

MCCONNELL AFB

MOBILE BODYWEIGHT TRAINING PROGRAM



An at home daily bodyweight workout routine developed by the Operational Support Team.

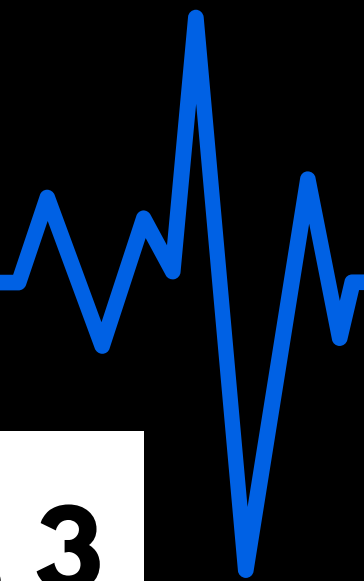


Developed By:

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Mr. Louis Stadler, ACSM-CEP, NSCA-CSCS

*if at any point in this routine you feel sharp pain STOP and contact your primary care provider

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OPERATIONAL SUPPORT TEAM



MEET THE TEAM:

Lindsay Weaver // Behavioral Health Specialist

Maj. Jonathan McQuaig // Physical Therapist

Maribeth Havran // Registered Dietician

Lou Stadler // Exercise Physiologist

JUST FOR YOU

Maj. Jonathan McQuaig
Physical Therapist

Thanks for your time for and attention on the one person that really matters most (YOU) when it comes to overall performance sustainment encompassing fitness, injury prevention, social well-being, and mental resiliency!

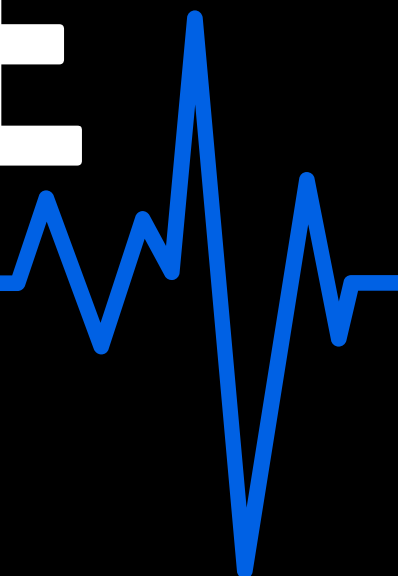
This detailed, yet efficient guide is designed to educate you on various concepts to include: motivational tips to get and keep you positively vectored, nutritional strategies and pointers that compliment your fitness in an optimal way, and logically/anatomically orchestrated fitness routines to get you, the military athlete, on an effective and healthy path moving away from healthcare toward health. This is best achieved by honing in on the performance concepts of mobility, strength, stability, and endurance; which are all addressed in this routine.

Additional Notes/Disclaimers:

- **Please note that this routine may cause soreness, which is common 2-4 days post exercise
- **Observe any precautions/restrictions you may have in place due to physical/medical limitations
- **If at any point in this routine you feel sharp pain, STOP and contact your Primary Care Provider
- **If you have questions regarding this product, please call Major McQuaig at: 759-5071/5073



FIND YOUR ZONE



Lou Stadler Exercise
Physiologist

Here’s an easy way to track the intensity (exertion level) of your cardiovascular fitness workouts embedded within this routine by using a Target Heart Rate Zone Equation.

- 1. Take 220 and subtract your age. This will give you your Maximum Heart Rate (MHR).
- 2. Calculate your Resting Heart Rate (RHR) by taking your pulse for 60 seconds starting with zero, in a reclined position, at the calmest time of the day for you. The number you get at 60 seconds is your RHR. Now, take your RHR and subtract it from your MHR (as shown in the formula #2).
- 3. Create your desired Target Heart Rate Zone (THRZ) by taking this number and multiplying it by any percentage between 55% and 85%, then add your RHR to each number in your THRZ.

Example:

The below equation is using 55% for the low end of the THRZ and 85% for the high end of the THRZ. These are very commonly used percentages for a THRZ

220

-

Age

=

MHR

-

RHR

(answer)

X

% Intensity Desired (btwn .55-.85)

=

Reserved HR

+

RHR

=

Training HR

55%

85%

THRZ

TRAIN YOUR MIND

Lindsay Weaver Behavioral
Health Specialist

When getting back into a routine or establishing a new one, having clear expectations for yourself is critical. Here are four tips for success:

Set a schedule.

