

This book is dedicated to the hard working Firefighters and Paramedics at Firehouse 2 and every Firehouse around the world. Thanks for making your health a priority. Stay healthy and stay safe.

As a special bonus for purchasing the Ladder 2 Workout you can get Log Sheets and Gym Companion Sheets and links to all the exercises on video. And, as a special bonus you can also download the entire Ladder 2 Workout on PDF eBook.

Just go to:

www.FireRescueFitness.com/Ladder2

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This information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my experiences as well as my interpretations of the current research and resources available. You must get your physician's approval before beginning this exercise program. This program is designed for healthy individuals 18 years and older only. The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Please be sure that any equipment that you use is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. You should consult your physician to insure tips given in this course are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

By

Aaron Zamzow

Firefighter/ EMT, B.S Health and Wellness, N.A.S.M.-CPT

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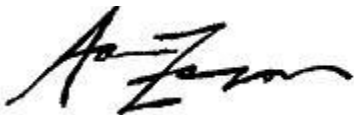
About Aaron Zamzow & the Ladder Two Workout...

My name is Aaron Zamzow. I'm a Firefighter and EMT in Madison Wisconsin and also a certified and degreed Personal Fitness Trainer and author. I am the owner of Fire Rescue Fitness (www.FireRescueFitness.com) a company dedicated to creating products and blogs focused on keeping Firefighters, EMTs and Paramedics in top physical condition and "fit for duty."

I've been in the Fire Service for almost 10 years and have been personal training for 20 years; I created the Ladder Two Workout because I was discouraged by all of the programs on the market claiming to be geared toward firefighters. In most of these cases programs were written by trainers and not by firefighters. The Ladder Two Workout is a revolutionary new fitness system developed to reduce the risk of injury, increase strength, decrease body fat and insure that you are always "fit for duty." This program is 15 years in the making and is endorsed by hundreds of firefighters, paramedics, and elite trainers.

The information in Ladder Two Workout for education purposes only. It is not medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician and/or physical therapist before beginning or making changes in your diet or exercise program.

["Train like a life depends on it."](#)



Aaron Zamzow, Firefighter/EMT, BS and Certified Personal Trainer

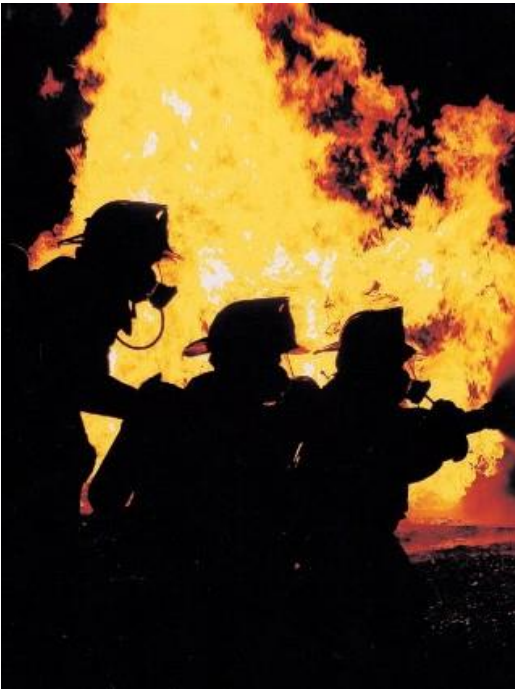
Thanks for Purchasing The Ladder Two Workout.

Introduction to The Ladder Two Workout

We all know that firefighting can be an exhausting physical activity. Unlike the in-season athlete, we aren't told ahead of time when we will need to compete. It's too bad we don't get advanced warning of our fire runs: "Hey guys, Mr. Davis just called to tell us his house is going to catch fire tomorrow at 5 pm or that he is going to need a transport to the hospital." So, in the absence of prior warnings, we (as FireRescue athletes) need to be well-prepared and ready to roll at a moment's notice.

Performance Enhancement and Injury Prevention are the goals of all elite athletes. Enhancement allows us to just plain be better... win... save lives in this case. Injury Prevention allows us to do the job without injuring ourselves or others.

Ask yourself the following questions: What efforts do you consistently make to improve your overall health? Are your choices helping or hurting your performance at the emergency scene? If company assignments were done like picking teams in gym class, would you be the first or last one picked?"



If you've been training sparingly or need to get back into shape, this program is for you. If you've been doing the traditional bodybuilding/ body part training (which doesn't really apply to firefighting skills), then this program is for you. Maybe you've been following other fitness programs and have noticed that your efforts haven't transferred to the fireground, then...this program is for you. Essentially this program is for any FireRescue Athlete that wants' to improve their level of fitness, reduce chances of injury (especially shoulder and back) get stronger and get leaner.

The Workout

This program has been 15 years in the making; through hundreds of client sessions, thousands of hours, numerous seminars and hours of education. All combined, have allowed me to come to this point. Everything about this program is based on tried-and-true principles which have been precisely formulated to help stimulate and increase muscle, as well as burn body fat and ultimately allow you to perform the most demanding job in the world with more efficiency. You quickly find that this program doesn't take time, it creates time. It is so precise, focused, and efficient that you will gain energy and clearly, enable you to fit more into your personal and professional life. Performing this unique type of exercise program regularly can even extend the active, enjoyable, and rewarding years of your life and your career. In that way, it doesn't only help you create a few extra hours a week, it can literally add active years to your time in this world. So let's take a look at why this program is effective.

