

SGT Ken's Obstacle Course: Operation Deep Impact™

Powered by SPRI®

Written by Stephanie and Ken "SGT Ken" Weichert



SGT Ken's Obstacle Course: Operation Deep Impact™ includes a series of demanding physical obstacles and exercises uniquely arranged to target every muscle in your body, making it possible for you to burn as much as 1,000 calories in 60 minutes. Through this course you will be able to experience some of the tactical movements Soldiers use in combat, as well as the intense physical drills and teamwork building challenges. Like *Cross-Fit*, Deep Impact specializes in combining diverse movements with strength and stamina challenges. Like the *P90* program, it challenges you to perform the muscular endurance and aerobic conditioning drills with little or no break in between exercises. Rated Intermediate-Advanced.

ABOUT THE AUTHORS

STEPHANIE WEICHERT



Stephanie Weichert is a published author, Strategic Director for START Fitness®, military wife and mother. Stephanie became the Strategic Director of START Fitness® in 2001. Stephanie co-produced the Operation Living Fit™ fitness DVD series and has written over 70 health and fitness articles for GX®, Foundations, Hooah! and Military Spouse Magazines. Stephanie co-produced the fitness and health content for NATIONALGUARD.com/fitness and continues to provide articles and blogs for Military.com. Stephanie She co-developed a Tactical Fitness Trainer (aka “Boot Camp Instructor”) course for the Army and Air National Guard branches of the military. Stephanie is writing two books and continues to produce exercise-science education for SPRI® products. Stephanie comes from a strong Water Polo background where she achieved the All-Valley goalie, co-MVP and Coaches Award. She is a certified personal trainer through the National Academy of Sports Medicine (NASM) and has a B.A. in marketing from San Francisco State University.

KEN (aka “SGT Ken”) WEICHERT



Ken Weichert (a.k.a. “SGT Ken”) is an international speaker, six-time US Army Soldier of the Year, Master Fitness Trainer, Master Resilience Trainer, Counterintelligence Agent and highly decorated combat veteran. Ken has trained over 500,000 Soldiers and civilians through Operation Fit to Fight, has written over 100 articles for GX®, Backpacker®, Outside®, Health®, and created the fitness and health education for the National Guard website. Ken founded the longest-running Boot Camp fitness program in America, START Fitness®, and has starred in several best-selling fitness videos. Ken is the recipient of the canfitpro 2011 “Best New Presenter of the Year” award and has been featured numerous times on ABC, CBS, NBC and Fox news. Ken is a continuing education provider through the American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM) and the Aerobics and Fitness Association of America (AFAA) for the Tactical Fitness Trainer (aka “Boot Camp Instructor”) course. Ken’s mission is to provide superior fitness and resilience training to help people manage stress more effectively and live more satisfying and rewarding lives.

SGT KEN'S OBSTACLE COURSE

OPERATION DEEP IMPACT™

A Tactical Fitness Program for Soldiers and Civilians

CONCEPT OF OPERATIONS

FORMAT: Free Circuit Fitness

TARGET: Full body

OBJECTIVES:

1. The purpose of this workout is to help improve muscular strength, muscular and aerobic endurance, and flexibility while performing military-style tactical movements and drills.
2. Free Circuit Fitness programs are designed where the participants must perform the exercises in each station for a specified amount of repetitions or to navigate through or over an obstacle (aka "fitness challenge" or "obstacle course"). Note: Fixed circuit fitness training is where you perform different exercises at each station for a specified amount of time (example: Each exercise at 90 seconds, with 20 seconds to change stations).
3. Muscle-targeting is where you perform two or more consecutive exercises that target one section of the body in order to help produce muscle-fatigue or muscle-failure (example: Crab Crawl, followed by the Tubing Push-up).

MUSIC SUGGESTION: Continuous-track music at 126-134bpm (beats per minute) is suggested for the warm up phase and 80-100bpm for the cool down phase. Be creative and appropriate when choosing music for the circuit-training (obstacle course) phase.

PERFORMANCE LEVEL RATING: Operation Deep Impact™ is rated intermediate to advanced. Note: This program can be modified for basic-level participants under conditions where exercises are performed slower, with less repetitions and time at each station, longer rest periods during transitions, and in cases where an easier floor plan is implemented.