Try to create a routine for fitness that you can rely on. Communicate with your spouse, children, or others involved about what you need to do to have time for this routine.

Be patient and persistent.

It takes approximately 30 days to form a new habit – to get comfortable with a routine and no longer feel like it is an added stress, but a natural part of your life.

Plan a make-up day.

Life happens. Plan for interference from circumstances you can't control.

Set realistic goals.

If you set a goal to work out 5 days a week for an hour, there is very little room for error in that schedule. Setting easily achievable goals and sticking to them prevents you from becoming overwhelmed or feeling like a failure. Consider 3-4 days a week with a minimum time of closer to 30 minutes – no one will stop you from adding a bonus day or an extra set.

TRAIN YOUR MIND



Lindsay Weaver
Behavioral Health Specialist

Once
you get started,
get sore or tired,
how
do you stay
motivated?

Just get started!

Don't give yourself a laundry list of chores or conditions before you start buying into yourself. Get moving and keep moving because only you have the power to become a healthier you. Set a goal. Having reasonable, achievable things you want to accomplish reinforces how good you will feel when you take care of yourself. Maybe you want to work out three times a week for 4 weeks or meet a PT sit-up benchmark or you want to switch from soda to water for 2 weeks. After you meet your goal – set a new one so you can keep achieving what you most want. Track your progress! Take before and after pics. Journal about your abilities and reps weekly. Find a meaningful way to communicate your achievements to yourself or to others. Be independent. Working out with a friend is great, but plan to chase your goals regardless of anyone else's participation. Challenge your inner dialogue. That's right – get sassy with the voice that says "I can't" or "Stop." Tell yourself you are a work in progress and pay attention to opportunities to tell yourself how proud you are for doing more than yesterday or last week. Your longest and best relationship is the one you have with yourself, so pay attention to how you talk to you – and try to make it loving and positive.

FUEL YOUR BODY



Maribeth Havran
Registered Dietician

Once you get started,
get sore or tired,
how do you stay
motivated?

Hydration Tips:

- * Start drinking fluids as soon as you wake up. Start with 16 ounces of water.
- * Keep a fluid bottle with you so you can drink throughout the day.
 - * Drink extra fluids with meals, such as 100% juice, skim or 1% milk, or smoothies.
- * Two hours before workouts, add at least 20 ounces of extra fluids. Sports drinks may be a great choice during this time, especially if you need the extra calories or find yourself cramping during exercise.
- * One hour before: 8-12 ounces (about 1 cup) of water. Then again 20 minutes before exercise.
- * Continue to sip fluids regularly right up to workout time. Try to drink at least 6 ounces of fluid every 15–20 minutes of training.
- * After workouts, drink at least 24 ounces of fluid for every pound you lose during exercise.
- * Always keep an eye on urine color and volume to monitor your hydration status.
- * Energy Drinks Do NOT count as fluids--

FUEL YOUR BODY

Maribeth Havran
Registered Dietician

Pre-workout Tips

- * A low-intensity morning workout — such as a walk, bike ride, yoga or round of golf — requires very little fuel.
- * Concentrate on hydration and a small carb-rich snack, like 16 oz. of water and a mini-bagel or a 100-calorie granola bar, applesauce, 3-4 graham crackers (with nut butter if 2 hours out), a banana or orange.
- * That will give you enough energy to compensate for an overnight fast without loading up on calories.
- * After your workout, eat a smart breakfast of quality carbohydrates and protein. This can be a hard-cooked egg, a slice of whole-grain toast and a small piece of fruit, or oatmeal with berries and fat-free milk.
- * Try not to fall into the cycle of skipping breakfast, eating a light lunch and, then, exercising after work with little fuel on board. With this scenario, you are more likely to overeat after your workout because you are so hungry from not eating enough during the day.

