

# OPERATION

## PUSHING FOR POINTS

(OPP4P), VOL. 3

By Ken and Stephanie Weichert



**HEADS UP!** SGT Ken gets you ready for the Army Physical Fitness Test (APFT).

[ RECEIVED ]

SGT Ken and Stephanie,

Just wanted to tell you that Operation Pushing for Points really works! I increased my APFT score 42 points in 30 days! Thanks!

HOOAH!  
SSG Stephen L., TXARNG

SGT Ken and Stephanie,

[ RECEIVED ]

I have been doing the workout for just over two weeks now, and it has made a world of difference to me. I have lost one and a half inches on my waist alone and have lots of renewed energy. May God bless you, both! Thanks again for everything!

Sincerely,  
SPC Tina H., CAARNG

[ RECEIVED ]

SGT Ken and Stephanie,

Wow! I barely passed the APFT last month. I tried Pushing for Points and could not believe how much it made me stronger. I got 60 more points after one month of your program. Thanks for what you two do!

Sincerely,  
PFC Mike S., TNARNG

[ SENT ]

Stephanie and I are happy to hear that the health and fitness programs are working for you! We made some improvements to our 30-day APFT workout calendar, based on reviews from the field. We hope you like it! Please keep us informed of your progress and stay the course!



HOOAH!  
SGT Ken

### EXERCISE INSTRUCTIONS

#### 8-Minute Abs

The following instructions are the steps for performing the “8-Minute Abs” audio program on [www.NATIONALGUARD.com/fitness](http://www.NATIONALGUARD.com/fitness):

#### 1. Flutter Kicks:

- Perform Flutter Kicks for 60 seconds.
- Freeze your legs together approximately 12 inches above the ground for 20 seconds. Flex your feet.

#### 2. Straight Leg Pulses:

- Perform Straight Leg Pulses by moving both legs together, up and down, 12 to 18 inches from the ground for 30 seconds.
- Freeze your legs together approximately 12 inches above the ground for 20 seconds. Flex your feet. Raise your legs straight upward until your feet line up over your hips.

#### 3. Straight Leg Drops:

- Perform Straight Leg Drops by lowering your legs to 12 inches above the ground and raising your legs to the start position. Continue moving your legs up and down for 60 seconds.
- Hold your legs in the upward position. Point your arms toward your toes. Flex your feet.

#### 4. Vertical Leg Crunches (Dying Cockroach):

- Perform Vertical Leg Crunches by raising your upper body toward your toes and returning to the start position. Continue moving your upper body up and down for 60 seconds.

#### 5. Box and Reach:

- Perform the Box and Reach drill by elevating your upper torso and reaching, with your arms, over your left thigh and dropping back slightly and reaching over your right thigh. Continue switching, left and right for 60 seconds.
- Bend your knees to 90 degrees of knee flexion, place your hands behind your head, fingers clasped.

#### 6. Cradle Crunch:

- Perform the Cradle Crunch drill by raising your lower and upper body sections, at the same time. Return to the start position and repeat. Continue for 30 seconds.
- Straighten your body and turn over on your abdominals. Contract your rear end and lower back muscles until your chest and knees come off of the ground. Bend your elbows and tuck them in toward your sides and keep your hands level with your shoulders.

#### 7. Modified Back Bends:

- Perform Modified Back Bends for 30 seconds.

#### 8. Modified Child's Pose (Balasana):

- Perform the Modified Child's Pose stretch for 30 seconds.
- Roll your back up to a kneeling position.
- Elevate to your knees and stand up.

#### Aerobics

**Examples:** Running in place; Side-Straddle-Hops (“Jumping Jacks”); High Steps/Knees

#### ARMY PHYSICAL FITNESS TEST (APFT)

Following are the steps for performing the APFT:

- Warm-up and stretch.
- Perform 2 min. of Push-ups.
- Record your score.
- Rest 5–10 min.
- Perform 2 min. of full Sit-ups.
- Record your score.
- Rest 5–10 min.
- Run 2 miles.

- Record your score.
- Cool-down and stretch.

