

Here are a few more workouts/ideas you might try for your unit fitness program. Also at the end are the Army workouts mentioned during the FL lecture.

Back to Basics Workout

Purpose: Deliver a quick and effective 50-minute aerobic and strength training workout targeting the back musculature

Components

Initial/Post workout stretches (5 min total) - Hold all stretches at least 15 seconds

Aerobic (25-min total)– pick whichever piece is available and rotate until each requirement is completed. The goal is to maintain heart rates between 60% and 90% of maximum.

Rowing (8 min) – using either the concept II rowing ergometer or other rowing machine
- Pick a challenging pace to reach your target heart rate. .

Combination Elliptical or Bike (12 min) using an elliptical trainer with upper body attachments or a stationary bike with arms (cycle plus or air dyne) again pick a challenging pace to reach your target heart rate. Concentrate on pulling the arms towards you versus pushing away during this workout and not just letting them move along for the ride

Arm Cranking (5 min) - Cybex Upper Body Exerciser
- Starting workload – use 60 RPM, and keep kpm equal to bike workload times 150 on the blue scale (if you bike tested at a workload of 2.0 then crank at least 300 kpm). Work on pulling the crank towards you versus pushing away during this workout.

Strength Training (20 min) – Choose only one exercise from each major heading and perform one set of each (two if time permits).. Choose a weight according to your goals of strength (low reps (4 to 10) and heavy weight) versus endurance (high reps 12 to 20) and lighter weight). Perform each rep slowly and without cheating. Continue reps until you reach failure of form – do not hold your breath while lifting. Sets can be done consecutively or in a superset or circuit fashion where one set of each exercise is performed in sequence before the second set of any exercise is begun. Weights should be increased if a second set is performed.

A. Chin-ups or Lat Pulldowns

B. Low Pulley Rows, Dumbbell Rows, or Smith machine Rows

C. Selectorized Pullover Machine, Dumbbell or Cambered Bar Pullovers

D. Selectorized Low Back Machine (or hyperextension bench)

E. Dumbbell, Barbell or Smith Machine Shrugs

F. Ab Crunch/Curl-up with opposite elbow to knee and pause at top of movement, work up to 20 reps (ab work is included in this workout to help condition the overall trunk musculature)

Dumbbell Step Workout

Perform all exercises with light enough weight to complete the entire time required. Don't exceed heart rate limits - reduce stepping pace or step height if needed to maintain THR. This workout will take about 50 minutes adjust station number or time for longer or shorter workouts if desired.

Warm-up and stretch

Bench Step 4 minutes (25 step/min pace) or use bike

Staddle squat Lift and swing (1.5 minutes) – 90 degree – toes pointed out

Squat, Curl and Press (1.5 minutes)

Bench Step 4 minutes (30 step/min pace) or use bike

Dumbbell walking lunge (1.5min each leg for total of 3 minutes)

Shoulder blitz (30 sec bent over raise , 30 sec side raise, 30 sec front raise)
(pick a light enough weight to handle the time and do in this sequence)

Donkey kicks back and to the side (one minute)

Side Step overs on bench (4 minutes – change direction at 2 min) (30 step/min pace) or use bike (this you step sideways over the bench to work inner and outer thigh muscles)

Dumbbell Sit-up Sequence – 1 ½ minutes - hands down to side, then hold dumbbells on chest then behind head when performing the exercise

Triceps Press-up (1 ½ minutes) hands held behind you on bleacher or bench and lower bottom down then up by straightening your arms.

Seated row with weight bar or broomstick (with partner) (1 minute)

Medicine ball/basketball inner thigh squeezes (6 seconds X 8 reps)

Step 4 minutes (one legged with toe touch 2 minutes each leg) or bike

Bench push-ups sequence (1 and ½ minutes) whole body, then on knees then lastly hands staggered

Straight arm pullover and deep breathing (1 ½ minutes) – lie across bench with dumbbells

Hammer curl and Press (1 and ½ minutes) – dumbbells or elastic bands

Ab crunch series (1 and ½ minutes) – one leg V sits with one leg up, side lying, bicycle maneuver

Step up 4 minutes (35 – 30 – 20 – 15 step/min pace) or bike with decreasing pace and or resistance **Serves as coold down)**

Finish up with some stretches – **DONE!**

Frontal Attack Workout

Purpose: Deliver a quick and effective 50-minute aerobic and strength training workout targeting the chest, abdominal and anterior shoulder musculature

Components

Initial/Post workout stretches (5 min total) - Hold all stretches at least 15 seconds

Aerobic (25-min total)– pick whichever piece is available and rotate until each requirement is completed. The goal is to maintain heart rates between 60% and 90% of maximum.