FUEL YOUR BODY



Maribeth Havran
Registered Dietician

Post-workout Tips

- * Key for building muscle and replacing energy. Eat within 30-60 minutes after practice, workouts or a game.
- * Remember the 1-2-3 plan for recovery within 30 minutes: 1. Fluids (at least 20 ounces) 2. Carbohydrates (at least 50 grams) 3. Protein (at least 15 grams): Carbs, Protein, Fluid, Color (fruit/veg).
- * 1 portable 12-ounce chocolate, strawberry, or vanilla milk (e.g. Horizon Organic™ portable cartons) + 1 granola bar + 16 ounces of water.
- * 1-2 portable pre-made instant breakfast drinks (e.g. Carnation Instant Breakfast™)
- * 4 graham cracker/peanut butter square “sandwiches” with an 8-ounce 100% juice box + 16 ounces water

FUEL YOUR BODY



Maribeth Havran
Registered Dietitian

Nutrition Recovery

- * 16 ounces sports drink (e.g. Gatorade...™, Powerade™) + 1 sports bar + 16 ounces water
- * 1 cup trail mix (equal parts cereal, sunflower seeds, and dried fruit) + 16 ounces water
- * 24 ounces sports drink + 1/3 cup almonds
- * 2 high-protein, whole grain mini bagels with peanut butter + 16 ounces water
- * 2 oatmeal packets mixed with 2 Tablespoons Nut butter and hot water + 16 ounces water

MONDAYS WARMUP



Time Required: 12-15 mins

Stationary Warmup: 1 set of each

- Supermans **x 10 reps**
- Swimmers **x 10 ea side**
- Supine Double Leg Bridge **x 10 reps**
- Single Leg Lowering **x 10 ea side**
- Sidelying Straight Leg Raises **x 8 ea side**
- Side Plank Dips **x 15 ea side**
- Groiner Dynamic Stretch **x 8 reps**
- Star sit to tall kneeling hinge **x 10 reps**
- Spiderman **x 10 sec ea way**
- Rearsteps **x 6 reps**
- Figure 4's **x 6 reps**
- Sunrise squats **x 6 reps**
- J-Jax/Seal-Jax/Fling Series **x 6 reps**

MONDAYS WORKOUT



Time Required: 30-40 mins

Main Workout: SS= superset

- Squats **(3 sets of 10 reps)**
Superset w/
Rear Foot Elevated Box Pike **(x 5 ea side)**
- Standard Pushups **(3 sets of 15 reps)**
Superset w/
Bicycles **(x 15 controlled reps)**
- Seated Scap Depression **(3 sets of 10 reps)**
Superset w/
Skater Hop Side to Side **(x 8 reps ea way)**

Optional Run: Sprints

- | | |
|-------------|----------|
| • Distance | 20 yds |
| • Reps | 12 total |
| • Rest Time | 1:30 |

TUESDAYS WARMUP



Time Required: 12-15 mins

Stationary Warmup cont.

- Prone Pressups **x 10 reps**
- Scorpions **x 8 ea way**
- Supine KTC Single Bridge **x 10 reps**
- Dynamic Archer **x 12 ea way**
- Side Plank w/ straight leg hip flexion, extension, abduction **x 2 ea side**
- World's Greatest Stretch **x 6 ea side**
- Star sit to tall kneeling hinge **x 10 reps**
- Spiderman **x 8 each way**
- SLRDL's **x 8 each side**
- Figure 4's **x 6 each side**
- Sunrise Squats **x 5 each way**
- J-Jax/Seal-Jax/Fling Series **x 6 reps**
- Jumping Lunges **x 6 reps**
- Wideout's **x 10 reps**

TUESDAYS WORKOUT



Time Required: 30-40 mins

Main Workout:

- 3-way Lunges (**3 sets of 6 each way**)
Superset w/
3-way Leg Lowering Supine (**x 5 ea side**)
- Diamond Pushups (**3 sets of 10 reps**)
Superset w/
Hollow Hold Flutter Kicks (**x 60 total reps**)
- Skater Hops (**3 sets of 10 reps**)
Superset w/
V ups or Crunches (**x 10 or x 25 crunches**)

TUESDAYS WORKOUT



Time Required: 30-40 mins

Optional Run: Tempo Run

- Distance 2 miles
- Pace 7:40/7:20/7:00
- Goal 15:20/14:40/14:00

***Times should correspond with
your 1.5 mile time**

Your Goal Intensity aligns with your most recent 1.5 mile
run time per the following parameters:

