

# **BACK TO BASICS** **WARRIOR FITNESS PROGRAM**

## **INTRODUCTION**

This program provides a basic walk/jog/run, situp, and pushup template utilizing the necessary components of a complete fitness program to include the warm up, aerobic phase, cool down, muscular strength/endurance, and stretching. This is also the recommended sequence of activity. Program can be used as an individual or group program. In a group format, unit Physical Training Leader (PTL) should lead warm up, cool down, and stretching.

## **DESCRIPTION**

Duration: 45 min to one hour

Exercise Intensity: Participants should work at their own pace

Types of Exercises: Warm up, brisk walking, jogging, running, crunches, pushups, stretches

Equipment needed: Appropriate, supportive running shoes

Target Audience: Beginning to experienced exercisers

## **WARM UP (5-10 min)**

The warm up phase consists of low intensity exercises which physically prepare the body by elevating the heart rate, improving blood flow to muscles, and increasing joint mobility. *Proper warm up decreases the potential for injury.* Warm up can also include a few stretches for the major muscle groups (see **STRETCHING**).

**Neck Rolls:** Roll neck side/front/side.

**Shoulder Rolls:** Roll shoulders forward then backward (individually and/or together).

**Arm circles:** Rotate laterally extended arms forward then backward.

**Knee Lifts:** Alternate knee raises. Can also bring alternate elbows to knees as they are lifted.

**Half Jacks:** Step heel with alternate legs. Raise arms as in a normal jumping jack.

**Trunk Rotation:** While keeping pelvis forward and hands on hips, rotate trunk side/front/side.

**Hip Drop:** Grabbing ankles, lower hips to 90 degrees (chest on thighs). Raise hips while holding ankles.

**Ankle Circles:** Extend alternate ankles in front and draw a clockwise and counterclockwise circle with each ankle.

### **AEROBIC PHASE (20-30 min)**

The American College of Sports Medicine (ACSM) recommends 20-60 minutes of continuous aerobic activity at least three times a week for cardiovascular improvement. Participants should choose the appropriate exercise below for their current level of fitness, and gradually increase to the next level of activity. Be sure to monitor exercise heart rate. For group program, divide into separate ability (fitness level) groups, and bring group back together at designated time.

**Brisk Walking:** Fitness walking usually begins at 3.5 mph (17 min. pace) or faster. At this pace, calories burned from walking begin to equal calories burned from jogging. Walk at least 30 minutes.

**Walk/Jog:** Combination of brisk walking and a slow jog for 30 minutes.

**Jog/Run:** Jog and/or run 20-30 minutes. Use standards for the 1.5 mile run for age and sex to set pace goals.

**Run:** Maintain a steady run for a minimum of 30 minutes. For experienced runners whose goal is to achieve the 90th percentile standard, incorporate interval training (short bursts of speed) into current running program.

### **COOL DOWN (3-5 min)**

The cool down phase can be a low-level walk or exercises from the warm up phase. Cool down is important to slowly decrease the heart rate and prevent blood from pooling in the extremities.

### **MUSCULAR STRENGTH/ENDURANCE (5-10 min)**

**Crunches:** Crunches should be performed with bent knees, heels flat (with no anchor or anyone holding feet) lifting just the shoulders off the ground, looking upward to keep the head and neck aligned with the body. Arms may be crossed over the chest (beginner), bent behind the head with fingers behind ears, not locked together (added intensity), or arms crossed over the chest holding a

small amount of weight (2-10 lbs). Perform one set of slow, controlled crunches, rest for one minute, and repeat.

**Crunch Variation:** Begin with bent knees, heels flat, one arm at side, and one arm behind head, elbow out to the side. Perform crunch lifting shoulders off the ground then cross elbow to opposite knee. Repeat with opposite arm.

**Pushups:** Pushups should be performed with arms fully extended and the body in a straight line from head to knee (bent knee pushup) or head to feet (full pushup). Perform one set of pushups, lowering the body until elbows are at a 90 degree angle. Repeat.

**Pushup Variations:** Perform pushups at an incline with arms on a box/step (low intensity), decline with feet up on a box/step (higher intensity), or stability/fit ball push ups (high intensity).

## **STRETCHING (5-10 min)**

Stretching relaxes the body and reduces muscle tension, helps to prevent injury, increases joint flexibility and range of motion, and helps to prevent muscle and joint soreness. Stretching is especially important *after* exercise. It is the time when stretching has the greatest potential to increase flexibility. Stretching exercises should be held (no bouncing) for a minimum of 10 seconds.

**Abdominal stretch:** Interlock fingers, extend arms above the head with palms facing up. Push hands up and lean back slightly until a little tension is felt in the abdominal area.

**Latissimus Dorsi (back) and Oblique (side) stretch:** From Abdominal stretch position, extend one arm overhead and place the hand of the other hand on the hip. Bend to the side opposite the lifted arm. Extend the other arm overhead and repeat to the opposite side.

**Pectoralis (chest) and Anterior Deltoid (front shoulder) stretch:** Reach arms straight back; interlace fingers with palms facing toward the body. Raise the arms as far up as possible until a slight tension is felt in the chest muscles.

**Medial and Posterior Deltoid (side and back shoulder) stretch:** Reach one arm across the body, with the opposite hand grab the elbow and pull until a slight tension is felt in the deltoids. Switch to the opposite side and repeat.

**Tricep stretch (back of the arm):** In an upright position, place your hand behind the head to touch in between the scapula (shoulder blades). With opposite hand, lightly grab the elbow and pull until a slight tension is felt in the triceps.

**Quadricep (thighs) and Iliopsoas (hip flexor) stretch:** In an upright position, bend your right leg and hold the top of the foot between the toes and ankle joint with your right hand. Gently pull the right foot toward your buttocks and lean forward until a slight tension is felt in the hip flexor and front of the thigh. Switch to the opposite side and repeat.

**Gastrocnemius (calf), Soleus (lower calf), Achilles Tendon stretch:** In an upright position, extend one leg in front of you; place your hands on your hips or in front of you for stability/balance. Slowly and gently lean forward until you feel a slight tension in your lower leg. Switch to the opposite side and repeat.

**Hamstring stretch:** Sit on the floor with one leg extended. Bend the knee of the other leg and turn that leg inward toward the leg that is extended. With your back straight, lean over the extended leg and reach towards your toes until a slight tension is felt in the hamstring muscle. Switch to the opposite side and repeat.

**Tibialis Anterior (shin) stretch:** In an upright position, extend one leg behind you and place your toes of that extended foot on the ground; you can put your hands on your hips or in front of you for stability/balance. Slowly and gently lean forward until you feel a slight tension in your tibialis anterior (shin). Switch to the opposite side and repeat.

**Erector Spinae (lower back) and Abductor stretch:** In a seated position with your upper torso upright, extend your right leg and pull the left knee into the chest with your right hand and across your extended right leg. Switch to the opposite side and repeat.

**Adductors (inner thigh) stretch:** In a seated position, place the soles of your feet together and pull your heels in as close to the buttocks as possible. Slowly press the knees down toward the floor as you lean forward until a slight tension is felt in the inner thigh. Switch to the opposite side and repeat.