Rowing (8 min) – using either the concept II rowing ergometer or other rower, row at challenging pace to reach target heart rate

Combination Elliptical or Bike (12 min) using an elliptical trainer with upper body attachments or a stationary bike with arms (cycle plus or air dyne) again pick a challenging pace to reach your target heart rate. Concentrate on pushing the arms away from you during this workout and not just letting them move along for the ride

Arm Cranking (5 min) - Cybex Upper Body Exerciser

- Starting workload – use 60 RPM, and keep kpm equal to bike workload times 150 on the blue scale (if you bike tested at a workload of 2.0 then crank at least 300 kpm). Work on pushing the crank away from versus pulling towards during this workout.

Strength Training (20 min) – Choose only one exercise from each major heading and perform one set of each (two if time permits).. Choose a weight according to your goals of strength (low reps (4 to 10) and heavy weight) versus endurance (high reps 12 to 20) and lighter weight). Perform each rep slowly and without cheating. Continue reps until you reach failure of form – do not hold your breath while lifting. Sets can be done consecutively or in a superset or circuit fashion where one set of each exercise is performed in sequence before the second set of any exercise is begun. Weights should be increased if a second set is performed.

A. Chest Press (with selectorized, plate loaded or free weights options or replace with push-ups if no equipment is available)

B. Ab Crunch/Curl-up with elbow to opposite knee with increasing pause at top of movement for up to 15 to 20 reps

C. Dips (with body weight or use weight assisted dip stations)

D. Knee Ups (while supporting body on elbows pull knees up to chest trying to lift pelvis alternate pulling knees to one side then the other)

E. Dumbbell Raises to the front or Upright rows

G. Chest Flys (with dumbbells or selectorized Machine)

Armed and Dangerous Workout

Purpose: Deliver a quick and effective 45-minute aerobic and strength training workout targeting the shoulder and arm musculature

Components

Initial/Post workout stretches (5 min total) - Hold all stretches at least 15 seconds

Aerobic (20-min total)– pick whichever piece is available and rotate until each requirement is completed. The goal is to maintain heart rates between 65% and 90% of maximum.

Rowing (8 min) – using either the concept II rowing ergometer or other rower, row at challenging pace to reach target heart rate

Combination Elliptical or Bike (12 min) using an elliptical trainer with upper body attachments or a stationary bike with arms (cycle plus or air dyne) again pick a challenging pace to reach your target heart rate. Concentrate on pushing the arms away from you during this workout and not just letting them move along for the ride

Arm Cranking (5 min) - Cybex Upper Body Exerciser Starting workload – use 60 RPM, and keep kpm equal to bike workload times 150 on the blue scale (if you bike tested at a workload of 2.0 then crank at least 300 kpm). Work on both pushing and pulling the arm handles.

Strength Training (20 min) – Choose only one exercise from each major heading and perform one set of each (two if time permits).. Choose a weight according to your goals of strength (low reps (4 to 10) and heavy weight) versus endurance (high reps 12 to 20) and lighter weight). Perform each rep slowly and without cheating. Continue reps until you reach failure of form – do not hold your breath while lifting. Sets can be done consecutively or in a superset or circuit fashion where one set of each exercise is performed in sequence before the second set of any exercise is begun. If supersetting you may want to superset opposing muscle groups – i.e. a biceps exercise followed by a triceps exercise.

Weights should be increased if a second set is performed. Perform at least one set but no more than three sets of each exercise.

- A. Dumbbell or Smith Machine Press
- B. Lateral Flys on Nautilus Machine or with Dumbbells
- C. Front Flys/Bent over Flys Super Set with Dumbbells
- D. Bicep Curls with selectorized, or Free weights (barbells or dumbbells)
- E. Supinating Bicep Curls with Dumbbells (while on incline bench)
Triceps Pushdowns (with rope or straight bar)
- H. Triceps Extensions (overhead with dumbbell or while lying down)
Wrist Curls – normal
Wrist Curls - reverse
(or use wrist bar roll-ups)

Training for the New USAF Muscular Fitness Tests

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**James Schlub Ph.D.
Health and Wellness
Center**

In July USAF added the 2-minute push-up and crunch tests to the fitness program. The performance goals for these tests are taken directly from Army standards. These goals may be a true eye opener for many AD members - especially for those who haven't included strength training in their fitness regimen. The tests will not have official standards until year 2002 so you have 18 months to train. In a previous article I listed these goals for each test. But to quickly review - the goals for crunches for male or female AD members 24 years of age or younger will be 53 crunches in two minutes. This crunch goal drops as you increase in age to 27 for those over 55 years of age.