Active Warm-up

Each one of the resistance training workouts will start with a short cardiovascular exercise followed by specific active stretching movements. In the past you may have skipped this part, but I assure you these exercises will help strengthen and even tone your body. In fact, if you were to incorporate just one element of this program into your current workout routine, I'd want it to be the warm-ups. Nothing else provides so much value in so little time. The warm-ups prepare the body for movement, boosts heart rate, increases blood flow to the muscles, and core temperature. These movements also improve the function of your nervous system. Think of this component as taking a few minutes to warm-up an engine that has been sitting outside in cold temperatures all night. The main goal of this component is to improve the long-term mobility and flexibility of your muscles. By doing these exercises, you will be able to increase your strength, and flexibility, which as you know can prolong your career as a FireRescue Athlete.

How do you do the movement? Rather than have you hold your stretches, as in traditional stretching, you move your body into position just for a few seconds and then go back to your starting position. The warm-up routine wakes up your muscles and not just for your workout, they remain flexible for the rest of the day. Generally, we will do 5 to 10 repetitions of each of the warm-up exercises; not only will it feel like part of your workout, at first it might feel like a workout itself. Don't worry: your body will quickly condition itself to the exercises, and when you're done, you'll feel warmed up, rather than worn down. And you'll be better prepared for not only your workout but for whatever challenges your daily activities bring.

Core Training

Core training brings about a proactive approach to protecting your body and joints (especially your back) from injury. It is essential that you do NOT skip this portion of the workout, which is why I designed it toward the beginning. A recent survey of the Miami Dade County Fire Rescue Department recently reported that 55% of their members reported current low-back pain. In addition, 86% of members reported a past medical history of low-back pain. Lower-back problems are often associated with an imbalance of strength and flexibility of the lower back and abdominal muscles. Many physicians feel that the major cause of low-back pain and low-back injuries is simply physical deconditioning. More specifically, low endurance in the large muscle groups, particularly the back extensors and abdominals.

A Note on Stretching and Recovery

As soon as you are finished with any of your training sessions either the cardio intervals or strength training, I recommend that you take a few minutes to stretch via static stretching. I also highly recommend utilizing a foam roller. This is a compact tube of foam that can be used as an inexpensive self-massager that can help heal aching and damaged muscles. I personally find that foam rolling helps reduce stress, helps get the blood flowing, and re-aligns my body. I often talk about stretching and recovery in my blog (www.FireRescueFitness.com).

Core strength consists of hip, shoulder, and trunk stability. It is the foundation of efficient movement and vital to optimizing performance and health. During the Ladder Two Workout, you will perform the core routine after the warm-ups on resistance training days three times a week. Aside from the exercises involving a stability ball, and some additional resistance (a plate or dumbbell) these exercises require limited equipment.

Strength Training

I've watched FireRescue Athletes at the gym and at the firehouse and often wonder why people go about their workouts the way they do. I think we all resort back to a way we were taught in high school or college or maybe from a particular routine from a magazine. Regardless, to get better at something, especially in the appearance of your body, you have to make some sort of measurable progress. And yet, people (maybe this is you) rarely challenge themselves when they work with weights. They lift the same weight for the same number of repetitions, year in year out, never attempting to get stronger. Their bodies may make some changes for a short time but then they stop challenging themselves to lift heavier weights, and their bodies stop changing. They may have even back-slid a bit, working out less often because of the boredom and the monotonous program. This can't be an option for the FireRescue Athlete; lives depend on our level of fitness.

So this brings us to the one thing that irritates the crap out of me. In every firehouse and gym in America there are Firefighters, EMTs and Paramedics who stand around lifting separate muscle groups and resting, resting, resting. When on a scene or in the middle of fire operations, there is no standing around. When we are needed to perform, we have to perform. We as FireRescue Athletes need to challenge our bodies, our hearts, our personal will, and be efficient in the gym just like we need to be on a scene. This program utilizes exercises that do just that; they will challenge every muscle in your body including the most important...your heart.

The exercises are specifically chosen to challenge both your major muscles and your smaller stabilizing muscles. This way you recruit more muscles, improve your coordination and burn more calories while you're at it. You'll certainly increase the strength of your muscles and also challenge your balance, flexibility, and joint stability. Contrast that to the average muscle building routines that you've done and that most of the people in your health club do. They look at their bodies as separate compartments as in training chest and triceps one day back and biceps the next, then legs and sparingly throw in some abs. Our bodies don't function that way on the fireground so they shouldn't function that way in the gym either. The strength exercises will include some familiar exercises, like dumbbell chest presses but will also include exercises that will really challenge total body strength. Like a squat, press, one arm row, pull-up, etc.

A note on Rest, Tempo and Sets

Rest is the amount of time taken between exercises or sets of an exercise. The Ladder Two Workout program gives you specific rest guidelines for each workout. These rest intervals are short and challenging, to burn fat and build muscle-- you have to get moving! Get a stopwatch and abide by the rest guidelines. I see so many people resting too much. Get going and stay going but remember, form is the ultimate factor, if you cannot keep your form, stop and rest or reduce your resistance.

Tempo

Tempo is the pace at which you execute an exercise. The Ladder Two Workout uses a moderate 2-0-2 pace (unless the exercise calls for jumping or plyometrics). Here is an easy way to remember the 2-0-2 tempo. Use a cadence of 2 seconds (say to yourself, "Getting Fit for Duty") as you lower your weight, and then repeat ("Getting Fit for Duty") as you raise it back up. It's important to use this moderate pace, it allows for more muscle development and insures control of the weight.

Reps

Reps are the number of times you repeat a given exercise or movement in a set. The rep ranges progressively change with each exercise and workout. We give a safety range of reps for each exercise that can be explained more effectively when combined with intensity.

