

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

## 6 Guide Fitness Workout

**Tao Wei**



## 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 NASM Essentials of Personal Fitness Training ,2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM s Optimum Performance Training OPT model The OPT model presents NASM s protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions

**Physical Fitness Coordinator's Manual for Fire Departments , Generative AI and ChatGPT Prompts in Business: For Beginners and Non-Techies** Deepak, In *Generative AI and ChatGPT Prompts in Business For Beginners and Non Techies* readers are introduced to the exciting world of generative AI with a focus on how tools like ChatGPT are revolutionizing industries enhancing creativity and simplifying workflows Written in a conversational friendly tone this eBook is perfect for beginners and non techies who want to understand AI concepts and apply them effectively in everyday tasks or professional settings From understanding the basics of generative AI to crafting effective ChatGPT prompts and exploring its practical business applications this comprehensive guide is packed with real world examples step by step tutorials and actionable insights Readers will walk away equipped to use AI for everything from content creation customer support automation and marketing strategies to improving productivity and brainstorming creative ideas

**What You ll Learn**

- 1 Generative AI Basics Made Simple Learn what generative AI is how it works and why it s different from traditional AI
- 2 Master ChatGPT Understand how to set up ChatGPT craft prompts that get accurate results and troubleshoot common mistakes
- 3 Practical Applications Explore how generative AI is being used in content writing marketing customer service and more
- 4 Advanced Concepts Discover the potential of fine tuning API integration and personalized AI models without getting lost in technical jargon
- 5 Ethical Considerations Learn how to use AI responsibly avoid bias and combat misinformation for ethical AI adoption
- 6 Future Trends Stay ahead of the curve with insights into emerging AI technologies including multimodal AI and personalized models

**Who This EBook Is For** This eBook is for anyone curious about the potential of generative AI Business professionals looking to automate tasks enhance productivity and scale creative workflows Entrepreneurs and small business owners eager to adopt AI for content creation or customer engagement Writers marketers and educators seeking to unlock new ways to generate content and engage audiences Students hobbyists or tech enthusiasts who want an accessible guide to understanding and using ChatGPT effectively

**Why This EBook Stands Out** Unlike technical manuals this eBook is written in a light hearted and conversational tone making it accessible to readers of all skill levels Whether you re a total beginner or someone with a bit of experience the step by step guides real world case

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**ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

**The Navy Seal Physical Fitness Guide** Patricia A. Duester,1998-11 Will enhance the physical abilities required to perform Spec Ops mission related physical tasks promote long term cardiovascular health and physical fitness prevent injuries accelerate return to duty and maintain physical readiness under deployed or embarked environments Includes an overview of physical fitness and addresses SEAL mission related physical activities cardiorespiratory conditioning running swimming strength training flexibility calisthenics load bearing training for specific environments training and sports related injuries harmful substances that affect training etc Illustrated

**The Nine Essential Guides to Your Wellness Journey Body Mind Spirit** ,2024-10-31 The Nine Essential Guides to Your Wellness Journey Body Mind Spirit Discover the keys to a healthier more vibrant life with The Nine Essential Guides to Your Wellness Journey by Nikky Rich This 9 in 1 book offers a holistic approach to well being focusing on the body mind and spirit Whether you re beginning your wellness journey or seeking to deepen your practice these guides provide practical steps insightful tips and inspiring advice to help you flourish From mindful nutrition and physical health to emotional resilience and spiritual growth each book within this collection empowers you to make lasting changes Nikky Rich shares the tools and insights needed to create sustainable habits helping readers nurture every part of their lives Wellness is about more than physical fitness it s about cultivating harmony between your inner and outer world This comprehensive guide shows how to unlock balance vitality and personal fulfillment by embracing wellness as a way of life Start your journey today and discover how each small step leads to lasting transformation Because true wellness isn t a destination it s a lifestyle

**Professional's Guide to Exercise and Medical Conditions** IDEA Health & Fitness,2000

*Fitness Training for Over 30s* Drew Dale,2015-07-09 Ok you have just hit 30 or even 40 or 50 what s next Do you simply accept that aging and becoming infirm is inevitable or do you get up off your backside and do

something about it For me growing old and infirm has never been an option I watched my grandparents uncles aunts and parents all suffer from declining health and loss of mobility due to inactivity As an adult reaching 30 and 40 years of age I was shocked to discover that most of my former school mates had turned into old men and women Not for me I made the decision to stay active healthy fit and strong for as long as I possibly could and so the essence of this book was born

*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

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