

## OPERATION: HEAVY OR NOT > Part 1 of 3

### AFTER THE APFT: WEIGHT TRAINING TIME

#### PECTORALS AND TRICEPS

In that period after the APFT, ending six-weeks prior to the next scheduled APFT, I add weight training, yoga, kickboxing, and hiking to my fitness program. I like to perform whole body weight training workouts with aerobics for most of the each week, and focus special attention on one specific muscle group twice a week. I switch the focus to other specific muscle groups each week, while performing this strategy for several weeks. I schedule one or two days off from performing any intense fitness activities each week for proper recovery.

#### MUSCLE EXPLOITATION DAY

Here is one of my chest and triceps fitness plans that I perform in the following order:

- Warm-up** (6 Minutes Jump Rope and 30 Push-ups)
- Bench Press** (Flat—No Incline or Decline)
- Bench Press** (Incline)
- Bench Press** (Decline)
- Tubing Push-ups**, Normal Grip
- Push-ups without tubing**, Normal and Wide Grips
- Standing Chest Fly with tubing**  
*Start:* Stand hip width apart, knees slightly bent. Grasp the handles of the Ultratube or Xertube folded in half and place behind back below shoulder blades, hands just outside shoulder width, palms facing down.  
*Finish:* Press arms forward, rotating shoulders, arms fully extended and palms facing down.  
 Return to start position and repeat.  
*Bulk Up*—3 sets of 8 repetitions each with high resistance  
*Sculpt Down*—3 sets of 15-30 repetitions each with Light to Moderate resistance
- Standing Overhead Triceps Press with tubing**  
*Start:* Stand in a staggered lunge stance, place Xertube under back foot and soften knees. Grasp the handles and position hands behind head, palms facing inward, thumbs down, and elbows above shoulders. Keep upper arms as close to your head as possible.  
*Finish:* Slowly straighten arms upward while rotating forearms outward. End with your arms straight, hands above the head, elbows slightly bent, and palms forward. Return to start position and repeat.  
*Bulk Up*—3 sets of 8 repetitions each with high resistance  
*Sculpt Down*—3 sets of 15-30 repetitions each with Light to Moderate resistance
- Triceps Extensions** with tubing
- Triceps Push-downs** with tubing
- 3 Minutes Crunches**
- 5 Minutes Aerobics** (Treadmill or Elliptical Machines)

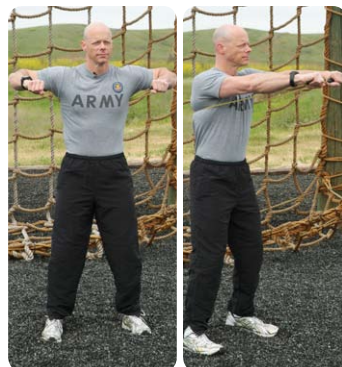
#### REPEAT CYCLE TWICE MORE

TOTAL TRAINING TIME = 75 MINUTES (Depending on Repetitions per set and Rest Periods)

**DO NOT PERFORM THIS FITNESS PLAN FOR ANOTHER 36-48 HOURS (Recovery Time)**



**Tubing Push-ups** (above)



**Standing Chest Fly with tubing** (above)

Pectorals and Triceps Muscle Exploitation Day is an aggressive approach to a chest and arms strength training plan that incorporates weight training with APFT preparation.

Remember that low weight and high repetition will provide you a sculpting result while high weight and low repetition will provide you a mass building result. I always bring my SPRI Products tubing with me to my workouts.

Tubing requires little weight or space in my gym bag. If you do not have this particular piece available yet, simply hold a long strip of tubing at the same width as seen. If you have no tubing at all, you may perform some of the exercises with Dumbbells or with no equipment.