**References:** Army Field Manual (FM) 21-20, Physical Fitness Training, FM 3-22.20, Physical Readiness Training, and Department of the Army (DA) Form 705, APFT Scorecard.

#### Dive Bomber Push-up

**Start:** Balance your body on your hands and feet with your back and legs forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90-degrees at your hips, head aligned with your arms.

**Actions:** Lower your body to the ground slowly by bending at the elbows until your face reaches the ground. Continue moving downward to forward to upward by slightly dragging your upper body across the ground until your abdominals are over your hands, pressing your body upward until your arms are straight and your lower back is arched back. Return to the start position by reversing the steps. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

#### DIVE BOMBER PUSH-UP



EVAN BAINES, SGT KEN ILLUSTRATION COURTESY OF START FITNESS ©

“If you can imagine it, you can achieve it. If you can dream it, you can become it.”  
— William Arthur Ward



**FOAM ROLLING:** Use a foam roller to help stretch tight areas of the body. *Example:* If your calves are tight, put the foam roller under your calf and gently press your calf into the roller. Move your leg so that the foam roller massages the entire length of your calf.



### Full Sit-ups

**Start:** Lie 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.

**Actions:** Tighten your abdominal muscles and raise your upper body until your back becomes perpendicular with the ground and return to the start position. Continue until your goal is reached. Exhale through your mouth as you raise your body and inhale through your nose as you return to the start position.

**Notes:** The repetition counts when you return to the start position. It is authorized to temporarily rest in the upward position without resting your knees.

**Warning:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

### Half Sit-ups

**Start:** Lie 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.

**Actions:** Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the ground and return to the start position. Continue until your goal is reached. Exhale through your mouth as you raise your body and inhale through your nose as you return to the start position.

**Warning:** Do not pull on your neck with your hands. Keep your elbows wide and your face pointing upward during the exercise.

### PHYSICAL FITNESS ASSESSMENT (PFA)

Following are the steps for performing the PFA:

- |                                |  |
|--------------------------------|--|
| 1. Warm-up and stretch.        | 7. Rest 5-10 min.                              |
| 2. Perform 1 min. of Push-ups. | 8. Run 1 mile.                                 |
| 3. Record your score.          | 9. Record your score.                          |
| 4. Rest 5-10 min.              | 10. Cool-down and stretch.                     |
| 5. Perform 1 min. of Sit-ups.  | <b>Reference:</b> Initial Entry Training (IET) |
| 6. Record your score.          | Standardized Physical Training Guide.          |

### Push-up

**Start:** Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight.

**Actions:** While keeping your abdominal muscles tight, lower your body straight down by bending both elbows until your upper arms become parallel with the ground. Return to the start position and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

**Notes:** The repetition counts when you return to the start position. It is authorized to temporarily rest by raising your hips. You cannot sag your back, go to your knees, or lift your hands or feet off of the ground. You must return to the start position before resuming the exercise.



—CLOSE GRIP—



—NORMAL GRIP—



—WIDE GRIP—

EVAN BAINES

### Push-up Improvement Plan #1

The following instructions are the steps for performing Push-up Improvement Plan #1 on [www.NATIONALGUARD.com/fitness](http://www.NATIONALGUARD.com/fitness):

1. Begin the Push-up exercise in the close grip position.
2. Continue as long as you as you can in this position.
3. Assume an authorized rest position.
4. Slide your hands outward to the normal grip position.
5. Continue as long as you as you can in this position.
6. Assume an authorized rest position.
7. Slide your hands outward to the wide grip position.
8. Continue as long as you as you can in this position.
9. "Go to muscle failure!"

### Push-up Improvement Plan #2

The following instructions are the steps for performing Push-up Improvement Plan #2 on [www.NATIONALGUARD.com/fitness](http://www.NATIONALGUARD.com/fitness):

1. Begin the Push-up exercise in the close grip position.
  2. Continue as long as you as you can in this position.
  3. Assume an authorized rest position.
  4. Slide your hands outward to the normal grip position.
  5. Continue as long as you as you can in this position.
  6. Assume an authorized rest position.
  7. Slide your hands outward to the wide grip position.
  8. Continue as long as you as you can in this position.
  9. "Go to muscle failure!"
  10. At the 2-min. mark, or when you reach muscle failure, raise your hips and perform Shoulder Push-ups until you have reached your goal.
- Note:** Refer to Push-up instructions for proper form techniques.

