

OPERATION RAPID RESPONSE:

Static Action Sports Training with SGT Ken®



Produced by SGT Ken®

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Summary:

Operation Rapid Response (OPRARE): Static Action Sports Training with SGT Ken® utilizes highly effective physical fitness training techniques practiced by the U.S. military. Complete with multiple military strength and power drills, calisthenics and aerobic conditioning exercises, this course will cause you to burn over 700 calories in 60 minutes! SGT Ken will lead you through a series of heart-pounding functional fitness exercises, cadence calls and fierce kickboxing drills, all to upbeat music. Over 500,000 Soldiers have used SGT Ken's program to prepare for combat! One participant said, "I came looking for a good fitness routine and wound up getting a crushing shot of Boot Camp adrenaline! This ROCKS! HOOAH!" Rated for all levels.

Program Theory:

1. Program format: *Static Action Sports* in four phases: Warm-up, Muscle Target, 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.
4. References: *US Army Field Manual 7-22: Army Physical Readiness Training* and the *Warrior Fit Camp Instructor Manual*.

Program Design Checklist:

1. Who is your audience?
2. What is the overall goal?
3. What is your brand identity?
4. Perform research and rehearsal.
5. Is your program easily adjustable for quantity of participants, level of intensity, and equipment needs?

Notes: _____

Program Outline:

Warm-up Phase

- March in-place
- Jump Rope Drill
- Sprint in-place
- Mountain Climbers
- “Froggers”
- “Front, Back, Go” Drill
- Speed Skater

Notes: _____

Muscle Target Phase

Lower body

- Drop Squats
- Ski Squats
- Squat Jacks
- Squat Kicks
- Lunges
- Lunge Pulses
- Basketball Drills
- Ski Jumper
- Charlie Chaplin Drill*

Core

- Flutter Kicks
- Six-inch Leg Pulses
- Supine Leg Lifts
- Vertical Leg Crunches
- Box and Reach Drill
- Cradle Crunch
- Modified Back Bends

Upper body

- Shoulder Push-ups
- Clapper Time
- Scorpion Push-ups
- Prone Back Bend Push-up
- Dive Bomber Push-up
- “T” Push-up
- Push-up Pulses

Notes: _____

Notes: _____

Aerobic Conditioning Phase

- Sprint, in-place
- Jump Rope Drill
- High Step
- Knee Thrust
- Lateral Hop Drill
- “Push-up Poker” Drill
- “Push-up Yahtzee” Drill
- March, in-place

Notes: _____

Cool-down Phase

- Cradle Crunch
- Supine Lower Back Stretch
- Glute Stretch
- Supine Trunk Stretch
- Ankle Rotation
- Hamstring Stretch
- Prone Abdominal Stretch
- Modified Child’s Pose

Notes: _____

Program Variety Discussion: Static Action Sports versus Circuit Training

Program Implementation:

- Monday:** Static Action Sports
- Tuesday:** Running Interval Training
- Wednesday:** Fixed Circuit Fitness Training
- Thursday:** High Intensity Interval Training (HIIT)
- Friday:** Free-style Circuit Fitness Training
- Once a Month:** Fitness Test
- Once a Quarter:** Fitness Challenge or Obstacle Course