Men and women are required to do the same standard push-up. However, the goals are higher for men. Goals for males (24 years of age or less) will be 42 push-ups which drops to 18 for those over 55. Goals for females less than 24 will be 19 push-ups after which the goal drops to 8 for those over 55.

Now how do you maximize your chances to pass? Before we start let's check out what we mean by muscular fitness. True muscular fitness is an optimal combination of muscular strength and endurance. Muscular strength is defined as the ability to lift an object a single time (sometimes referred to as a 1 repetition maximum - 1RM). For example a person who can bench press 300 lbs. a single time has a 1 RM of 300 lbs. and possesses excellent bench press strength. Muscular endurance on the other hand is the ability to perform repeated lifts at a set weight, or certain percentage of a 1 RM. The push-up and crunch tests fit both muscular fitness bills by requiring a combination of both components. For a person incapable of doing more than a few repetitions the tests mainly become a challenge of maximal strength. On the other hand if someone can perform several push-ups but can't reach USAF goals it becomes more a test of muscular endurance. It is easy to see these two aspects of muscular fitness are often highly correlated. For instance a person who is very strong and can lift a heavy weight should be able to lift a lighter weight (in this case perform a push-up or sit-up) several times

Depending on the results of your initial muscular fitness tests you will now be able to pinpoint your weaknesses. For instance if you can only do a few push-ups or crunches you need to stress developing more muscular strength in your workouts. On the other hand if you can do 30 push-ups but your standard is 40 - you already possess decent muscular strength and should stress more muscular endurance training in your workout. For success on these tests you obviously must be strong enough to do several repetitions to at least get going. However, later in the test you need to have the muscular endurance and motivation to keep pushing out the repetitions while your chest, arms and stomach muscles may be screaming out for relief. Many people who work out only with heavy weights and low repetitions in the gym may find they definitely need to tweak their program a little to handle the different stresses of these tests. It is also important to note that you are not lifting dumbbells or barbells in these tests - your body weight serves as resistance. So in my example before, if someone can bench press 300 lbs. yet weigh 350 lbs. his push-up performance will suffer much more than a lighter person who has the same absolute muscle strength.

To begin let's start training for the person who has poor upper body muscular strength and is training for the push-up test. He or she has the deepest row to hoe. They not only need the time to develop considerably more muscular strength than they presently have, they also must develop the muscular endurance to keep out grinding the repetitions to reach their goals. Their first aim therefore is starting a strength building program which incorporates push-up, chest/bench press or dip movements or a combination of three (each of these exercises target the chest, shoulders and triceps muscles - the primary

movers during a push-up). They should work out on 2 to 3 non-consecutive days per week and perform 3 to 4 sets of their chosen exercise with repetitions per set ranging from 12 down to 4. The latter sets have lower repetitions, as resistance should be increased. All sets should be carried out until failure of form (when you start to cheat the weight up or start shaking etc then stop even if you could get out a couple more). If you choose the push-up as a training exercise and can't perform a regular push-up at all then perform them with the hands supported on a step or platform. As you get use to doing the exercise and can do more than four repetitions on the final set start lowering the platform. Your goal is to be able to do 4 sets of 12 (for males) or 6 for females with a few minutes rest in between on a level floor. If you choose a chest press exercise instead of a push-up then work on strength predominantly until you can bench press at least 100% of your bodyweight at least once for males or at least 70% once for females. Then start adding some muscular endurance work as outlined in the next paragraph.

For the active duty member who has now achieved the degree of muscular strength mentioned above and can perform 60% or more of the USAF push-ups goals he/she now needs to push more muscular endurance training. They should now add a single set of maximal push-ups at the end of every normal strength workout, but one caveat they **must always surpass** the USAF standard by ten repetitions EVEN if that means doing the push-ups assisted (by putting the hands on a platform). Each week they should lower the platform and continue to strive beating the standard by 10 or more reps. Slowly but surely eliminate the platform entirely. This set will really stress the muscular endurance of the muscles similarly to the USAF fitness test. It will also give you a good idea how your muscles and joints will feel when the repetitions start to accumulate. Lastly by shooting for 10 reps over the USAF test goals even if you have a bad day you'll still pass with flying colors. Remember you still should include strength training sets in addition to this one added endurance set. But now reduce your muscular strength sets to only 2 or 3 strength training sets. Remember, however, keep the weight heavy enough to fatigue at no more than 12 reps on those sets. For those who chose push-ups for their strength exercise and can easily do 3 sets of 12 place your feet now on a platform or have someone place a light weight on your back to increase resistance so you'll fatigue at 12 repetitions during your push-ups.

