

# OPERATION PUSHING FOR POINTS™

## From APFT to Promotion

Part 1 of 2—The First 30 Days

By SSG Ken and Stephanie Weichert



Stephanie and SSG Weichert,

Hello. I am presently eight weeks out from an APFT. I am a long time Guardsman who is training seriously for the first time in a long time. I read GX magazine frequently and in the past couple of months have become more familiar with START Fitness. Your articles are great! Right now, I am running, doing full sit-ups and pushups. How do I put it all together in order to MAX the APFT? Thanks.

Dave A.  
MA ARNG

RECEIVED

SSG Weichert and Stephanie,

RECEIVED

Hello. I am at the top of the promotion list, but I am really out of shape. I have to pass a PT test in about eight weeks in order to be promoted. Do you have any advice on how to optimize that time so that I can perform well on the APFT? Thanks for what you do!

SPC James H.  
TX ARNG

SSG Weichert and Stephanie,

Hello. I am hoping to receive a little bit of help from the two of you. I am looking for a really good program that can help me achieve a better score in the APFT. No matter what I do it seems like I cannot get any faster on my run, nor do more push-ups and sit-ups since my last test. I run two miles a couple of times a week and weight lift, but apparently not enough or not doing it right. I really could use some help in this area. Thank you.

SSG Shane A.  
MI ARNG

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Fellow Guard Soldiers,

Hello! Thanks for reading GX! About 75 percent of the emails Stephanie and I receive are from Guard Soldiers who are concerned about passing the Army Physical Fitness Test (APFT). We understand and would like to address your concern with a two-month training program. Many of us lead very busy lives, which can sometimes lead to a horrible diet and putting off regular exercise. Sometimes, the only exercise we manage to fit in our schedule is on drill weekends.

Bottom-line, the higher the score we achieve on the APFT, the more points we receive for promotion. Whether you're a Guard Soldier trying to better your previous APFT score or a reader who simply wants to reach a higher level of fitness, we challenge you to utilize our 60-day Diet and Exercise APFT summer challenge—Operation Pushing for Points™!

For those of you who are avid weight lifters or athletes with advanced training needs, be advised that this program will specifically address effective training strategies for the APFT only. This program is designed to help you maximize results. Although results will vary, many recruits in our private program have seen a tremendous reduction of body fat as well as an increase in strength and stamina after utilizing the Operation Pushing for Points™ program, which we will be presenting over the ensuing two months. When the goal is to score as high as possible on the APFT, it can be counter-productive to engage in heavy weight training. The Operation Pushing for Points™ program has been tested and proven to be effective. Are you ready for the challenge? HOOAH! Let's get started!

# WEEKS 1 AND 2: OPERATION WAKE-UP CALL™

## MONDAY Muscle Exploitation Day

### SET #1

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups.)

**Stretching exercises:** 8-10 minutes  
Close-grip push-ups: 45 seconds

**Rest:** 45 seconds

Normal-grip (hands shoulder-width apart) push-ups: 45 seconds

**Rest:** 45 seconds

Wide-grip push-ups: 45 seconds

**Rest:** 45 seconds

½ Sit-ups: 2 minutes

**Remarks:** The ½ sit-up is also called the abdominal crunch. Start: Lay down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head. Action: Raise your upper body until your shoulders blades lift off of the ground and return to the start position.

**Warning:** Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.

**Note:** Full sit-ups are not performed during weeks 1-2 of the Operation Pushing for Points™ training plan.

### SET #2

Close-grip push-ups: 35 seconds

**Rest:** 35 seconds

Normal-grip push-ups: 35 seconds

**Rest:** 35 seconds

Wide-grip push-ups: 35 seconds

**Rest:** 35 seconds

½ Sit-ups: 2 minutes

### SET #3

Close-grip push-ups: 25 seconds

**Rest:** 25 seconds

Normal-grip push-ups: 25 seconds

**Rest:** 25 seconds

Wide-grip push-ups: 25 seconds

**Rest:** 25 seconds

½ Sit-ups: 2 minutes

10 Minutes aerobics (Choose one: treadmill, elliptical machine, running, cycle)

**Stretching exercises:** 8-10 minutes (cool down)



Proper hand position for Close-grip push-ups.

Energy and persistence conquer all things.  
—Benjamin Franklin

**Intermediate Level** — 1 round = approximately 45 minutes \*

**Advanced Level** — 2 rounds = approximately 90 minutes \*

\*Depending on repetitions per set and rest periods

**Note:** Diet plan available by going to [www.GXonline.com](http://www.GXonline.com).

Winning isn't everything, but wanting to win is.  
—Vince Lombardi

## TUESDAY

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)

**Stretching exercises:** 8-10 minutes

½ Sit-ups: 90 seconds

Sprint 1 lap around a ¼-mile track or the same distance around your street block, or run ¼ mile on a treadmill at a good pace.