10 -Minute Interval Overhauls

I've created a ton of [blog](#) posts explaining that interval training is very applicable to what we do on the fireground. One of the unique components of the program is the 10-minute Interval Overhauls. These interval Overhauls are a combination of exercises that challenges the total body, allows me to work on firefighter skills and simulates work on the

fireground. And they can really "jack-up" your metabolism too! You'll discover these Overhauls can more realistically simulate the exhaustions felt on the fireground and rescue scene.



You should choose between one of these three Overhauls after each strength training workout. There are thousands of options for these

Overhauls (which I blog about often). If you create your own, I would like to know about it so please email me (ZamzowFitness@gmail.com) your ideas.

Overhaul Option #1

Incline Treadmill- This is a great overall Interval Overhaul, it may not have a fire ground skill but can help you become efficient climbing. (If you really want to challenge yourself you can try to perform this with a weighted vest or SCBA).

I start the treadmill, and walk for 2 minutes to get my body ready for the motion, then I set the pace to about 4.0 mph, and the incline to 6.0 incline. This is my starting point, which I'll increase the incline level as the workout goes on. I mix in 30 second rest periods where I

step off the sides of the treadmill during this workout, in order to make the intensity levels more varied and higher intensity during the work intervals.

Here's how I do this:

- First 1 minute (after 2 min warm-up): speed 4.0, incline 6.0
- 30 second rest (step off side while letting treadmill keep running)
- Next minute: speed 4.0, incline 7.0
- 30 second rest (step off side while letting treadmill keep running)
- Next minute: speed 4.0, incline 8.0
- 30 second rest (step off side while letting treadmill keep running)
- Next 1 minute: speed 4.0, incline 9.0
- 30 second rest (step off side while letting treadmill keep running)
- Next 1 minute: speed 4.0, incline 10.0
- Last minute bring treadmill back to 3.5 mph and 0 incline

Total of 10 minutes....and a lot of sweat.

Progression: on the next time I do this workout, I'll try to increase the incline level a bit more on each interval. Each time I try this, I'll include some sort of progression by doing a higher incline or slightly higher speed.

Overhaul Option #2

Sledge o' matic- For this finisher you need a sledge (the heavier, the harder), an old tire and an interval timer set to 30 seconds of work and 30 seconds of rest for 10 intervals (10 minutes total time).

Take the sledge and slam the tire for 30 seconds, then rest for 30 seconds. For the next interval, grab two saws or heavy dumbbells; walk (with a purpose) for 30 seconds, after the 30 seconds is up, place the weights down and actively rest for 30 seconds. Repeat each interval 4 more times. Use different swing positions with the sledge and slam interval (right side, left side, overhead).

Overhaul Option #3

Stairs (can also be used with a Stairmaster set to a challenging pace) - This is a challenging “finisher” that works your climbing skills and throws in a little upper body core work as rest. Find a set of stairs and an interval timer set to 30 (or 45 for more challenge) seconds of work and 30 (or 15 for more challenge) seconds of rest for 10 intervals (10 minutes total time).

For the first 30 (or 45) seconds run as many stairs as possible, then hit the floor and hold a push up position for the next 30 seconds (really focus on bringing your heart rate down during this active rest). Repeat this 9 more times. If you really want a challenge, try this finisher in full turnout gear. Enjoy!

Cardio Interval Training

I heard someone once say running long and slow teaches your body one thing, how to run slow. If that's all you're after, you can stop reading; I don't want you to be late for your water aerobics class. But in our profession you need to move quickly and with purpose, I'm not saying that long and slow cardio is totally worthless, I'm saying it has its place. In fact, I recommend performing a lower intensity, longer cardio workout at least once a week to flush the muscles. But, what I am talking about here is training your body and your heart to function under higher intensity. The cardio intervals not only prepare you for the fireground but also blast away a lot of calories and body fat (as an added bonus).

The purpose of any firefighter's cardiovascular program is to help them work more efficiently under the stresses encountered every day on the job, be it on the fire or rescue ground. Intervals raise our maximal oxygen uptake (VO2 max), which, simply put, is the greatest amount of oxygen our bodies can use during maximum aerobic effort. Firefighters who can work longer before they reach their VO2 max will be able to accomplish more on the fireground. Intervals also help the body to more efficiently flush muscles of lactic acid. We develop a build-up of lactic acid and hydrogen ions that are associated with the burning

sensation we feel in our muscles when under heavy physical stress. It has been shown that trained individuals will clear lactate faster than those who aren't trained and will therefore feel less pain when undergoing physical exertion. The bottom line: We want to build a cardiovascular training program that enables us to work longer and harder with less physical pain when it really counts.

So what are intervals? In their simplest form, they're short bursts of high intensity exercise separated by periods of lower intensity effort. Keep in mind; it's not just high intensity training. Running a PR for a 5K is great, but not an interval workout. You need those lower intensity periods as well, not just sustained effort. Without the recuperation of the low periods you'll never have the ability to make the tough parts as high intensity as they need to be. It's those high intensity periods that bring the results.

As you read the workouts below, you may notice I don't talk about strict percentages like 80% maximum heart rate or at RPE (rate of perceived exertion). I do however list some guidelines in the summary chart to use as a guide. It's not that I am opposed to using heart rate or RPE as a guide; it's just that sometimes we get wrapped up at looking at our certain percentages we forget how to truly listen to our bodies and "push it." A quick note on RPE, I like to use the 1 to 10 scale which basically says that at a 1 effort you are laying in bed watching TV and at a level of 10 you are working so hard you're ready to hurl.

These are excellent workouts to be done on any cardio piece of equipment including a stairwell or track, where it is easy to control your speed or level and watch a clock. Do these correctly, and your heart will be "fit for duty." So with that thought in mind let's look at the interval workouts.

