

# 1 WEEK CORE WORKOUT GUIDE



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b><u>BASELINE STABILITY</u></b> EACH EXERCISE: 10 x 10-second holds 3-second rest <b>Repeat 2x</b>	<b><u>STABILITY BALL MOBILITY</u></b> EACH EXERCISE: 30 seconds work followed by 30 seconds rest <b>Repeat 3x</b>	<b><u>UNILATERAL CHALLENGE</u></b> EACH EXERCISE: 30 seconds work followed by 30 seconds rest <b>Repeat 3x</b>	<b><u>BASELINE STABILITY</u></b> EACH EXERCISE: 10 x 10-second holds 3-second rest <b>Repeat 3x</b>	<b><u>STABILITY BALL MOBILITY</u></b> EACH EXERCISE: 30 seconds work followed by 30 seconds rest <b>Repeat 5x</b>	<b><u>UNILATERAL CHALLENGE</u></b> EACH EXERCISE: 30 seconds work followed by 30 seconds rest <b>Repeat 5x</b>	<b>REST AND RECOVERY</b> 
McGill Curlup Side Plank Bird Dog	Stir the Pot Stability Ball Knee Tucks (jackknives) Stability Ball Opposite Arm/Leg Raises	Single-Arm Farmer Carry Bicycle Crunches Mountain Climbers Plank Walkdown	McGill Curlup Side Plank Bird Dog	Stir the Pot Stability Ball Knee Tucks (jackknives) Stability Ball Opposite Arm/Leg Raises	Single-Arm Farmer Carry Bicycle Crunches Mountain Climbers Plank Walkdown	

## 6 Guide Fitness Workout

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## 6 Guide Fitness Workout:

**Publications Combined: Army Combat Fitness Test (ACFT) Training Guide, Handbook, Equipment List, Field Testing Manual & More**, 2019-03-05 Over 600 total pages CONTENTS Army Combat Fitness Test Training Guide Version 1 2 FIELD TESTING MANUAL Army Combat Fitness Test Version 1 4 Army Combat Fitness Test CALL NO 18 37 September 2018 FM 7 22 ARMY PHYSICAL READINESS TRAINING October 2012 IOC TESTING ACFT EQUIPMENT LIST 1 X LANE REQUIREMENT Version 1 1 4 September 2018 ACFT Field Test Highlight Poster Final OVERVIEW The Army will replace the Army Physical Fitness Test APFT with the Army Combat Fitness Test ACFT as the physical fitness test of record beginning in FY21 To accomplish this the ACFT will be implemented in three phases Phase 1 Initial Operating Capability IOC includes a limited user Field Test with approximately 60 battalion sized units from across all components of the Army While the ACFT is backed by thorough scientific research and has undergone several revisions there are still details that have not been finalized The ACFT requires a testing site with a two mile run course and a flat field space approximately 40 x 40 meters The field space should be grass well maintained and cut or artificial turf that is generally flat and free of debris While maintaining testing standards and requirements commanders will make adjustments for local conditions when necessary The start and finish point for the two mile run course must be in close proximity to the Leg Tuck station When test events are conducted indoors the surface must be artificial turf only Wood and rubberized surfaces are not authorized as they impact the speed of the Sprint Drag Carry When environmental conditions prohibit outdoor testing an indoor track may be used for the 2 Mile Run The Test OIC or NCOIC are responsible to inspect and certify the site and determine the number of testing lanes There should not be more than 4 Soldiers per testing group for the SPT HRP and SDC The OIC or NCOIC must add additional lanes or move Soldiers to a later testing session to ensure no more than 4 Soldiers per testing group Concerns related to Soldiers graders or commanders will be addressed prior to test day The number of lanes varies by number of Soldiers testing A 16 lane ACFT site will have the following ACFT specific test equipment requirements 16 hexagon trap bars 60 pounds each with a set of locking collars While all NSN approved hexagon bars must weigh 60 pounds there is always a small manufacturer s production tolerance The approved weight tolerance for the hexagon bar is 2 pounds 58 62 pounds Weight tolerance for the hexagon bar and therefore the 3 Repetition Maximum Deadlift does not include the collars On average hexagon bar collars weigh 2 0 pounds per pair and are considered incidental to the total weight of the MDL weight Approximately 3 000 lbs of bumper plates 16 x 10 lb medicine ball 16 x nylon sled with pull straps 32 x 40 lb kettle bells Permanent or mobile pull up bars 16 x pull up bars at approximately 7 5 feet off the ground with step ups for shorter Soldiers Common unit equipment for set up and grading 16 stop watches 8 x 25m tape measures 8 x wooden or PVC marking sticks for the SPT One stick for every two lanes 70 x 18 traffic cones 50 field dome cones A soft flat dry test area approximately 40m x 40m on grass or artificial turf half of a soccer or football field A site that is free of any significant hazards A preparation area can be same as briefing

