perform a jab and straight punch combination with explosive energy, pausing for a second in between sets. Continue the jab and straight punch combination for 30 seconds, then accelerate your jab and punch combination as fast as you can for 30 seconds. Switch arm and body positions and continue until your goal is reached. Exhale when you punch.

### PUNCH 3:

#### Hook Punch with back fist to the body

**START:** Assume a guard position or boxing stance.

**ACTION:** Shift your body weight to the rear, pivot your rear foot and torso, drop your rear fist in line with your target and swing your rear fist horizontally toward your target. Your rear arm will arc horizontally 90 degrees at your target, palm facing the body. Return to the guard position and continue until your goal is reached. Switch arm and body positions and continue until your goal is reached. Exhale when you punch. *Note:* Hook punches can be thrown by either the lead or rear fist. A hook is usually aimed at the jaw, but it can also be used for body shots. This is a power punch. Remember to keep your wrist straight and to punch with your first two knuckles. Keep your front fist guarding your face.

**Basic:** 10 punches (each arm)

**Intermediate:** 30 punches (each arm)

**Advanced:** 60 punches (each arm)

### PUNCH 4:

#### Uppercut Punch with back fist to the jaw

**START:** Assume a guard position or boxing stance.

**ACTION:** Shift your body weight to the rear, pivot your rear foot and torso, drop your rear arm slightly, tighten the abdominals and throw your rear fist upward toward your target, fist facing the body. Return to the guard position and continue until your goal is reached. Switch arm and body positions and continue until your goal is reached. Exhale when you punch. *Note:* Uppercuts cause more damage when thrown at close range. An uppercut is usually aimed at the jaw, but it can also be used for body shots. This is a power punch. Remember to keep your wrist straight and to punch with your first two knuckles. Keep your front fist guarding your face.

**Basic:** 10 punches (each arm)

**Intermediate:** 30 punches (each arm)

**Advanced:** 60 punches (each arm)

**Instructor's Note:** Operation at Close Range is not intended as a self-defense training program. The purpose of this workout is to use mid- and close-range martial arts training techniques to help you reach target heart rate during your workout. We have posted some GX Fit Tips at the end of the program that will help you with equipment concerns and other important information. We advise you to exercise with extreme caution and work within your level of expertise. Enjoy your workout!

### PUNCH 2: STRAIGHT (BACK) PUNCH



### PUNCH 3: HOOK PUNCH WITH BACK FIST TO THE BODY



### PUNCH 4: UPPERCUT PUNCH WITH BACK FIST TO THE JAW



**KICK 1: KNEE KICK WITH BACK LEG TO THE BODY**



**KICK 2: SNAP KICK WITH FRONT LEG TO THE JAW**



**KICK 3: ROUNDHOUSE KICK WITH BACK LEG TO THE BODY OR JAW**



**KICK 4: FRONT KICK WITH BACK LEG TO THE BODY**



## COMBO 2:

- Jab, Jab
- Straight Punch
- Lead First Hook Punch
- Rear First Uppercut Punch
- Lead First Hook Punch
- Straight Punch

**START:** Assume a guard position or boxing stance.

**ACTION:** Perform the punch combination with explosive energy, pausing for a second in between sets. Continue Combo 2 for 60 seconds, then sprint with jabs and straight punches for 30 seconds. Switch arm and body positions and continue until your goal is reached. Exhale when you punch.

## AEROBIC TARGET PHASE 2 LOWER BODY

### KICK 1:

**Knee Kick with back leg to the body**

**START:** Assume a guard position or boxing stance.

**ACTION:** Grab your opponent's rear neck or shoulders. Tighten your abdominals and thrust your back knee upward toward your target. Return to the guard position and continue until your goal is reached. Switch leg positions and continue until your goal is reached. Exhale when you kick. *Note:* This is a power kick.

**Basic:** 10 kicks (each leg)

**Intermediate:** 30 kicks (each leg)

**Advanced:** 60 kicks (each leg)

### KICK 2:

**Snap Kick with front leg to the jaw**

**START:** Assume a guard position or boxing stance.

**ACTION:** Tighten your abdominals and bring your forward knee up into the "chamber"; the ankle should be flexed downward. Snap your forward leg toward your target, kicking with your instep. Return to the guard position and continue until your goal is reached. Switch leg positions and continue until your goal is reached. Exhale when you kick. *Note:* This is a speed kick.

**Basic:** 10 kicks (each leg)

**Intermediate:** 30 kicks (each leg)

**Advanced:** 60 kicks (each leg)

### KICK 3:

**Roundhouse Kick with back leg to the body or jaw**

**START:** Assume a guard position or boxing stance.

**ACTION:** Tighten your abdominals and bring your rear knee up into the "chamber"; the ankle should be flexed downward. Pivot your forward foot by

balancing on the ball of the foot and swing your rear leg in a semicircular motion, striking with the instep and shin. Return to the guard position and continue until your goal is reached. Switch leg positions and continue until your goal is reached. Exhale when you kick. *Note:* This is a power kick.