Beginner Interval Workout:

Start with 10 minutes at whatever you consider a moderate pace, you should be able to talk in short bursts, but not carry on a normal conversation. As soon as the 10 minutes are up, move (increase speed or level) as fast and furiously as you can for a 60 seconds. When the 60

seconds are up, drop your intensity down to a manageable pace (or level) for another 60 seconds, and then take off again. Do this five times.

When you're at your highest intensity level, you should be moving like somebody's chasing you, as fast as you can. When your five sets are over, do another 10 minutes at your moderate pace. Total workout time is 30 minutes.

***Note that if the minute intervals are too difficult at first, drop the high intensity time to 30 seconds and gradually try to work up to 1 minute.

Intermediate to Advanced Interval Workout:

When you're ready to progress from the beginner workout, try this on. 10 minutes at your moderate pace. As soon as the 10 minutes are up, increase intensity for 90-seconds. Follow the 90-second high intensity with 30 seconds of recovery (easy) pace. Repeat this 2-minute interval combination for a minimum of 5 times. Try to add one more interval each time, work up to a max of 10 intervals. When your five (or more) sets are over, do another 10 minutes at your moderate pace. Total workout time is at a minimum of 30 minutes with a max of 40 minutes.

You can see that the intensity of the cardio burst can change in a few different ways. You can decrease the rest interval duration and increase the burn phase and you can also change the intensity and speed of the exercise. I recommend that beginners stick to a 30 second burn phase and 90 second recovery phase. Gradually you should increase your intensity (level or speed depending on the exercise) then work on increasing the time of the burn phase. The main point is that you don't have to do the long cardio sessions, make them short and intense.

On the following pages you will find a workout schedule on how to set-up your workouts. You can start on any day of the week you want, use the workout schedule as a guide. You will also see the different workouts that you will follow, look at each exercise, utilize the coaching sheets and the video links to watch the exercises in motion. I recommend

that you take the first week to get acclimated to the new exercises, focus on form and really try to stick with the suggested rest times. You will notice that the 10-minute Overhauls are not incorporated in the program until the second week, as stated above I really want you to emphasize the quality of the exercises and focus on form. On weeks two, three and four however, kick it in gear and make tons of progress. But, before you jump right into the workouts I need to talk a little about nutrition, more importantly how you should fuel your body to get the most out of these workouts.

The Standard Operating Procedures to Eating Lean and Fueling Your Body

Since you're reading this download then you obviously have an interest in being the best FireRescue Athlete you can be. Let's face the facts; eating healthy in the firehouse isn't the easiest thing to do. It takes discipline and an avoidance of the kitchen (or whatever place in the firehouse where all the goodies are). Obviously, it is impossible to avoid the kitchen entirely but it is possible to *lean out* the firehouse.

Cooking for a group of hungry firefighters is not easy-- if you don't cook something tasty you will hear about it from your crew...for a long time. The goal of this e-book is to provide some guidelines (and some recipes) on how to cook and eat healthy in the firehouse (and at your own house) to keep you lean and "fit for duty."

Let's start off with some basic rules. It's important to develop a base of good eating habits and get more detailed after that. Please note that there are other SOP's of healthy eating like post-workout nutrition (Prograde Workout), the importance of breakfast, and eating organic, but for now, start with these.

The SIX SOPs of eating lean in the firehouse

(Always fall back to these Standard Operating Procedures when in doubt)

1. Limit or eliminate all liquid calories - fruit juices, soda pop, Gatorade, and alcohol. Of course in this day and age you won't be drinking in the firehouse but it is something to minimize when off the job. Alcohol provides nothing but empty calories and provokes bad choices (about food and other things). If you're going to drink beer, wine, or liquor, just keep in mind it will add calories and could keep you further away from getting fit for duty. BUT, we've got to have a little fun now and then right? Moderation in everything is the key. Gatorade and other sports drinks should only be consumed during a fire and after to help rehydrate. Fruit juices, soda pops, and even zero calorie soft drinks should be avoided. They provide nothing but empty calories and a ton of extra acids and other chemicals that will hinder the digestive, nervous, and

muscular system. There is even new research that correlates diet, zero calorie drinks to overeating. A study published in *Cancer Epidemiology, Biomarkers and Prevention* found that chugging two or more sodas a week could raise risk of pancreatic cancer (in men...of course). An easy choice is to AVOID them at all cost.

The second part of this SOP is to stay hydrated. All of your body's chemical reactions, including your metabolism, depend on water. If you are dehydrated you may be burning up to 2% fewer calories and with as little as a 2% body water shortage, the ability to perform a high intensity activity (like that on the fireground) can be greatly impaired. Here are some great acceptable liquids; bottled water, teas (unsweetened, natural), coffee (hold the sweeteners, except stevia, cream and sugar), coconut milk (plain), and/ or regular almond milk.



****A little note on energy drinks--They are NO GOOD.

Calories or not, these things have tons of chemicals that shouldn't be in your body. If a drink doesn't have calories that once did, it means they stripped them out by

replacing it with some man-made chemical. No good to you or your body! Just avoid them! Try green or black teas, eat better and get more sleep to increase your energy.

2. If it grows on a tree, we can eat it. If it grows on or is a plant, eat it. Fruits and veggies should be included in every meal and in as many snacks as possible. They provide the body with muscle and energy promoting nutrients that a firefighter needs to get through the day. By loading your body with the maximum amount of nutrients for the least number of calories, they are a dietary bargain. This does not include vegetable chips or veggie sticks or drinking fruit juice. If the fruit or vegetable in question won't rot after a few days of hanging out on the countertop, then it's a processed food.



