

U.S. ARMY RESERVE A READY AND RESILIENT FORCE

Maintaining comprehensive physical fitness and practicing healthy living are key to ensuring that the Army Reserve is a "Ready and Resilient" force. Take advantage of these resources and exercises to help achieve individual and unit readiness.

AEROBIC CONDITIONING

- ★ Running
- ★ Brisk Walking
- ★ Bicycling
- ★ Swimming



RESOURCES

Behavioral Health:

A critical part of achieving total health & readiness. Connect with your unit's Embedded Behavioral Health team or take advantage of Tele-Behavioral Health services for counseling and resources.

<http://ow.ly/Os7s9>

Performance Triad:

The holistic approach to achieving total fitness:

- ★ Get Quality Sleep
- ★ Engage in Activity
- ★ Improve Nutrition

<http://ow.ly/Os7B8>

UPPER BODY STRENGTHENING

- ★ Pushups
- ★ Dips
- ★ Pull-ups
- ★ Pullovers
- ★ Shrugs*
- ★ Bench Press*



CORE STRENGTHENING



- ★ Planks
- ★ Sit-ups
- ★ Crunches
- ★ Heel-touches
- ★ Windmills
- ★ Side Bends

LOWER BODY STRENGTHENING

- ★ Squats
- ★ Deadlifts*
- ★ Planks with Leg Lift



RECOMMENDED ROUTINE

STRENGTHENING

- ★ Under 40yrs: 2 sets / low reps, more weight / 3-4 days a week / 1 day of rest in-between
- ★ Over 40yrs: 2 sets / more reps, less weight / 3-4 days a week / 1 day of rest in-between

AEROBIC

- ★ 30 minutes / 5 days a week

*Equipment required

For more information, tools and resources join the [USAR Fitness Challenge](#) on Facebook