TOTAL TIME TO COMPLETE: Approximately 60 minutes

INTRODUCTION (approximately 2 minutes)

EXAMPLE SCRIPT:

SGT KEN: *"Welcome to Operation Deep Impact! My name is SGT Ken, and today we are going to improve our overall muscular endurance, aerobic endurance, and flexibility. This workout includes three main phases: Warm-up, Circuit-training phase, and Cool-down. The Circuit-training phase, also called the Obstacle Course phase, includes is a series of demanding physical obstacles and exercises uniquely arranged to target every muscle in your body. Through this course you will be able to experience some of the tactical movements Soldiers use in combat, as well as the intense physical drills and teamwork building challenges. I want you work within your own limits. You know your body better than anyone else. Give this program your absolute best and you can burn over 700 calories in 60 minutes! Stay hydrated throughout the program and keep it safe. If I ask you "ARE YOU FIRED UP," you shout "HOOAH!" The word "Hooah" means, "Yes, I understand" and "I, ready!" Failure to immediately respond with a loud and thunderous "Hooah" could result in extra push-ups. If I ask you "ARE YOU GOING TO QUIT," you shout "NEVER!" Let's produce that body we have always dreamed of! ARE YOU FIRED UP?"*

RECRUITS: *"Hooah!"*

SGT KEN: *"You can do better than that! ARE YOU FIRED UP?"*

RECRUITS: *"HOOAH!"*

SGT KEN: *"That's what I am talking about! Time for the Warm-up Phase! Start marching in-place, people!"*

Note: The purpose of the introduction is to provide a quick and thorough breakdown of the program and what is expected of the participants. Called a "Safety Briefing" in the military, the introduction also serves to make it clear that the participants should work within their limits at all times in order to help prevent injury.

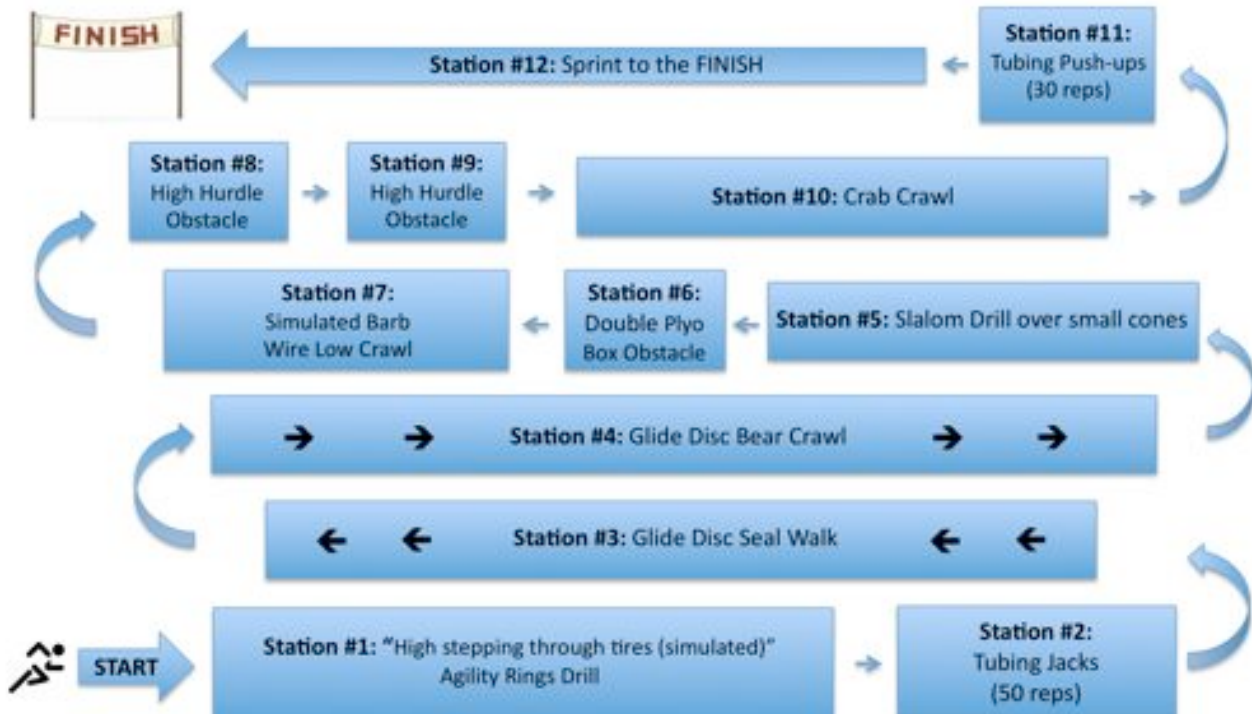
WARM UP PHASE (approximately 8 minutes)

Exercise List

March in-place
Jump Rope Drill
Sprint, in-place
Mountain Climber
"Frogger"
Mountain Climber

Front-Back-Go Drill
Speed Skater
High Step
Squat
Skier Squat
Shoulder Push-up

CIRCUIT TRAINING PHASE (approximately 40 minutes)



COOL-DOWN PHASE (approximately 8 minutes)

Exercise List

Cradle Crunch
Lower Back Stretch
Glute Stretch
Supine Trunk Stretch

Ankle Rotation
Hamstring Stretch
Abdominal Stretch
Modified Child's Pose

CONCLUSION (approximately 2 minutes)


SGT KEN: "Stand tall, keep your feet together and hands at your sides. When I shout "Dismissed," you give me the loudest "HOOAH" you got left in you. If it is not loud, than I assume that you are not ready and would rather do some more Push-ups or something. So, be loud. Ready, DISMISSED!"