You should choose green, leafy, lower starch veggies over starchier types. Some examples of these include broccoli, kale, cauliflower, and spinach, and cabbage. Starchier types include potatoes, yams, and sweet potatoes

3. Add in a LEAN protein at each meal and snack - This is a must! Adding in protein to your meal will help slow down the digestion of food and force the body to burn more calories. You'll also be supplying your body with essential muscle building qualities when you eat more proteins and the more muscle...the better. You should aim at consuming good sources of protein which can include meats, beans, eggs, cheese and/or milk. You need to try to ingest between .8 and 1.0 gram per pound of body weight in order to preserve your calorie-burning muscle mass.

4. Minimize ALL sugars and processed foods. Cakes, candies, breads, crackers, pastas, etc. all have high amounts of processed starches and sugars (and yes, I know they are usually around the firehouse). Here's why sugary foods are bad for you. First of all, if you eat a little sugar, you crave a bunch more. Sugar also triggers the body to store more fat.



There has been lots of research coming out lately that has linked most of the illnesses we see today (including cancer, disease, etc.) to excessive sugar intake. Try to minimize anything food sources that are white. Choose foods with the least amount of sugar, if a product has more than 10 grams per serving and no fiber, put it back.

5. Get to know Your Carbohydrates. Seek out foods containing complex carbohydrates and fiber, like those found in fruits, vegetables and whole grains. There are two kinds of carbohydrates: starchy ones found in potatoes and whole grains, and non-starchy ones found in fruits and vegetables. The basic rule is to focus on fruits and vegetables as your main source of carbohydrates and limit the starchy ones. Keep in mind that you should try to eat five fruits and vegetables a day. Fruits and vegetables are high in fiber, low in fat, and contain plenty of water. So they have a low-caloric density (see

SOP #3) than other foods, and they make you feel full. Starchy, whole-grain carbohydrates are also rich in fiber, so they make you feel full and help you reduce total food intake. Refined grains, like those found in white bread, won't give you the same benefits.

Avoid processed carbohydrates. These include grains whose high-fiber shells have been stripped away. Think of white flour or white rice. The calories are the same, but without the fiber, you lose the metabolic satisfaction of eating a grain. Also stay away from carbs that are combined with white sugar (sucrose) and/or fat. White bread, doughnuts, cake, and pasta contain white flour and should be avoided.

Also try to avoid low-carb pasta and breads. These products are made with soy flour (protein flour), have a chewy consistency and don't taste anything like their whole grain counterparts. You're better consuming smaller amounts of a fiber-rich product, like whole wheat pasta or whole wheat bread. Also many breads and cakes made with protein flour have a lot of added fat — and more calories.

6. Eat your healthy fats –Here is a nutritional statement worth remembering: Eating fat won't make you fat any more than eating money will make you rich. Actually eating the right kind of fats can make you leaner. The healthy fats that you want to focus on are monosaturated fats, nuts, seeds, healthy oils found in olives, avocados, omega-3 fatty acids (found in cold water fish), grass-fed meats, some fruits and even chocolate. These fats can lower risks of heart disease, protect the cells from damage, encourage muscle growth and increase the amount of valuable nutrients available for other foods.

You have to remember that these are guidelines. I encourage you to follow them, and if you do, I guarantee you will lean out, feel better and ultimately be more “fit for duty.” Please use the following shopping list, recipes and a sample daily plan to help you gain an understanding how to apply these SOP's.

Items to put on your Firehouse shopping list

Lean meats and fish

Chicken
Ground beef (preferably 15% fat or less)
Sirloin steak
Top round pork
Turkey
Turkey sausage
Tuna
Salmon
Sea bass
Tilapia
Trout
Cod
Flounder
Halibut
Grouper
Mahi mahi
Orange roughy
Shrimp
Scallops
Lobster
Crab



[Whey protein powder](#)

Legumes

Black beans
Pinto beans
Black-eyed peas
Kidney beans
Red lentils
Edamame



Nuts and Seeds (GOOD FATS)

Almonds
Brazil nuts
Cashews
Hazelnuts (filberts)
Macadamia nuts
Pecans
Pine nuts
Pistachios (unsalted)
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

Fiber rich grains

- Fresh or whole wheat pasta
- Whole-grain breads (make sure the label reads WHOLE GRAIN)
- Long grain brown rice
- Quinoa

Vegetables (Green, Leafy Veggies)

- Artichoke
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Garlic
- Green onions
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Peas
- Parsley
- Parsnip
- Peppers (all kinds)
- Pumpkin
- Radish
- Romaine lettuce
- Rutabaga
- Spinach
- Squash (all kinds)
- Tomato (actually a fruit, but most people think of it as a vegetable)
- Turnips



Eggs and dairy foods

- Eggs or Omega-3 eggs
 - Cheese
 - Frozen yogurt (preferably Greek)
 - Ice cream
 - Ice milk
 - Whole, 1% or 2% milk and or Chocolate milk
 - Cheddar cheese
 - Mozzarella cheese, feta cheese, goat cheese string cheese sticks, cottage cheese
- **Try to go for Organic when possible

Fruit

- Apple
- Apricots
- Avocado (More of a Fat)
- Banana
- Blackberries
- Blueberries (also can use frozen)
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Grapes
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Mango
- Orange
- Pineapple
- Pomegranate
- Prunes
- Raisins
- Raspberries (also can use frozen)
- Rhubarb
- Strawberries (also can use frozen)



Spreads

Almond butter, cashew butter, peanut butter (organic), black currant jam, black bean dip, hummus

Seasonings

Basil, parsley, cilantro, cayenne, watercress, cumin, curry powder, chili powder, cinnamon, red-pepper flakes, reduced sodium soy sauce, red-wine vinegar, cider vinegar