>10 mins / 9-10 mins / < 9 mins

WEDNESDAYS WARMUP



Time Required: 12-15 mins

Stationary Warmup: 1 set of each

- Supermans **x 10 reps**
- Prone Pressups **x 10 reps**
- Swimmers **x 10 ea side**
- Supine Double Leg Bridge **x 10 reps**
- Single Leg Lowering **x 10 ea side**
- Sidelying Straight Leg Raises **x 8 ea side**
- Side Plank Dips **x 15 ea side**
- Cat/Cows **x 6 reps**
- Groiner Dynamic Stretch **x 8 reps**
- Heels to tall kneeling hinge **x 10 reps**
- Star sit to tall kneeling hinge **x 10 reps**
- Spiderman **x 10 sec ea way**
- Rearsteps **x 6 reps**
- Figure 4's **x 6 reps**
- Sunrise squats **x 6 reps**

WEDNESDAYS WORKOUT



Time Required: 30-40 mins

Stationary Warmup cont.

- J-Jax/Seal-Jax/Fling Series **x 6 reps**
- Jumping Lunges **x 6 reps**

Active Cardio/Mobility Day

- Foam Rolling Sequence **(1 min of each exercise)**
 - See foam rolling 101

Optional Run: Recovery Run

Option 1: 30 min run

- Pace **Talking Pace**
- Goal **Heart Rate 130-140**

Option 2: 2.5 mile run

- Goal **Heart Rate 130-140**

THURSDAYS WARMUP




Time Required: 12-15 mins

Stationary Warmup: 1 set of each

- Swimmers **x 10 ea side**
- Supine Double Leg Bridge **x 10 reps**
- Single Leg Lowering **x 10 ea side**
- Side Plank Dips **x 15 ea side**
- Cat/Cows **x 6 reps**
- Groiner Dynamic Stretch **x 8 reps**
- Star sit to tall kneeling hinge **x 10 reps**
- Spiderman **x 10 sec ea way**
- Rearsteps **x 6 reps**
- Figure 4's **x 6 reps**
- Sunrise squats **x 5 reps**
- J-Jax/Seal-Jax/Fling Series **x 10 each**

THURSDAYS WORKOUT



Time Required: 30-40 mins

Main Workout: SS= superset

- Single Leg Walkout to Pushups **(3 sets of 6 reps)**
Superset w/
Lateral Plank Walks **(x 3 each way)**
- Squat w/ Reverse Back Bend **(3 sets of 10 reps)**
Superset w/
Leg Climbers **(x 5 each leg)**
- Wall sits **(5 sets; 30 sec each)**
Superset w/
Mountain Climbers **(x 15 each leg)**

THURSDAYS WORKOUT



Time Required: 30-40 mins

Optional Run: Sprint Capacity

- Distance 100 M
- Reps 6 total
- Rest Time 1:30
- Goal :24/:22/20

***Times should correspond with
your 1.5 mile time**

Your Goal Intensity aligns with your most recent 1.5 mile
run time per the following parameters:

>10 mins / 9-10 mins / < 9 mins

FRIDAYS WARMUP



Time Required: 12-15 mins

Stationary Warmup cont.

- Supermans **x 10 reps**
- Scorpions **x 8 ea way**
- Supine KTC Single Bridge **x 10 reps**
- Dynamic Archer **x 12 ea way**
- Sidelying Straight Leg Raises **x 12 each side**
- Alternating Arms/Legs **x 8 each side**
- World's Greatest Stretch **x 6 ea side**
- Star sit to tall kneeling hinge **x 10 reps**
- Spiderman **x 8 each way**
- SLRDL's **x 8 each side**
- Figure 4's **x 6 each side**
- Sunrise Squats **x 5 each way**
- J-Jax/Seal-Jax/Fling Series **x 6 reps**
- Jumping Lunges **x 6 reps**
- Wideout's **x 10 reps**

FRIDAYS WORKOUT



Time Required: 30-40 mins

Main Workout:

- 3-way Lunges (**3 sets of 6 each way**)
Superset w/
3-way Leg Lowering Supine (**x 5 ea side**)
- Diamond Pushups (**3 sets of 10 reps**)
Superset w/
Hollow Hold Flutter Kicks (**x 60 total reps**)
- Skater Hops (**3 sets of 10 reps**)
Superset w/
V ups or Crunches (**x 10 or x 25 crunches**)