### Push-up Interval Training

Push-up Interval Training is where you complete the most Push-ups possible in 20-second intervals.

**Example:** Perform push-ups for 20 seconds and rest 20 seconds. Repeat this sequence for the required amount of time. 1 set x 4 minutes is 6 sets of Push-ups at 20 seconds each with six resting periods of 20 seconds each.

### Push-up Pulses

**Start:** Balance your body on your hands and feet with your back and legs forming a straight line. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and arms straight. While keeping your abdominal muscles tight, lower your body straight down by bending both elbows until your upper arms become parallel with the ground.

**Actions:** Using your arms, raise your body upward 4-6 inches. Lower your body and continue until your goal is reached. Inhale through your nose and exhale through your mouth naturally.

**Note:** These actions are performed quickly.

### Running Long Distance

Long Distance Running is performed at moderate speeds.

**Note:** The best way to condition your body for the 2-mile run as part of a fitness test is to condition your body to run longer distances.

### Running Interval Training

Running Interval Training is running at moderate and fast speeds.

**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.

**Example:** Choose to run on a treadmill, track, or well-known route. After a thorough warm-up, run at a moderate speed (jogging) for 30 seconds and sprint as fast as you can for 30 seconds. Repeat this sequence for the remainder of your run. Or, if on a track, sprint the stretch and jog the curve.

**Note:** Be certain to time your sprint drills. That way, you can challenge yourself to sprint for longer periods of time each week.

### Shoulder Push-up (as part of Push-up Improvement Plan #2)

**Start:** Balance your body on your hands and feet with your back and legs forming a straight line. Position your feet several inches outside the width of your hips, hands slightly more than shoulder-width apart, legs and arms straight. Next, raise your hips upward until you reach 90-degrees at your hips, head aligned with your arms.

**Actions:** Lower your body to the ground slowly by bending at the elbows until your face nearly reaches the ground. Return to the start position and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

### Stretching

For examples, see GX 6.2, FM 21-20 and FM 3-22.20. Download it at [www.NATIONALGUARD.com/downloads/gxmagazine](http://www.NATIONALGUARD.com/downloads/gxmagazine).

### Uneven Push-up

**Start:** Balance your body on your hands and feet with your back and legs forming a straight line. Next, place your left hand on a platform that is 4-12 inches higher than the ground. Maintain a neutral spine, feet together or up to 12 inches apart, hands shoulder-width apart, legs and right arm straight.

**Actions:** While keeping your abdominal muscles tight, lower your body straight down by bending both elbows until the upper part of your right arm becomes parallel with the ground. Return to the start position and continue until your goal is reached. Switch arm positions and repeat. Inhale through your nose as you lower your body and exhale through your mouth as you return to the start position.