Fast walk 3-5 minutes

Repeat the sequence 5 additional sets (Total 6 sets = 1.5 miles of running)

**Stretching Exercises:** 8-10 minutes (cool down)

Each running period should be the best sprint possible. I like to time my sprints. That way I can challenge myself to achieve a better run time the next day that I attempt the same lesson plan.

## WEDNESDAY (Repeat Monday Lesson Plan)

## THURSDAY (Repeat Tuesday Lesson Plan)

## FRIDAY Practice Push-up Test Day

### SET #1

**Warm-up:** 10-15 minutes (See past issues for suggested warm-ups)

**Stretching exercises:** 8-10 minutes

Push-up test #1 (Complete the most push-ups possible in a 2-minute period)

½ Sit-ups: 2 minutes

**Rest:** 2 minutes

### SET #2

Push-up test #2 (Complete the most push-ups possible in a 1.5-minute period)

½ Sit-ups: 2 minutes

**Rest:** 2 minutes

### SET #3

Push-up test #3 (Complete the most push-ups possible in a 1-minute period)

½ Sit-ups: 2 minutes

**Stretching exercises:** 8-10 minutes (cool down)

**Rest:** 2 days

## SATURDAY AND SUNDAY

Light stretching and plenty of rest.

Stick to the diet plan and you will notice a tremendous increase in your energy after the first week!

Go for Muscle Failure!  
—SGT KEN

Success is the sum of small efforts, repeated day in and day out.  
—Robert Collier



# WEEKS 3 AND 4: OPERATION DOUBLE-TIME™

## MONDAY Belly Buster Day

### SET #1

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)  
 Stretching exercises: 8-10 minutes  
 Sit-ups: 90 seconds  
**Rest:** 60 seconds  
 Sit-ups: 75 seconds  
**Rest:** 60 seconds  
 Sit-ups: 60 seconds  
**Rest:** 60 seconds  
 Sit-ups: 45 seconds  
**Rest:** 60 seconds

### SET #2

Box and reach: 50 repetitions  
**Rest:** 45 seconds  
 Box and reach: 40 repetitions  
**Rest X** 45 seconds  
 Box and reach X 30 repetitions  
**Rest:** 45 seconds  
 Box and reach: 20 repetitions  
**Rest:** 45 seconds

**Remarks:** The Box and reach is a two-movement exercise. Start: Lay down on your back with your arms and legs pointing upward and your feet flexed. Elevate your shoulders slightly.

**Action:** Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.

### SET #3

½ Sit-ups: 2 minutes  
 Freeze in the up position on the 30th repetition for 10 seconds, and then continue  
**Rest:** 45 seconds  
 ½ Sit-ups: 1.5 minutes  
 Freeze in the up position on the 30th repetition for 10 seconds, and then continue  
**Rest:** 45 seconds  
 ½ Sit-ups: 1 minute  
 Freeze in the up position on the 20th repetition for 10 seconds, and then continue  
**Rest:** 45 seconds  
 ½ Sit-ups: 30 seconds  
 10 minutes aerobics (Choose one: treadmill, elliptical machine, running, cycle)  
**Stretching exercises:** 8-10 minutes (cool down)

Success is the sum of small efforts, repeated day in and day out.  
 —Robert Collier

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.  
 —Vince Lombardi

Nothing great was ever achieved without enthusiasm.  
 —Ralph Waldo Emerson

## TUESDAY

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)  
 Stretching exercises: 8-10 minutes  
**Track:** Sprint the stretches and jog the curves: 8 laps  
 In other words, sprint the straight sections of the track and jog the curves until you reach 2 miles  
 This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or  
**Treadmill:** Sprint .075 miles on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for .050 miles: 16 consecutive sets  
**Note:** You may choose to sprint .150 miles and jog for .100 miles: 8 consecutive sets  
**Rest:** 5-minutes  
 Push-up test (the best performance of push-ups for a 2-minute period)  
 ½ Sit-ups: 3 minutes  
**Stretching exercises:** 8-10 minutes (cool down)  
**Note:** Interval training simply prepares you for faster speeds when it's really needed during testing periods.  
**You will see your stamina and endurance improve every week that you endure this strategy. Simply increase the sprinting distances and decrease the jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.**