Finally one day every three weeks start your workout (when your muscles are fresh) with a maximal push-up test to monitor your progress. Have a partner monitor your form, count reps and time you just like the actual test conditions – keep in mind your previous high total and go for the gold. On this day you can reward yourself by leaving out the endurance test at the end of your workout. Try this and you should be reaching your goals in record time. The maybe you'll be ready for some big time world records. One push-up master – Paddy Doyle from Great Britain has the following world records – 1328 one armed push-ups in 30 minutes, 8794 one armed push-ups in 5 hours, 4100 push-ups with a 50 pound weight on his back and 1,500,230 push-ups in one year!!! Check out these and other pushup records at www.recordholder.org/en/list/pushups.html.

Pillars of Strength Workout

Purpose: Deliver a quick, efficient 45-minute aerobic and strength training workout targeting the muscles of the lower body.

Stretching - calf stretch, hamstring stretch, quadriceps stretch, groin stretch, wall stretch, reach over stretch. HOLD each for at least 15 sec., repeat at end of workout.

Aerobic Section - Pick combination of 15 mins. from "A List", 10 mins. from "B List" and try to use a challenging pace to reach target heart rate

A List

Stairclimber, Treadmill, Versaclimber, Elliptical Trainer

B List

Stationary Bikes (upright or recumbent)

Resistance Training - Perform 1 set of each exercise for 8 to 12 reps until failure of form (2 sets if time permits). Choose one from each group.

- Back Squat in power rack or with Smith Machine, Front Squat in power rack or with Smith Machine, recumbent leg Press or super seated leg press or PS 300 squat machine
- Leg Ext Machine
- Leg Curl Machine
- Glute Machine or Multi hip station
- Standing or seated Calf Raise (1/2 bodyweight)
- Dorsi flexion (tibialis trainer)

Circuit Mix - Try this combination workout to get an overall strength and endurance workout

1 aerobic equipment or running in place/jumping jacks etc

2a Chest Press

2b Calf Raise

3 aerobic equipment or running in place/jumping jacks etc

4a leg Press

4b leg curl

5 aerobic equipment or running in place/jumping jacks etc

6a Triceps Extension

6b Arm Curl

7 aerobic equipment or running in place /jumping jacks etc

8a Leg extension

8b Nautilus Pullover

9 aerobic equipment or running in place /jumping jacks etc

10a Glute Machine

10b Low Back Extension

11 aerobic equipment or running in place /jumping jacks etc

12a Lateral Fly

12b Dumbbell Press

Time at 4 minute intervals. Start members on stations labeled with a single number or stations labelled with a number and the letter "a". After 2 minutes move on to station 'b' or continue on for another 2 minutes on stations without a letter. Then after the final two minutes then move to the next station in the rotation (i.e. if you start on 5 go to 6a etc).

Pick a light enough weight to lift for two minutes at which time you reach failure. Try to get into target heart rate ranges while on aerobic equipment.

New Ideas in Exercise

Purpose – This class will introduce often familiar exercises with a new twist. These exercise techniques (using only body weight or inexpensive and readily available equipment) can produce a quick and effective whole body workout. If done regularly (3 days per week) it should enhance cardiovascular and muscular fitness as well as agility and balance.

Main Components

Warm-up Exercises - shoulder circles, trunk twists, elbows to knee, side lunges, half jacks, standings flys, chest openers, sword draws, lunge and twists (**5 minutes**)

Mild Stretches – calf, hamstrings, achilles, groin, shoulder (in front/over head), Williams and Mackenzie poses (hold at point of stretch 15 seconds), side reaches overhead, fig 4 stretch (**5 minutes**)

Aerobic “Connectors” – are to be performed between conditioning stations (at least 30 seconds to 2 minutes depending on number of stations and total program time) includes brisk walking, jogging, side straddle, crawl, skip, high knees, hops, inch worm, backwards running. If stations are in a confined space then do connectors while standing in place. **For added work** try heavy hands walking (holding light dumbbells and perform biceps curls, triceps extensions, lateral and front raises while walking between stations). Throw more leg work into it by performing lunge walks with punches or double ski pooling or upstairs/downstairs walking techniques. (**total time – 20 minutes**)

Conditioning Stations (each station should last about 1 minute – roughly 15 reps each). Choose a mixture of upper, lower and core muscle work and vary from week to week. Here are but a few of exercises you could try. (**total time 15 minutes**)

- **medicine ball** – overhead forward/backward throws for height and distance, side to side transfers , sit-up and throw, wood choppers, chest puts,
- **sand bag work** – squats, lunges, bent over rows, sit-ups, overhead press, dead lifts, biceps curl, triceps extension, shrug, squat/curl and press, farmer’s walk
- **calisthenics** – push-ups (and variations), crunches, bicycle maneuvers, toe slides, reverse crunches, jumping jacks, bridging with elbow touch, side bridge,
- **Partner Assisted/Resisted Exercises** – lateral raise, leg curl, front raise, seated press, seated row (with broom stick or towel), triceps extension, bent over raise, push-up
- **Plyometrics** – hops, bounds, side hops, squat jumps, spilt lunge jumps
- **Elastic Bands** – curls, extensions, rows, squats, shoulder raises and extensions, inner outer thigh work – this list is endless especially if you have a stationary object to hook the bands too.

