

PHYSICAL FITNESS TRAINING

Students are encouraged to participate in the weekly physical fitness training at 0615 every Monday, Wednesday and Friday beginning on the first day of classes. The better prepared you are when you arrive, the easier you will be able to adjust to this challenging physical program.

Recommended Preparation Workout Plan

Running –

- Run 3 – 4 miles, as fast as possibly, three times weekly. Try to improve your time each run. Your goal should be to complete 3 miles in 21 to 28 minutes.
- Jog slowly for 30 minutes, twice weekly.

Supersets for push-ups and sit-ups – 3 times per week with, at least, one day off in between

Repeat this cycle of exercises 5-10 times:

- 10 Regular push-ups – hands should be shoulder width apart.
- 10 Regular sit-ups – be sure fingers are interlaced behind your head.
- 10 Wide push-ups – hands should be more than shoulder width apart.
- 10 Reverse crunches – keeping your shoulders on the ground, curl your knees toward your chest.
- 10 Close hand push-ups – your forefingers and thumbs should touch creating a diamond shape.
- 10 Double crunches – bring your knees and elbows together lifting your shoulders and your hips off the ground at the same time.

When doing the push-ups, keep your body in a straight line, lowering your body as one unit. (*You can practice this by placing a yard stick running down your spine.*) Once you can no longer do the push-ups, go to your knees and attempt to complete one more round that way. At a minimum complete five rounds working up to ten rounds as you improve.

You will benefit by telling yourself that you can do these workouts even when you have never done over 100 push-ups in your life. By breaking it up into little sets, nearly anyone can do this workout. Even if you can't, you still succeed and will be stronger the next time you try it.

If you have questions or need further information, contact:

SFC Richard Ballard
rballard3@unl.edu
402-472-4265