Using the SIX SOPs of eating lean in the firehouse

Here is a sample daily menu and eating plan using the six SOP's as a guide

Food Breakdown	Actual Application
<p>Breakfast:</p> <p>Quick Option - Protein Shake OR</p> <p>Lean Protein Source (Eggs)</p> <p>Non Starchy Veggies Source (spinach)</p> <p>Starchy Carb Choice (oatmeal best choice)</p> <p>Fruit Source (berries, apple, banana)</p>	<p>Sausage and Cheese Muffins</p> <p>Oatmeal</p> <p>Blueberries</p>
<p>Mid Morning Snack:</p> <p>Lean Protein Source (slices of turkey, low sodium beef jerky or Greek yogurt)</p> <p>Fruit Source (Apple, Berries)</p>	<p>Greek Yogurt</p> <p>Apple</p> <p>OR</p> <p>Snack Bar</p>
<p>Lunch:</p> <p>Lean Protein Source (turkey, chicken, salmon)</p> <p>Non Starchy Carb (Bowl of Lettuce, Spinach, etc.)</p> <p>Grain Source (Whole grain bread, rye, or Ezekiel Bread)</p>	<p>Healthy Sloppy Joes</p> <p>Whole Grain Bun</p> <p>Broccoli (steamed with a little butter)</p> <p>Whole grain pretzels</p> <p>Glass of 1% Milk</p>
<p>Mid Afternoon Snack:</p> <p>Lean protein Source (Protein Shake)</p> <p>OR Healthy Fat Source (Nuts, seeds)</p>	<p>Turkey Avocado Wraps</p>
<p>Dinner:</p> <p>Lean Protein Source (Lean Meat Choice)</p> <p>Starchy Carb Choice</p>	<p>Healthy Turkey Loaf</p> <p>Greens and Spinach Salad</p>
<p>Evening Snack:</p> <p>Lean Protein Source</p>	<p>½ cup 1% cottage cheese</p>

*** The FireRescue Athlete should aim to drink half of their body weight in ounces of water each day. So if you weigh 180 pounds, try to get 90 ounces of water.



On the following pages you will find a workout schedule on how to set-up your workouts. You can start on any day of the week you want, use the workout schedule as a guide. You will also see the different workouts that you will follow, look at each exercise, utilize the coaching sheets and the video links to watch the exercises in motion. Remember *quality is far more important than quantity* when following this program.

Alright, I think I covered it all. It is in your hands now. I know you can and will succeed! Keep in mind that once you've read through everything and begun to implement the Ladder Two Workout into your life and are getting great results (believe me, you will), please email me (ZamzowFitness@gmail.com) a testimonial regarding your satisfaction with this program and the progress you've made. I'm always very appreciative to hear about your success stories!

Train Like a Life Depends on It!

As a special bonus for purchasing the Ladder 2 Workout you can get Log Sheets and Gym Companion Sheets and links to all the exercises on video. And, as a special bonus you can also download the entire Ladder 2 Workout on PDF eBook.

Just go to:

www.FireRescueFitness.com/Ladder2

The Workouts

Workout Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Day 1 Workout 1	Day 2 Cardio Interval Workout (stretch optional)	Day 3 Workout 2	Day 4 Cardio Interval Workout (stretch optional)	Day 5 Workout 1	Day 6 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 7 OFF (Rest)
Week 2	Day 8 Workout 2	Day 9 Cardio Interval Workout (stretch optional)	Day 10 Workout 1 + 10-min Interval Overhaul	Day 11 Cardio Interval Workout (stretch optional)	Day 12 Workout 2 + 10-min Interval Overhaul	Day 13 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 14 OFF (Rest)
Week 3	Day 15 Workout 1 + 10-min Interval Overhaul	Day 16 Cardio Interval Workout (stretch optional)	Day 17 Workout 2 + 10-min Interval Overhaul	Day 18 Cardio Interval Workout (stretch optional)	Day 19 Workout 1 + 10-min Interval Overhaul	Day 20 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 21 OFF (Rest)
Week 4	Day 22 Workout 2 + 10-min Interval Overhaul	Day 23 Cardio Interval Workout (stretch optional)	Day 24 Workout 1 + 10-min Interval Overhaul	Day 25 Cardio Interval Workout (stretch optional)	Day 26 Workout 2 + 10-min Interval Overhaul	Day 27 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 28 OFF (Rest)



Ladder Two Workout #1

It starts here. This first workout will get you moving; stay on target with your rest intervals. For this workout you will be circuiting the warm-up exercises and the core exercises. Perform 2-3 sets of each strength exercise, adhering to the listed rest between sets.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Warm-ups					
Start with a 5-10 minute jog, elliptical or bike session					
Hips, low back	Knees side to side	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You only need to perform them 1 time each, go right from one exercise to the next.
Hamstrings, calves	Waiters bow	10x	0	1 circuit	
Hips, legs	Spiderman's	5-6 each	0	1 circuit	
Chest, shoulders	Chest hugs	20	30 sec	1 circuit	

Core Exercises					
Core	Ball Crunches (hold a weight)	12-20	0	2 circuits	Perform the core exercises in a circuit. Move from one exercise right to the next with minimal rest. Rest for 30 seconds after the final exercise, then repeat for a 2 nd circuit.
Back, glutes	Hip Extension feet on Stability Ball	12-15	0	2 circuits	
Core	Prone planks (hold)	20-45 sec	0	2 circuits	
Shoulders, Low back	Opposite Arm/Leg raise on Ball	8-10 each side	30 sec	2 circuits	