Cool Down Exercises – repeat warm-ups and finish with walk (**5 minutes**)

Stretching – repeat stretches above with greater range of motion (**5 minutes**)

Total Time – 55 minutes

For more program ideas take part in WPAFB Services Boot Camp, or visit US Army Physical Fitness School Website or check the HAWC Unit fitness Program Idea Booklet. *Maximum Muscular Fitness (strength training without equipment)* by Daniel Riley is good reference for partner assisted exercises.

Partner Assisted (manual resistance) Strength Exercises

Do exercises slowly (allow exerciser to move resistance through concentric phase in 2 seconds and eccentric phase in 4 seconds). Gradually build resistance on the first few repetitions. Vary resistance if possible to match "power curve" and add more during eccentric phase if possible. Always communicate with spotter (instruct to add more or less resistance etc). Try to keep steady tension on the exercisers muscles. Have subjects pause at the contracted position. Remember with each repetition the subject starts to fatigue so you may need to decrease force exerted by spotter to maintain lifting speed. You should lower resistance in maximally stretched positions to avoid injury.

Partner Resisted Push-ups

Partner Resisted Lateral Flys

Partner Resisted Bent Over Fly

Partner Resisted Seated Shoulder Press

Partner Resisted Hip Abduction

Partner Resisted Leg Curl

Partner Resisted Single Leg Press (use cushion between foot and chest)

Partner Resisted Front Raise

Partner Resisted Seated Row Using Dowel Rod or Towels

Partner Resisted Triceps Extension with Towel

Partner Resisted Internal and External Shoulder Rotation - important part of any shoulder injury rehab (careful with resistance especially external rotation - subjects will be very weak in this motion)

Medicine Ball Workouts

Medicine Ball – Origin and name – developed by navy medics on ships in World War I (stuffed leather basketballs with heavy rags) and shipmates tossed them around – This led to the game “Bull in the Ring” and later Hoover Ball (developed by Admiral Joel T. Boone – White house physician for Herbert Hoover). President Hoover played “Hoover-Ball” every day at 7:00 except Sundays throughout his presidency and only missed one game regardless of weather. Later it’s use was utilized more in the European athletic community and less in America. Commercial medicine balls come in bouncing and non-bouncing types – pick which works best for you. (leather easier to catch doesn’t roll away but rubber bouncing balls are more uniform, allow bounce drills). Make your own with a little ingenuity and add a “towel” sack for increase rotational forces.

Benefits – allows speed component, involves movements in all planes, allows partner work, increased coordination, excellent for balance and core work, allows multijoint work, can now safely throw resistance and use inside or out.

Medicine Ball Training Guidelines – warm-up thoroughly, use a light ball to start with and slowly increase weight, speed over several weeks. Don’t catch balls thrown wildly (too powerful or unexpected). Keep knees slightly bent. Increase range of motion on throws over time. Frequency 2 or 3 sessions per week, 20 to 40 minutes total or add to other workout regimens, utilize 8 to 12 repetitions. Pick about 8 exercises to train all the major muscle movements Medicine ball range from as little as 2 lbs up to 30. The best workouts will consist of balls of varying weights.

Medicine Ball Drills – more difficult movements shown in **bold** (add slowly to your routine and perform on cushioned surface and only ones that your fitness allow)

Partner Hand offs – half torso twists, **full torso twists, over and under**

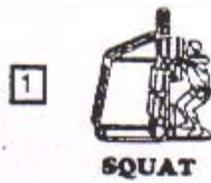
Rotations – bent elbow standing torso twists, walking trunk twists, **straight arm standing and walking torso twists, lunging trunk twists, standing and walking medicine ball towel twists, seated trunk rotations (Russian twist)**

Diagonal Lifts –sword draws, **side toe touch**

Basic lifts –front raise, squat, side circles, high angle push, high angle rear push, bent knee V ups, swimmer, lying leg body twists, **squat and front raise, squat, curl and press, lunge and press, lunge and forward push, front raise into squat jump (try going up a grade or bleachers)**

