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CHP 23, THE 10, 15, AND 20 MINUTE WORKOUT

PURPOSE

The primary purpose of the 10, 15, and 20 minute workout is fourfold: one, build upper body and lower body strength and endurance; two, build cardiovascular endurance; three, enable out of shape personnel to safely begin getting in shape (drop lbs, improve cardio, and gain muscle) without damaging joints; and four, enable in shape personnel to maintain and improve fitness when short on time, locations to exercise, and/or want to throw in a new routine.

COMBAT RELEVANCE

The combination of these exercises improves your ability to conduct regular Soldier tasks, improves your ability to wear heavy gear (body armor and rucksacks), lift heavy objects, carry heavy objects, climb rope, get up from/down into the prone position, and perform more effective 3-5 second rushes.

THE 10, 15, AND 20 MINUTE WORKOUT IMPROVEMENT

To be performed as a complete workout in itself or in conjunction with the Mon, Wed, and Fri workout (chapters 1-8) once or twice a week performing this workout instead of the run.

The 10, 15, and 20 minute workout is performed in pyramids. By pyramid, we will build up repetitions and then build down repetitions. The 10 minute workout (beginner) pyramids 5, 6, 7, 8, 9, 10, 9, 8, 7, 6, 5 repetitions. The 15 minute workout (in shape) pyramids 5, 6, 7, 8, 9, 10, 11, 12, 11, 10, 9, 8, 7, 6, 5 repetitions. The 20 minute workout (excellent

shape) pyramids 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5 repetitions.

The 10, 15, and 20 minute workout consists of 3 exercises: ¼ squat, squat thrust, and the mountain climber. Performance of the exercises are: Perform (5) ¼ squats. Rest 1 second while getting into the starting position of the squat thrust. Perform 5 squat thrusts. Rest 1 second while getting into the starting position of the mountain climber. Perform 5 mountain climbers. Repeat process until reach target number of repetitions. NOTE: See Putting It Altogether (Routine and Breathing) for modified breathing patterns.

To conduct the ¼ squat, use a 1.5 liter water bottle (3.1lbs), weights, unloaded weapon, etc. weighing no more than 25lbs in total weight. If just starting out, begin with 3lbs of total weight(s) and increase 2-3lbs every 2-3 weeks. This exercise is much harder than it sounds and most people will not exceed 6-10lbs in total weight, which is plenty enough to get the job done.

THE 10, 15, AND 20 MINUTE WORKOUT MAINTENANCE

To be performed on either a Mon, Wed, or Fri instead of or in conjunction with a regular workout (chapters 1-8). Perform the 15 minute workout. For optimal results, follow the plan for the 10, 15, and 20 minute workout improvement.

FORM (¼ SQUAT)

Starting position is legs shoulder width apart with feet pointing at a 45 degree angle outwards, knees slightly bent and arms hanging fully extended and holding the weight(s) between your thighs and inhale a breath.

HOW TO CORRECTLY PERFORM THE ¼ SQUAT

The ¼ squat is a two step (count) exercise. Step 1, with your thighs and your butt, push up while simultaneously swinging your arms with weight(s) out in front of you to shoulder height parallel to the ground. Step 2, lower your arms and legs back to starting position ensuring knees do not go past your toes. One repetition is now complete. Repeat Steps 1-2 until you reach your target number of repetitions. NOTE: Never lift with your lower back and keep your back generally straight in this exercise.

BREATHING

Exhale as you push up with your legs and raise your arms with weights to shoulder height in Step 1. Inhale as you lower your arms and legs back to the starting position in Step 2.



Start

Step 1

Step 2

FORM (SQUAT THRUST)

Starting position is the position of attention.