Strength Exercises					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest, shoulders	Incline DB Chest Press	10-12	30-45 sec	2 to 3	Perform each exercise with great form and posture. Perform 2 to 3 sets following the rest suggested. Move from one exercise to the next. (Once you complete the suggested sets of the Incline DB chest press, follow the rest guideline and start the Smith Bar Body Rows). The "Your Choice Exercise" can be just that, your choice. If you want to work on your calves, choose the calf raise exercise, if you would rather work on abs, choose your favorite abs exercise.
Back	Smith Bar Body Rows	10-12	30-45 sec	2 to 3	
Total body	Squat with Press	10-12	30-45 sec	2 to 3	
Back	Seated Cable Row	10-12	30-45 sec	2 to 3	
Arms, hips	Captain Morgan Curls	6-8 each leg	30-45 sec	2 to 3	
Legs	Walking Lunges- hold weights	6-8 each leg	30-45 sec	2 to 3	
Triceps	Triceps Cable Pushdowns	10-12	30-45 sec	2 to 3	
???	Your Choice Exercise	10-12	30-45 sec	2 to 3	

After you complete the strength training portion, perform one of the [10-minute Interval Overhauls](#).

Ladder Two Workout #2

You made it to number 2. This second workout will introduce you to circuit strength training. You will perform one or two sets of each exercise, following the rest intervals. When finished with the one or two sets of each, you will then perform the last set of each in a circuit. Depending on your level of fitness, you may only do the first 2 sets per exercise. Then introduce the circuit during the 3rd or 4th week. These exercises are slightly different from Workout 1, be sure you understand the proper forms.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Warm-ups					
Start with a 5-10 minute jog, elliptical or bike session					
Hips, low back	Knees side to side (feet up)	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You only need to perform them 1 set each-- go right from one exercise to the next.
Hamstrings, calves	Straight Leg Raises	5-6 each	0	1 circuit	
Hips, legs	Hip Cross-overs	5-6 each	0	1 circuit	
Chest, shoulders	Step Back, Reach & Twist	5-6 each	30 sec	1 circuit	
Core Exercises					
Core	Ball Squeeze Crunch	15-20	0	2 circuits	Perform the core exercises in a circuit. Move from one exercise to the next with minimal rest. Rest for 30 seconds after the final exercise, then repeat for a 2 nd circuit.
Low back, hamstrings	Bridges- feet on ball	12-20	0	2 circuits	
Obliques, core	Oblique Twist (feet up knees up)	10-15 each side	0	2 circuits	
Core, shoulders	Side Planks (hold)	15-30 sec	30 sec	2 circuits	
Strength Exercises					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest	DB Alternate Arm Chest Press	10-12	30-45 sec	1-2 (Circuit set 3)	Perform the first exercise for 1-2 sets, and then move to the next. Complete 1-2 sets of each exercise resting for 30-45 seconds then perform a 3 rd set of each in a circuit (start with DB Alternate Arm Chest Press, complete a set, then move to One Arm DB rows, then right to the next exercise). Remember form and posture are key. If you lose your form, stop and move to the next exercise. Keep the right tempo and rest intervals .
Back, low back	One Arm DB Rows	10-12 each	30-45 sec	1-2 (Circuit set 3)	
Full body	Goblet Squats	10-12	30-45 sec	1-2 (Circuit set 3)	
Shoulder girdle	Arm Raises V-scaption (thumbs up)	10-12	30-45 sec	1-2 (Circuit set 3)	
Back, biceps	Lat Pulldown -reverse Grip	10-12	30-45 sec	1-2 (Circuit set 3)	
Legs	Step-ups	8-10 each leg	30-45 sec	1-2 (Circuit set 3)	
Biceps	Standing DB Hammer Curls	10-12	30-45 sec	1-2 (Circuit set 3)	
Triceps	Triceps Pushdown-rope	10-12	30-45 sec	1-2 (Circuit set 3)	
After you complete the strength training portion, perform one of the 10-minute Interval Overhauls .					

Cardio Interval Workouts

These are to be performed in-between your strength training workouts.

Beginning Interval

Total time	Interval Description	Hr Range	R.P.E.	Notes/ Key Points
10	Warm-up	60%-70%	4-5	If your just starting out and the 1 minute intervals are too difficult at first, drop the high intensity time to 30 seconds and gradually try to work up to 1 minute.
10 mins	Intervals: 5x (60 seconds on with 60 seconds active rest)	70%-80%	8	
10	Cool Down (active recovery)	60%-70%	4-5	

Intermediate Interval

Total time	Interval Description	Hr Range	R.P.E.	Notes/ Key Points
10	Warm-up	60%-70%	4-5	Increase by one interval each time you perform the workout. Work up to 10 (2-minute) intervals
10 mins (up to 20)	Intervals: 5x (90 seconds on with 30 seconds active rest)	70%-80%	8-9	
10	Cool Down (active recovery)	60%-70%	4-5	

Advanced Interval

Total time	Interval Description	Hr Range	R.P.E.	Notes/ Key Points
10	Warm-up	60%-70%	4-5	Once you're at this level try to focus on going faster and harder during the high intensity portion of the interval. To really challenge yourself you may try to add an SCBA or weighted vest.
15 mins	Intervals: 5 x (2 minutes on with 1 minute active rest)	80%-90%	9	
10	Cool Down (active recovery)	60%-70%	4-5	

Intervals are not complicated (and shouldn't be) as you can see from above. Once you've been doing it for awhile you'll get a good sense of how hard you need to be working and you'll quickly see the results of your effort. I included heart rate percentages and R.P.E (rate of perceived exertion) levels to help guide you. But don't get all worked up if you don't meet a certain percentage or effort level...when in doubt just "go hard."