area to conduct Preparation Drill A generally flat measured running course with a solid improved surface that is not more than 3 percent uphill grade and has no overall decline start and finish must be at the same altitude Therapeutic Exercise Carolyn Kisner, Lynn Allen Colby, John Borstad, 2017-10-18 Here is all the guidance you need to customize interventions for individuals with movement dysfunction You ll find the perfect balance of theory and clinical technique in depth discussions of the principles of therapeutic exercise and manual therapy and the most up to date exercise and management guidelines

**Designing and Teaching Fitness Education Courses** Jayne Debra Greenberg, Nichole D. Calkins, Lisa S. Spinosa, 2022 Helps physical educators develop and implement fitness education courses in their curricula Includes pacing guides which act as a teacher s blueprint throughout a semester and offers 139 video clips and 211 instructional photos that show the activities all of which require no equipment **Fitnessgram and Activitygram Test Administration Manual-Updated 4th Edition** Cooper Institute (Dallas, Tex.), 2010 A fitness and activity schedule to enhance the effectiveness of school based physical education programmes **Guide to Government Orders** Great Britain, 1920 *Laser Video Guide* , 1997 The complete laser disc catalog movies music and special interest including karaoke and animation Field Manuals United States. War Department, 1980-08-02 **Video Rating Guide for Libraries** , 1995 *Successful Practices in Teaching Physical Fitness* Lowell A. Klappholz, 1964 *Food Guide Pyramid Fitness Game* Karen Kedrowski, 1996 The Gold's Gym Training Encyclopedia Peter Grymkowski, 1984 The Gold s Gym Training Encyclopedia is the best book of its kind I wish I d had this book when I began bodybuilding It would have saved me two or three years of wasted effort Samir Bannout Mr Olympia 1983 Gold s Gym the most trusted and best known bodybuilding emporium in the world presents the first encyclopedia of bodybuilding and weight training exercises and routines ever assembled The Gold s Gym Training Encyclopedia details the full spectrum of resistance exercises available body part by body part technique by technique Featured are more than 300 proven exercises for all parts of the body using free weights as well as Nautilus and Universal machines Each exercise is clearly described and is illustrated by champion bodybuilders only who in addition have contributed 150 of their best training programs Such top stars include Scott Wilson Carla Dunlap Mohamed Makkawy Tom Platz Casey Viator Tim Belknap Rachel McLish Mike Christian Charles Glass Inger Zetterqvist Sue Ann McKean Andreas Cahling Rich Valente Boyer Coe Samir Bannout and Julie McNew Peter Grymkowski has won a number of bodybuilding titles including IFBB Mr World and Mr America heavyweight He Edward Connors and Tim Kimber are co owners of Gold s Gym Enterprises Inc Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding including The Gold s Gym Book of Bodybuilding Weight Training for Beginners and Bodybuilding for Beginners all published by Contemporary **An Invitation to Fitness and Wellness** Dianne R. Hales, Charlene Zartman, 2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to

living more happily and more healthfully personal responsibility      **Schwann-1, Record & Tape Guide** ,1984      Subject  
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assistance opportunities such as loans grants counseling and procurement contracts available under many agencies and  
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Guides,1990      **The Elementary School Library Collection** ,1998      **Forthcoming Books** Rose Arny,2004      *Mobil*  
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outlet see these on this page are diagrams for adding lights to a ceiling fixture you already have and for using an existing wall outlet as the source for a new switch and light

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web for single pole applications wire the sensor switch according to wiring diagram 1 using the wire nuts provided 1 the sensor black wire will connect to the hot wire black in the wall box 2 the sensor red wire will connect to the wire which goes to the light fixture 3 the sensor blue wire is not used and should be capped off with a wire nut

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web aug 28 2019 the sensor and each light fixture require electrical boxes set into the wall figure a you can rewire boxes at existing fixtures as well choosing a location for your motion sensor isn t complicated check the manufacturer s directions for viewing range and place it where it can see visitors or intruders as they approach your house

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