

**SGT Ken's Boot Camp Instructor Course and Mentoring Program:  
Learn How to Become a Drill Sergeant in 12 Hours!**



Produced by **SGT Ken®**

# Boot Camp Instructor Course and Mentoring Program with SGT Ken®

## Overview

Boot Camp fitness instructors lead the fight against obesity, challenging Soldiers and civilians to become their absolute best through the use of highly effective and exciting tactical fitness training. The results are body fat loss, improved strength and stamina, increased confidence and higher spirits. Developed by United States Army Master Fitness and Master Resilience Trainer and Operation Iraqi Freedom veteran Ken Weichert (a.k.a. "SGT Ken"), this course utilizes highly effective physical training techniques practiced by elite military forces. Participants will be immersed in proper form and safety, planning and executing functional fitness programs for outdoor and indoor environments, cadence calls, circuit fitness training, military-style obstacle courses and fitness tests, fitness games, partner-assisted exercises, individual tracking techniques and diet and nutrition. One previous participant mentioned, "I came looking for a good instructor program and wound up getting a crushing shot of Boot Camp adrenaline! This instructor program ROCKS! HOOAH!" Rated for all levels.

## Training Schedule

### Day 01

#### Section: One (4 hours)

##### 1400-1500:

- 10 minutes – On-site check-in and registration
- 10 minutes – Course introduction
- 40-minutes – Boot Camp workout #1 on Static Action Sports, pt. 1

##### 1500-1600:

- 10 minutes – Break on site
- 10-minutes – After Action Review (AAR)
- 30 minutes – Presentation techniques
- 10 minutes – Use of safety and warning statements

##### 1600-1700:

- 10 minutes – 'Cadence calling' and 'shout-backs'
- 30 minutes – Marching and Running as a Squad
- 10 minutes – Voice Training
- 10 minutes – Break on site

##### 1700-1800:

- 40-minutes – Boot Camp workout #2 on Static Action Sports, pt. 2
- 10-minutes – After Action Review (AAR)
- 10 minutes – Review Section One

# Training Schedule continued

## Day 02

### Section: Two (4 hours)

#### 0900-1000:

- 10 minutes – Agenda overview for day two
- 10 minutes – Height and Weight Table Analysis and Body Fat Testing Procedures
- 40 minutes – US Army Physical Fitness Test (APFT) Procedures

#### 1000-1100:

- 10 minutes – Break on site
- 10 minutes – Tracking your team members
- 20 minutes – Using fitness tests for long-term growth
- 20 minutes – Branding works

#### 1100-1200:

- 10 minutes – Exercising with proper form and safety
- 20 minutes – Correcting posture and providing cues for group fitness
- 30 minutes – Partner-assisted exercises

#### 1200-1300:

- 10 minutes – Break on site
- 40-minutes – Boot Camp workout #3 on Fixed Circuit Fitness Training
- 10-minutes – After Action Review (AAR)

#### 1300-1400: Lunch break

### Course Extras

1. Instructor training and testing
2. Instructor manual
3. Reference library on a DVD

**Price per person: \$349.00 (USD)**

### Section: Three (4 hours)

#### 1400-1500:

- 10 minutes – Review Section Two
- 50 minutes – Nutrition Basics and the *Savory Survival Guide*

#### 1500-1600:

- 10 minutes – Break on site
- 10-minutes – Physical fitness assessments (PAR-Q form)
- 40-minutes – Lesson plan development and rehearsal period

#### 1600-1700:

- 40 minutes – Performance Evaluations
- 10-minutes – After Action Review (AAR)
- 10 minutes – Break on site

#### 1700-1800:

- 10 minutes – Program implementation
- 10 minutes – Review All Sections
- 20 minutes – Course Critique Period
- 10 minutes – Comprehensive Examination
- 10 minutes – Closing remarks and graduation!

### Remarks

1. Contact hours: 12.0.
2. Certificate received: Yes
3. CPR/AED required: Recommended
4. CEC/CEU provider: Yes (ACE, NASM, AFAA)

## ABOUT THE AUTHOR

### KEN (aka “SGT Ken”) WEICHERT



**Ken Weichert (aka SGT Ken®)** is an award-winning international speaker, six-time US Army Soldier of the Year, Master Fitness Trainer, Master Resilience Trainer, Counterintelligence Agent and highly decorated combat veteran. Ken has trained over 500,000 Service Members and civilians through Operation Fit to Fight, has written over 100 articles for GX®, Backpacker®, Outside®, Health®, and created the Operation Family Fit video series and fitness kits for the Air National Guard. Ken founded the longest-running Boot Camp fitness program in the United States, START Fitness®, and has starred in several best-selling fitness videos. Ken is the recipient of the Canadian Fitness Professionals 2011 “Best New Presenter of the Year” award, the EMPOWER 2013 “Male Presenter of the Year” award, and has been featured numerous times on ABC, CBS, NBC, Fox news, and continues to serve as a host for the *Fit for Duty* show on the Pentagon Channel. Ken is a continuing education provider through the American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM) and the Aerobics and Fitness Association of America (AFAA) for the Tactical Fitness Trainer (aka “Boot Camp Instructor”) course. Ken’s mission is to provide safe and effective fitness and resilience training to help people turn stress into strength and obstacles into opportunities.