HOW TO CORRECTLY PERFORM THE SQUAT THRUST

The squat thrust is a six step (count) exercise. Step 1, bend knees and place the palms of your hands shoulder width apart and approximately 12 inches in front of your feet on the ground (index finger of each hand on the ground will be parallel to your arm pit). Step 2, place your body weight on hands while simultaneously lifting heels slightly off ground and then pushing out and back with your leg muscles (toes, calves, hamstrings, and thighs) kicking your legs back so that your body is now in the push-up starting position. Step 3, lower your body down as a complete unit by bending your arms (elbows pointing rearward) until your arms are parallel or lower to the ground. Step 4, raise your body back up as a complete unit. Step 5, pull legs back in to your body in a hopping motion and plant feet together with feet angled 45 degrees pointing out (feet look like Step 1 position). Step 6, stand up in the position of attention. One repetition is now complete. Repeat Steps 1-2 until you reach your target number of repetitions.

BREATHING

Inhale as you bend your knees and place the palms of your hands shoulder width apart on the ground and approximately 12 inches in front of your feet in Step 1. Exhale as you place your body weight on hands while simultaneously lifting heels slightly off ground and then pushing out and back with your leg muscles so that your body is now in the push-up starting position in Step 2. Inhale as you lower your body in

Step 3. Exhale as you raise your body in Step 4. Inhale as you pull your legs back in to your body and plant feet together with feet angled 45 degrees pointing out in Step 5. Exhale as you stand up in the position of attention in Step 6.



Start

Steps 1-5

Step 6

FORM (MOUNTAIN CLIMBER)

To get in the starting position from the position of attention is a 2 step process. Step 1, bend knees and place the palms of your hands shoulder width apart and approximately 12 inches in front of your feet on the ground. Step 2, place your body weight on hands while simultaneously lifting up the right foot, extending it out and back placing the right toes on the ground (you now look like a sprinter in the starting position for a race).

HOW TO CORRECTLY PERFORM THE MOUNTAIN CLIMBER

The mountain climber is a two step (count) exercise. Step 1, in a hopping motion, lift left foot up, extend it out and back placing the left toes on the ground while simultaneously pulling the right foot forward as far as you can and placing the right foot on the ground (this is the starting position but with legs in opposite locations). Step 2, in a hopping motion, lift right foot up, extend it out and back placing the right toes on the ground while simultaneously pulling the left foot forward as far as you can and placing the left foot on the ground (this is the starting position). One repetition is complete. Repeat Steps 1-2 until you reach your target number of repetitions.

BREATHING

Inhale as you move your left foot back and pull your right foot forward in a hopping motion in Step 1. Exhale as you move your right foot back and pull your left foot forward in a hopping motion in Step 2.



Start/ Step 2

Step 1

PUTTING IT ALL TOGETHER (Routine and Breathing)

Perform (5) $\frac{1}{4}$ squats, rest 1 second. Perform 5 squat thrusts, rest 1 second. Perform 5 mountain climbers, rest 1

second. Repeat. Once you get up to 8-10 repetitions range, if you are out of breath, begin this breathing process.

Perform (8) ¼ squats, rest 1 second. Perform 8 squat thrusts, rest for 5 breaths (breathe in as deeply as possible and exhale). Perform 8 mountain climbers, rest for 5 breaths if needed using technique above, otherwise rest 1 second. Repeat same pattern until you are no longer out of breath after exercises.

THE 10, 15, AND 20 MINUTE WORKOUT VARIATION 1

- 1) Instead of performing the mountain climber exercise, replace it with the lunger (See Chapter 12).

BODY ARMOR (Weighted Vest) VARIATIONS 2-3

These are advanced exercises for conditioned athletes and should not be attempted until you can perform the 15 minute workout.

Follow previous guidance for form, how to correctly perform the 10, 15, and 20 minute workouts, the 10, 15, and 20 minute workout improvement, breathing, and putting it all together sections.

- 2) Wear body armor or weighted vest (20-50lbs). Increase vest weight in 2-5lb increments weekly and begin at the 10 minute workout routine.
- 3) Wear body armor or weighted vest (20-50lbs) and incorporate Variation 1 changes.

OVERWEIGHT PEOPLE AND PEOPLE WITH SHOULDER INJURIES MODIFICATION TO SQUAT THRUST

The 2 step squat thrust.



The 4 step squat thrust.