**Equipment Needed:** None  
**Forms Needed:** DA Form 705

## 30-DAY APFT WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
[ WEEK ONE ]	<ul style="list-style-type: none"> <li>•Push-up Improvement Plan #01 x 2 sets at 2 min. each</li> <li>•Half Sit-ups x 2 sets at 2 min. each</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Running Long Distance x 2-4 miles</li> <li>•Half Sit-ups x 2 sets at 2 min. each</li> </ul>	<ul style="list-style-type: none"> <li>•Push-up Improvement Plan #01 x 3 sets at 2 min. each</li> <li>•Half Sit-ups x 3 sets at 2 min. each</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Rest</li> </ul>	<ul style="list-style-type: none"> <li>•Running Interval Training x 1-3 miles</li> <li>•Half Sit-ups x 2 sets at 2 min. each</li> </ul>	<ul style="list-style-type: none"> <li>•Push-up Interval Training x 1 set at 4 min.</li> <li>•Half Sit-ups x 2 sets at 3 min. each</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Rest</li> </ul>
[ WEEK TWO ]	<ul style="list-style-type: none"> <li>•Push-up Improvement Plan #01 x 2 sets at 3 min. each</li> <li>•8-min. Abs x 2 sets</li> </ul> <p><i>Note: 8-min. Abs is available as an audio workout download on <a href="http://www.NATIONALGUARD.com/fitness">www.NATIONALGUARD.com/fitness</a></i></p>	<ul style="list-style-type: none"> <li>•Running Long Distance x 3-5 miles</li> <li>•8-min. Abs x 1 set</li> </ul>	<ul style="list-style-type: none"> <li>•Dive Bomber Push-ups x 1 set at 1 min.</li> <li>•Uneven Push-ups x 4 sets at 1 min. each</li> <li>•Push-up Pulses x 2 sets at 1 min. each</li> <li>•8-min Abs x 2 sets</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Rest</li> </ul>	<ul style="list-style-type: none"> <li>•Running Interval Training x 2-4 miles</li> <li>•8-min. Abs x 2 sets</li> </ul>	<ul style="list-style-type: none"> <li>•Push-up Interval Training x 1 set at 6 min.</li> <li>•8-min Abs x 2 sets</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Rest</li> </ul>
[ WEEK THREE ]	<ul style="list-style-type: none"> <li>•Running x 1-2 miles</li> <li>•Push-up Improvement Plan #02 x 2 sets at 2.5 min each</li> <li>•8-min. Abs x 2 sets</li> <li>•Full Sit-ups x 1 set at 1 min.</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Running Long Distance 4-6 miles</li> <li>•8-min. Abs x 2 sets</li> </ul>	<ul style="list-style-type: none"> <li>•Push-up Interval Training x 1 set at 5 min.</li> <li>•Uneven Push-ups x 2 sets at 1 min. each</li> <li>•Push-up Pulses x 2 sets at 1 min. each</li> <li>•Full Sit-ups x 1 set at 2 min.</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Rest</li> </ul> <p><b>Strategy:</b> Perform no fitness training 24 hours prior to the APFT, PRT or PFA.</p>	<ul style="list-style-type: none"> <li>•PFA x 2 sets</li> </ul>	<ul style="list-style-type: none"> <li>•Running Interval Training x 2-3 miles</li> <li>•8-min Abs x 1 set</li> </ul>	<ul style="list-style-type: none"> <li>•Rest</li> </ul>
[ WEEK FOUR ]	<ul style="list-style-type: none"> <li>•Push-up Improvement Plan #01 x 2 sets at 3 min. each</li> <li>•Full Sit-ups x 1 set at 2 min.</li> <li>•Full Sit-ups x 1 set at 1 min.</li> <li>•Running x 1-2 miles</li> </ul>	<ul style="list-style-type: none"> <li>•Running Long Distance 4-6 miles</li> <li>•8-min. Abs x 2 sets</li> </ul>	<ul style="list-style-type: none"> <li>•Running Interval Training x 1-2 miles</li> <li>•8-min. Abs x 1 set</li> </ul>	<ul style="list-style-type: none"> <li>•Push-up Interval Training x 1 set of 4 min.</li> <li>•Full Sit-ups x 1 set of 1 min.</li> <li>•Running x .5 miles</li> </ul> <p><b>Strategy:</b> Taper training 48-72 hours before the APFT or PRT.</p>	<ul style="list-style-type: none"> <li>•Rest</li> </ul> <p><b>Strategy:</b> Perform no fitness training 24 hours prior to the APFT, PRT or PFA.</p>	<ul style="list-style-type: none"> <li>•APFT x 1 set</li> </ul> <p><i>Note: The APFT in OPP4P is for training purposes.</i></p>	<ul style="list-style-type: none"> <li>•Rest</li> </ul>

### GLOSSARY

**APFT:** Army Physical Fitness Test

**PRT:** Physical Readiness Test

**PFA:** Physical Fitness Assessment

**OPP4P:** Operation Pushing for Points