RECRUITS: "Hooah!"

SGT KEN: "Great job, people! Give yourself a round of applause! Stay hydrated, and stay safe! HOOAH!"


Special Remarks:

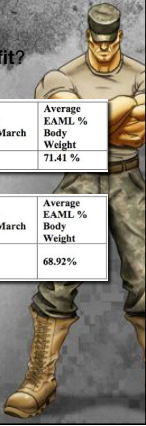
1. Provide modification and amplification statements, where needed.
2. For more product information, go to SPRI.com.
3. For a free copy of this lesson, please email sgtken@STARTfitness.com.
4. For more information on tactical fitness and resilience training workshops, go to sgtken.com.



**SGT KEN'S OBSTACLE COURSE:
OPERATION DEEP IMPACT™
(OPDEEPIIMPACT)**

A Military-style Obstacle Course
(Free Circuit fitness program)
for Soldiers and Civilians
with
Ken "SGT Ken" Weichert

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Why is it important to be **tactically fit**?

Duty Position	Average Fighting Load (lbs)	Average FL % Body Weight	Average Approach March Load (lbs)	Average AML % Body Weight	Average Emergency Approach March Load (lbs)	Average EAML % Body Weight
Rifleman	63.00 lbs	35.90 %	95.67 lbs	54.72 %	127.34 lbs	71.41 %

Duty Position	Average Fighting Load (lbs)	Average FL % Body Weight	Average Approach March Load (lbs)	Average AML % Body Weight	Average Emergency Approach March Load (lbs)	Average EAML % Body Weight
M248B Machine Gunner	81.38 lbs	44.46%	113.36 lbs	62.21%	132.96 lbs	68.92%

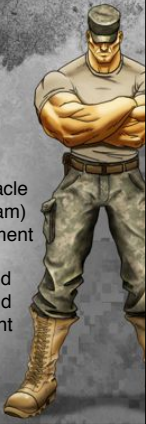
*-Modern Warrior Combat Load,
a report on dismounted operations in Afghanistan*



 **COMPREHENSIVE SOLDIER FITNESS** 

STRONG MINDS ★ STRONG BODIES

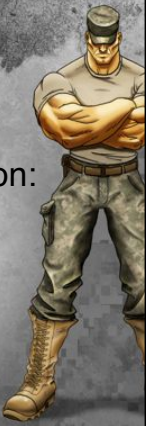
PHYSICAL ★ FAMILY ★ SOCIAL ★ SPIRITUAL ★ EMOTIONAL



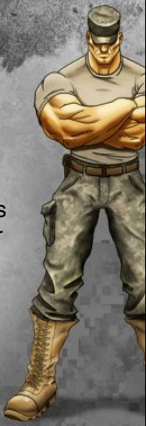
**Tactical Fitness
(a.k.a. "Boot Camp")
workshop objectives**

How to implement a Military-style Obstacle Course (aka "Free Circuit fitness program") inside or outside, with little or no equipment

How to execute the program safely and effectively with progression, variety and precision while using SPRI® equipment




Tactical Fitness session:
Obstacle Course
(indoor version 1.0)



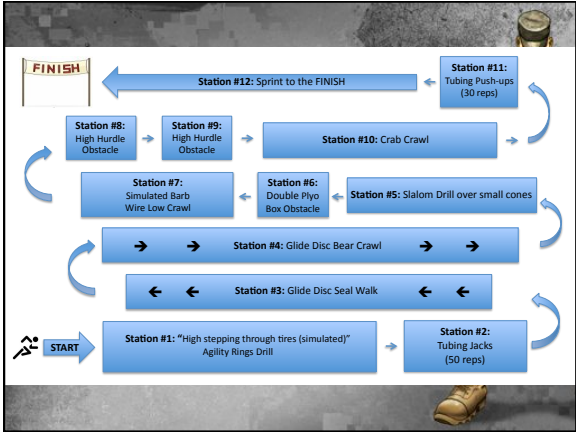
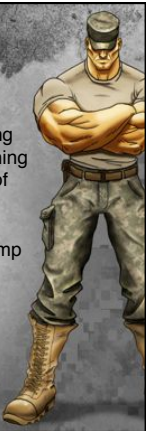
What is **Muscle Targeting**?

Performing two or more consecutive exercises that focus on one area of the body in order to promote muscle fatigue.



Muscle Targeting in review:

1. Tubing Jacks and “Seal Walk”
2. Crab Crawl and Tubing Push-up

Program Implementation

Monday: Static Action Sports
Tuesday: Long-distance running/Jogging
Wednesday: Fixed Circuit Fitness Training
Thursday: 30/30 workout (30 minutes of “Burst” training/30 minutes of sprints)
Friday: Free Circuit Fitness Training (includes TRX, SPRI Step360, Boot Camp tubes, KetteBALLS and sandbags)
Once a month: Fitness Test
Once a month: Fitness Challenge or Obstacle Course



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with
 Ken “SGT Ken” Weichert

For more information:
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