**Basic:** 10 kicks (each leg)

**Intermediate:** 30 kicks (each leg)

**Advanced:** 60 kicks (each leg)

**START:** Assume a guard position or boxing stance.

**ACTION:** Perform the punch combination with explosive energy, pausing for a second in between sets. Continue Combo 3 for 60 seconds, then sprint with jabs and punches for 30 seconds. Switch arm and body positions, and continue until your goal is reached. Exhale when you punch. *Note:* The objective of this combination is to temporarily block the opponent’s vision with the straight punch while delivering the roundhouse kick.

# GX

## FIT TIPS



“Obstacles are those frightful things you can see when you take your eyes off your goal.”

—Henry Ford

### KICK 4:

#### Front Kick with back leg to the body

**START:** Assume a guard position or boxing stance.

**ACTION:** Tighten your abdominals and bring your rear knee up into the “chamber”; the ankle should be flexed downward. Pivot your forward foot by balancing on the ball of the foot and thrust your rear leg forward at your target, striking with the ball of the foot. Return to the guard position and continue until your goal is reached. Switch leg positions and continue until your goal is reached. Exhale when you kick. *Note:* This is a power kick.

**Warning:** Remember to curl your toes back with your kicking foot so that you will not hurt your toes.

**Basic:** 10 kicks (each leg)

**Intermediate:** 30 kicks (each leg)

**Advanced:** 60 kicks (each leg)

### COMBO 3:

- Jab
- Straight Punch
- Roundhouse Kick, Back Leg

## COOLDOWN PHASE

Stretching (5 minutes)

## STAMINA STOPWATCH

1 full set = approximately 60 minutes

### Equipment Needed:

- Boxing gloves
- Focus mitts
- Kicking shield

### Choosing the right boxing gloves

The best advice for choosing boxing gloves is to try them on while wearing hand wraps.

### Putting on hand wraps

Due to space restrictions, we could not fit hand wrap instructions in Operation at Close Range. There are many Web sites, like [www.ringside.com](http://www.ringside.com), that explain step-by-step techniques for putting on hand wraps. We suggest that you use hand wraps for wrist and knuckle protection.

### Safety concerns

Be certain to hold kicking shields while in a wide stance, with the shield against your body. *Warning:* Do not place either of your hands in front of your face.

### Boxing glove care

I like to take four clean socks that I do not use anymore, pour some baby powder in two of them, roll them up, stick them into the third and fourth socks and tie the outer socks off at the ends. I wind up with two powder-filled sock snakes. After my kickboxing workouts, I stuff the sock snakes into each glove to keep them dry while stored in my gym bag. When I get home, I pull the sock snakes out and air the gloves out completely.

Get tons of tips about getting—and staying—fit at [www.1-800-GO-GUARD.com/fitness](http://www.1-800-GO-GUARD.com/fitness).

**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.



### SSG KEN AND STEPHANIE WEICHERT

A six-time Soldier of the year and Veteran of both Operation Iraqi Freedom and Desert Storm, SSG Ken Weichert and his wife, Stephanie, a certified personal trainer, founded the START Fitness® program, a San Francisco-based group exercise and hiking business that delivers military-inspired, boot-camp style workouts to Soldiers and civilians. The program now trains and certifies basic, senior and master instructors.

CHRIS KISSLING

# Leaps and Bounds: JumpSport® Athletic Training™

## Program Theory

### Program Target (Circle all that apply):

Muscular Strength, Muscular Endurance, Power, Aerobic Endurance, Agility, Flexibility

### Program Type (Circle):

HIIT, VIIT, HVIT, Fitness Game, Fitness Test

### Program Format (Circle):

Fixed Circuit (Time-controlled), Free-style Circuit (Repetition and/or distance-controlled)

## Wake-up Phase

Separate into teams of four (1:4 ratio). Participants take turns as athlete (work phase) and coach (rest phase).

## Warm-up Phase

Calisthenics: 6-8 minutes, or as needed.

Dynamic Flexibility: 4-6 minutes, or as needed.

## Workout Phase

60:60 sec work to rest	JumpSport®	Recovery		Recovery
ROUND 1:		Coach mode		Coach mode
ROUND 2:		Coach mode		Coach mode
ROUND 3:		Coach mode		Coach mode
ROUND 4:		Coach mode		Coach mode
ROUND 5:		Coach mode		Coach mode
ROUND 6:		Coach mode		Coach mode
ROUND 7:		Coach mode		Coach mode
ROUND 8:		Coach mode		Coach mode
CHALLENGE ROUND:				

## Wind-down Phase

Dynamic or Static Flexibility: 2-3 minutes, or as needed.