## WEDNESDAY (Repeat Monday Lesson Plan)

## THURSDAY (Repeat Tuesday Lesson Plan)



JONATHAN MILLER

## FRIDAY Mini-Test Day

### SET #1

**Warm-up:** 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Push-up test #1 (complete the most push-ups possible in a 1-minute period)

Sit-ups test #1 (complete the most sit-ups possible in a 1-minute period)

Running test #1 (achieve the best time possible in a 1-mile run)

**Rest:** 10-minutes

### SET #2

Push-up test #2 (complete the most push-ups possible in a 1-minute period)

Sit-ups test #2 (complete the most sit-ups possible in a 1-minute period)

Running test #2 (achieve the best time possible in a 1-mile run)

**Rest:** 5 minutes

**Stretching exercises:** 8-10 minutes (cool down)

**Rest:** 2 days

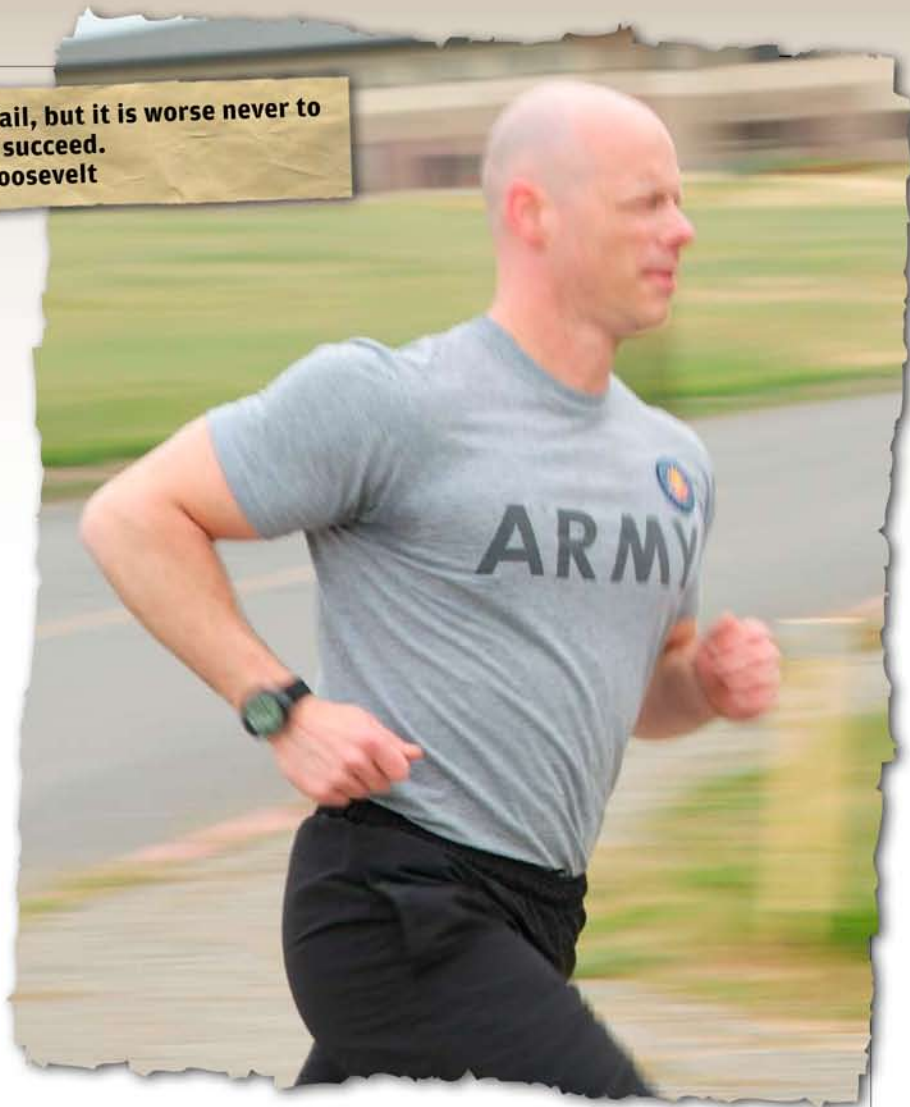
## SATURDAY AND SUNDAY

Light stretching and plenty of rest.

Next month, we will be taking it to the next level with Operation Stay the Course™ and Operation Fit to Fight™.

For more information, go to [www.GXonline.com](http://www.GXonline.com). HOOAH!

It is hard to fail, but it is worse never to have tried to succeed.  
—Theodore Roosevelt



## START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips on [GXonline.com](http://GXonline.com)! As this section develops, you'll be able to view short fitness videos, download workouts and more.

**Go to:** [GXonline.com/fitness](http://GXonline.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 short of breath.

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