Throws - chest pass, side wood chop bouncers, overhead toss (forward and backward), lying catch and push press, **plyometric push-up with chest pass and partner return, shovel toss and push-up catch, overhead toss (forward and backward), squat push press, sit-up and throw and catch, double leg kicks, hamstring rolls and throws, knee throw and lunge, jump and pick-up**

Balance work – try exercises on one leg, uneven surfaces (balance boards) or use stability ball with medicine balls, experiment with towel sack for more variety



1

SQUAT



5

BENCH PRESS



9

UPRIGHT ROW



2

KNEE-UPS



6

SEATED FLY



10

BICEPS CURL



3

LEG EXTENSION



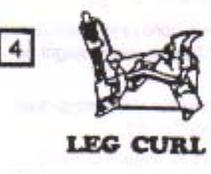
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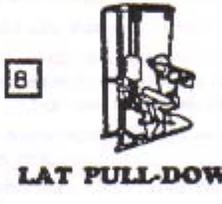
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INCLINE SIT-UP



4

LEG CURL



8

LAT PULL-DOWN



12

BACK EXTENSION



AEROBIC POWER CIRCUIT



A. WARM-UP (5-7 MIN)

B. CIRCUIT INSTRUCTIONS:

1. CIRCUIT ROTATIONS - 8 TO 5 ROTATIONS DEPENDING ON CONDITIONING LEVEL.
2. SETS / REPETITIONS - 1 SET EACH CIRCUIT STATION CONSISTING OF 15 TO 20 REPETITIONS. COMPLETE EACH SET IN 30 SECONDS.
3. WEIGHT SELECTION - 40 TO 80 % OF MAX FOR BEGINNERS / 80 TO 70 % FOR CONDITIONED SOLDIER.
* NOTE - FIND MAX FOR EACH STATION, TAKE % AS WORKING WEIGHT. REEVALUATE EVERY 6 TO 8 WEEKS.
4. AT THE COMPLETION OF EACH STATION (SET) CONDUCT 30 SECONDS OF AEROBIC ACTIVITY. SELECT RUNNING IN PLACE, SIDE STRADDLE HOP, BK JUMP, THE ENGINE, JUMP ROPE, SUPINE BICYCLE, OR CROSS-COUNTRY SNAIL. AT THE COMPLETION OF 30 SECONDS OF AEROBIC ACTIVITY MOVE IMMEDIATELY TO THE NEXT STATION. CONTINUE UNTIL ALL 12 STATIONS ARE COMPLETED. THIS IS ONE CIRCUIT ROTATION.

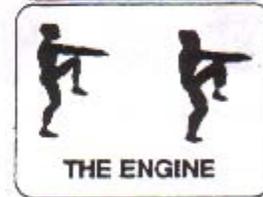
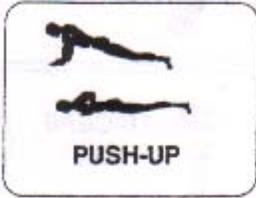
5. ONE CIRCUIT ROTATION TAKES 12 MINUTES. AT THE COMPLETION OF THE 12TH STATION CHECK THR FOR 10 SECONDS. RETURN TO ORIGINAL START POSITION TO BEGIN NEXT CIRCUIT ROTATION.