FRIDAYS WORKOUT



Time Required: 30-40 mins

Optional Run: Tempo Run

- Distance 2 miles
- Pace 7:40/7:20/7:00
- Goal 15:20/14:40/14:00

***Times should correspond with
your 1.5 mile time**

Your Goal Intensity aligns with your most recent 1.5 mile
run time per the following parameters:

>10 mins / 9-10 mins / < 9 mins

CARDIO ALTERNATIVES

Monday

Rowing

- Level15-Dec
- EffortMAX
- Work Interval30 sec
- Rest Interval45 sec
- Reps12

Spin Bike

- Level10
- EffortMAX
- Work Interval30 sec
- Rest Interval45 sec
- Reps12

Tuesday

Treadmill walk

- Level15-Dec
- Effort90% @ %5 grade
- Work Interval1 mile
- Rest Interval1 min
- Reps2

Rowing

- Level15-Dec
- EffortMAX
- Work Interval10 min
- Rest Interval1 min
- Reps2

Wednesday

Eliptical

- Level10
- Effort60-65 HR Max
- Work Interval30 min
- Rest Interval
- Reps

Stationary Bike

- Level10
- Effort60-65 HR Max
- Work Interval30 min
- Rest Interval
- Reps

Thursday

Rowing

- Level15-Dec
- EffortMAX
- Work Interval10 min
- Rest Interval1 min
- Reps2

Spin Bike

- Level10
- EffortMAX
- Work Interval30 sec
- Rest Interval45 sec
- Reps12

Friday

Treadmill walk

- Level15-Dec
- Effort90% @ %5 grade
- Work Interval1 mile
- Rest Interval1 min
- Reps2

Pool Running

- Level
- EffortMAX
- Work Interval2 pool lengths
- Rest Interval60 sec
- Reps6

FOAM ROLLING 101

01
Quads



02
Hamstrings



03
IT Band



04
Guteals



05
Gluteus Medius



06
Back



07
Latissiumus



08
Calves



09
Abductors



STATIONARY WARMUPS

01
Supermans



02
Prone pushups



03
Inch Worms



04
Scorpions



05
Swimmers



06
Supine Double
Leg Bridge



07
Iron Cross



08
Supine KTC
Single Leg
Bridge



09
Dynamic
Archers



10
Single Leg
Lowering



STATIONARY WARMUPS

11

Sidelying
Straight Leg
Rasises



12

Sidelying
Plank w/
Hip Work



13

Side Plank
Dips



14

Cat/Cows



15

Groiners
Dynamic
Stretch



16

Alt Arm/Leg
Pull Throughs



STATIONARY WARMUPS

17
World's
Greatest
Stretch



18
Heels to Tall
Kneeling
Hinge



19
Star Sit to
Tall Kneeling
Hinge



20
Spiderman



21
Fwd/Reverse
Lunge



22
Rear Step
Dynamic
Stretch



23
Figure 4's



24
Sunrise
Squats



STATIONARY WARMUPS

25

Series: Jjax/
Seal/Flings



26

Wideouts



27

Jumping
Lunges



28

Tin Soldiers



29

SLRDL's



MAIN EXERCISES

01
Squats



02
Standard
Pushups



03
Seated
Scap
Depression



04
Standard
Lunges
w/ towel



05
Seated Rows
using KTC



06
Single Leg
Reach and
Jump



07
Single Leg
Walkout to
Pushup



08
Squat w/
Reverse
Backbend



MAIN EXERCISES

09
Wall Sits



10
3-Way
Lunges



11
Diamond
Pushup



12
Rear Foot
Elevated Heel
to Sky



13
Bicycle crunch



14
Skater Hops
Side to Side



15
Prone Spine
rotation with
towel



MAIN EXERCISES

16

Pushup
Plank w/
Rotation



17

Forearm
Side Plank
Twists



18

Lateral Plank
Walks



19

Leg Climbers



20

Mountain
Climbers



21

3-Way
Lowering
Supine



MAIN EXERCISES

22

Hollow Hold
Flutter Kicks



*do not place
hands underneath

23

V-Up's



POS WORKOUT STRETCH

01
Prone
Pushups



02
Cat/Cows



03
Runner's
Quad Stretch



04
Star Sit
Glute Stretch



05
Supine Static
Archer Stretch



06
Rear Step
Hamstring
Stretch