C. COOL-DOWN (5-7 MIN)

1. WALK 2-4 MINUTES, GOAL IS TO GET HR BELOW 100 BPM.
2. PERFORM STATIC STRETCHES.

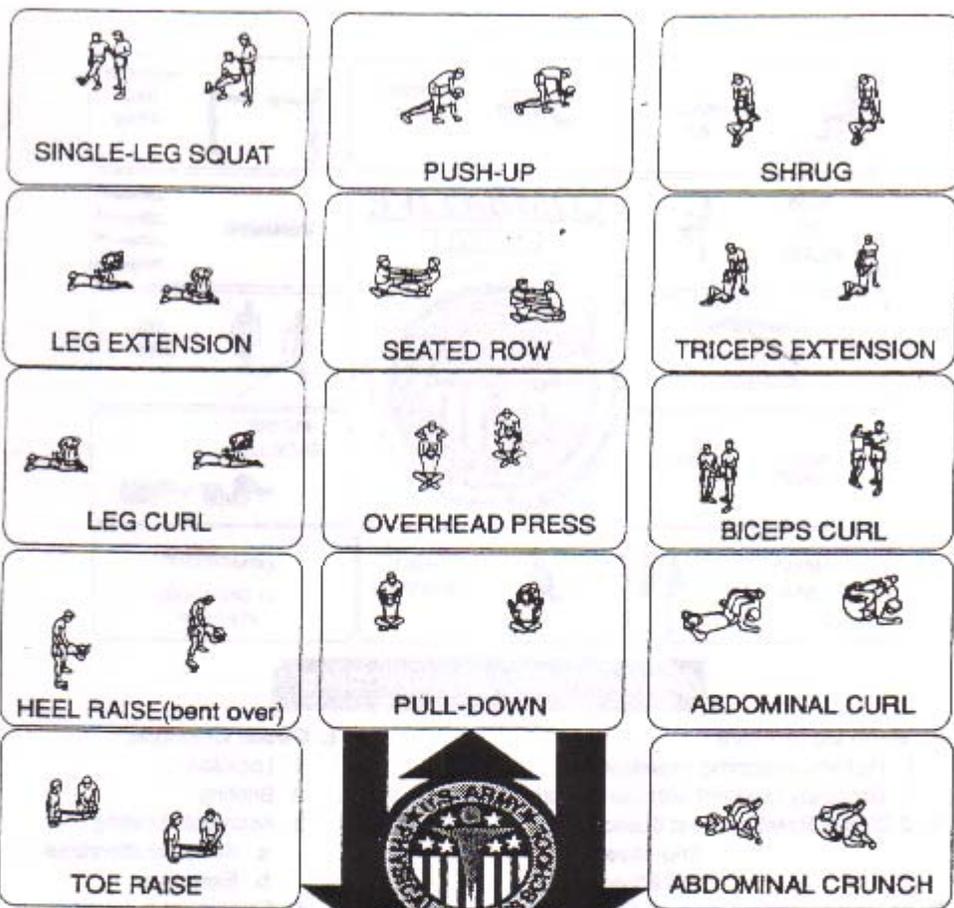
D. CIRCUIT CHECKLIST

1. RESERVE GYM
2. BRIEF CIRCUIT / ASSISTANTS
3. STATION CONES
4. EXERCISE CARDS
5. TAPE PLAYER / RADIO
6. JUMP ROPES
7. EXERCISE MATS
8. WEIGHT STACK SELECTION PINS



- A. Warm Up 5 - 7min
 B. 3 Circuit Rotations 1st 60sec, 2nd 45sec, 3rd 30sec
 C. Move on whistle between stations (15sec movement)
 D. At completion of each rotation (14 stations) rest circuit area for 2 minutes.
 E. At the completion of the 3rd run, check THR for 10 sec, while walking.
 F. After checking THR, jog back to original start position and await command to begin next rotation.
 G. Circuit time:
 1st 60sec/station X 14 stations = 14min
 2nd 45sec/station X 14 stations = 10min 30sec
 3rd 30sec/station X 14 stations = 7min
 15sec movement between stations X 3 rotations = 10min 30sec
 Run between rotations 3min X 3 = 9min
TOTAL TIME = 48MIN

- H. 30 to 50 meters between stations.
 I. Cool Down (5 - 7min)
 1. Walk 2-4min, the goal is to get HR below 100BPM
 2. Perform static stretches.
 J. Circuit Checklist
 1. Location Site
 2. Briefing
 3. Assistant Briefing
 a. Setup location and time
 b. Execution
 4. Equipment required
 a. Station cones
 b. Exercise cards
 c. Whistle
 d. Stopwatch
 e. Tape player
 f. Microphone
 g. Exercise mats

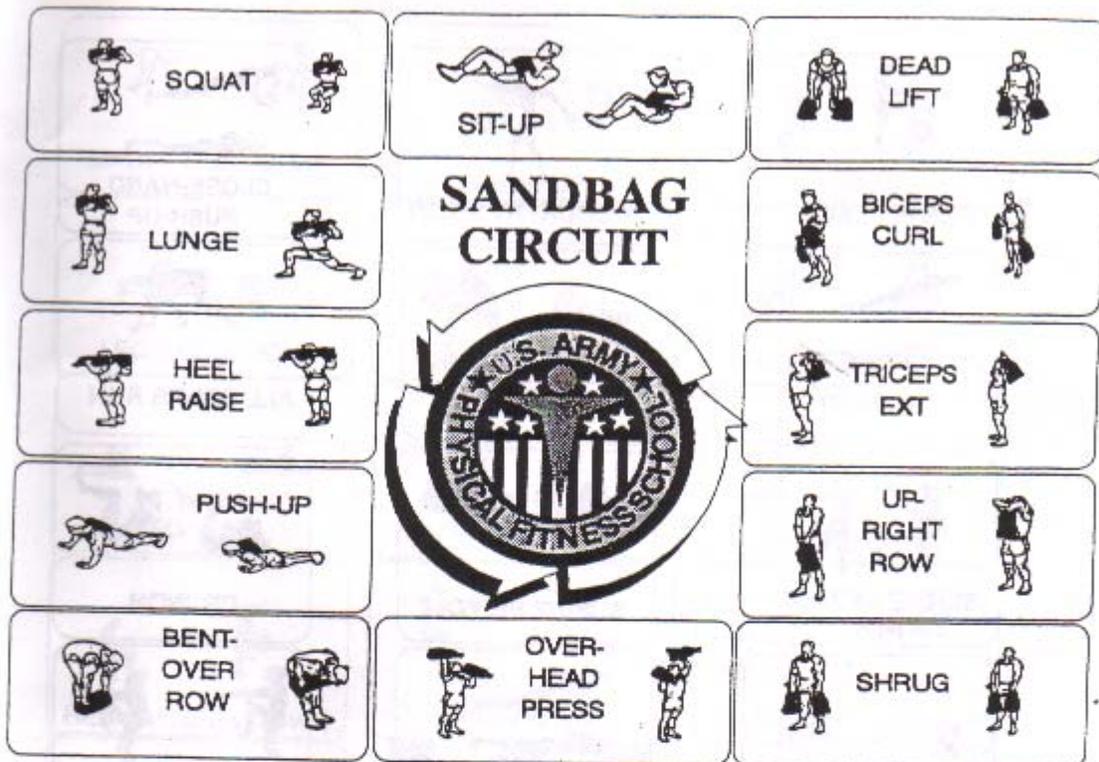


PRE INSTRUCTIONS

SINGLE-LEG SQUAT
EXERCISER Position: Face your partner and grasp wrists. Extend your right leg in front; keep it straight but don't let it touch your partner.
Action: Lower yourself in a controlled manner. Next, return to the upright position. Allow 8-12 reps to temporary muscle failure, repeat this exercise with the other leg.
RESISTER Position: Face the exerciser with your arms extended obliquely forward.
Action: Provide stability to the exerciser along with resistance or assistance as needed. When the exerciser can do more than 12 reps, apply appropriate resistance that results in temporary muscle failure in 8-12 reps.

LEG EXTENSION
EXERCISER Position: Lie face down with one leg straight and the other bent at the knee. Move your head as close to your buttocks as possible.
Action: Extend your knee against the partner's resistance. Next, wait as your partner returns you to the starting position. Do 8-12 reps to temporary muscle failure. Repeat this exercise with the other leg.
RESISTER Position: Support the leg being exercised by placing your foot under the exerciser's thigh just above knee.
Action: Resist while exerciser extends leg. Next, apply upward pressure to return the exerciser to the starting position.

LEG CURL
EXERCISER Position: Lie face down with your legs extended.
Action: Flex one leg against your partner's resistance until your heel is as close to your buttocks as possible. Next, wait your partner's efforts as he returns you to the starting position. Do 8-12 reps to temporary muscle failure, repeat this exercise with the other leg.
RESISTER Position: Support the exerciser's leg as in the Leg Extension exercise.
Action: Resist the exerciser's movement with your hand(s) placed on his heel. Next, apply downward pressure to return the exerciser to the starting position.



SANDBAG CIRCUIT INSTRUCTIONS

- A. Warm Up (5-7 min)**
1. Gradually raise HR by with low intensity exercises.
 2. Perform static stretching exercises.
- B. 2 Rotations**
1. Soldiers are paired up and assigned to a station.
 2. Number of paired up soldiers depends on unit size and number of stations.
 3. Exercising soldier will have 45sec to conduct 8-12 correct repetitions while partner spots/coaches. On whistle command soldiers change roles and switch over.
 4. On command soldiers move in pairs to next station.
- C. After each rotation (12 stations) run around circuit area for 4 minutes.**
- D. After the run check THR for 10sec.**
- E. Next, jog back to original start position and await command to begin next rotation.**
- F. Cool Down**
1. Walk circuit area 3-5 min
 2. Perform static stretches, emphasizing muscle groups used in the circuit.
- G. Circuit Training Time**
1. 45s each exerciser x 2 (ea station) = 1:30
 2. 1:30 ea station x 12 stations = 18:00
 3. 10sec movement x 12 stations = 2:00
 4. 4min run between rotations = 4:00
- Total (per rotation) = 24:00
5. Grand Total (2 rotations = 48:00 + 5-7 min warm up + 3-5 min cool down) = 56 - 60 min
- H. Circuit Checklist**
- | | |
|-------------------|----------------|
| 1. Station cones | 4. Stopwatch |
| 2. Exercise cards | 5. Tape player |
| 3. Whistle | 6. Sandbags |