10-minute Interval Overhauls

These are to be performed after your strength training workouts.

Interval Overhaul Option #1

Incline Treadmill- This is a great overall Interval Overhaul, it may not have a fire ground skill but can help you become efficient climbing. (If you really want to challenge yourself you can try to perform this with a weighted vest or SCBA). I start the treadmill, and walk for 2 minutes to get my body ready for the motion, then I set the pace to about 4.0 mph, and the incline to 6.0 incline. This is my starting point, which I'll increase the incline level as the workout goes on. I mix in 30 second rest periods where I step off the sides of the treadmill during this workout, in order to make the intensity levels more varied and higher intensity during the work intervals.

Here's how I do this:

- First 1 minute (after 2 min warm-up): speed 4.0, incline 6.0
- 30 second rest (I step off side while letting treadmill keep running at same speed and incline)
- Next minute: speed 4.0, incline 7.0
- 30 second rest (step off side while letting treadmill keep running)
- Next minute: speed 4.0, incline 8.0
- 30 second rest (step off side while letting treadmill keep running)
- Next 1 minute: speed 4.0, incline 9.0
- 30 second rest (step off side while letting treadmill keep running)
- Next 1 minute: speed 4.0, incline 10.0
- Last minute bring treadmill back to 3.5 mph and 0 incline

Total of 10 minutes....and a lot of sweat.

Progression: on the next time I do this workout, I'll try to increase the incline level a bit more on each interval.

Each time I try this, I'll include some sort of progression by doing a higher incline or slightly higher speed.

Interval Overhaul Option #2

Sledge o' matic- For this finisher you need a sledge (the heavier, the harder), an old tire and an interval timer set to 30 seconds of work and 30 seconds of rest for 10 intervals (10 minutes total time).

Take the sledge and slam the tire for 30 seconds, then rest for 30 seconds. For the next interval, grab two saws or heavy dumbbells; walk (with a purpose) for 30 seconds, after the 30 seconds is up, place the weights down and actively rest for 30 seconds. Repeat each interval 4 more times. Use different swing positions with the sledge and slam interval (right side, left side, overhead).

Interval Overhaul Option #3

Option #3

Stairs (can also be used with a Stairmaster set to a challenging pace)

This is a challenging "finisher" that works your climbing skills and throws in a little upper body core work as rest.

Find a set of stairs and an interval timer set to 30 (or 45 for more challenge) seconds of work and 30 (or 15 for more challenge) seconds of rest for 10 intervals (10 minutes total time).

For the first 30 (or 45) seconds run as many stairs as possible, then hit the floor and hold a push up position for the next 30 seconds (really focus on bringing your heart rate down during this active rest). Repeat this 9 more times. If you really want a challenge, try this finisher in full turnout gear. Enjoy!

The Exercises (Coaching sheets)

Arranged by category. Warm-up exercises, Core Exercises, then Strength Exercises



Chest Hugs

Muscles worked:

- Great exercise to warm-up the chest and shoulders

Preparation :

- Stand up straight, feet hip width apart
- Straighten your arms in front of you, chest high with your thumbs out



Movement:

- Draw the belly button inward toward your spine and squeeze your glutes
- Maintaining the proper postural alignment (head back, shoulders down) squeeze your shoulder blades together and bring your hands back as far as possible and pause
- Do not let your back arch at any time during this exercise



Finish:

- Bring your hands back together, pause and then repeat
- Make sure to keep your shoulder and head in proper alignment
- This is a warm-up movement and can be prepared at a little faster tempo

Check out www.FireRescueFitness.com for [Exercise Videos](#)



Coaching Tips: Stand up straight with your feet hip width apart. Draw your abs tight, squeeze the glutes and your shoulder blades together. At the same time pull your arms back as far as they can, pause and return to the starting position. Keep your thumbs pointed back through the whole motion. Repeat as directed.

Hip Cross-overs

Muscles worked:

- This movement provides increased rotation range of motion in the lumbar spine, pelvis, and hips

Preparation :

- Lie on your back with feet pointed up and palms facing the ceiling



Movement :

- It is important to contract and tighten the abs before performing any movement
- Start the movement by kicking one straight leg towards the opposite hand (as shown)
- The movement should be fluid and SLOW, and rotation should occur through the entire hip and low back area
- Make sure the head and shoulders stay on the ground
- Do not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position
- Repeat on the other side



Finish :

- Remember to keep good posture, do not let your head or shoulders lift from the ground
- Keep a slow and steady pace, ease into the movement

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Lay flat on your back with your palms and toes pointed toward the ceiling. Be sure to tighten the abs and glutes. Start the movement by slowly straightening one leg and swinging across your body toward the opposite hand. Ease into the stretch and pause for 2-4 seconds, then return to the starting position. Repeat on the other side. Keep your shoulders and head flat on the floor for the entire motion. Repeat as directed.

Knees side to side

Muscles worked:

- Great exercise to warm-up low back and hips

Preparation :

- Lie on your back with your feet on the floor and your knees up and together
- Place arms out, palms up



Movement :

- Draw your belly button in (tight pants on) and slowly rotate your knees and hips to one side stopping when the opposite shoulder blade begins to leave the mat
- Hold in this position for 2 to 3 seconds; be sure to breathe easy as you stretch
- Return to the starting position and do the movement to the other side of the body



Finish :

- Remember to keep abs "IN" and to breathe easy as you move your knees side to side. Keep your arms out. You should feel this stretch in the back, chest and even hips.

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Lie on your back with your feet flat on the floor, knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. Hold the stretched position for a few seconds and return knees to the starting position. Keep the abs and glutes tight and let the knees drop to the opposite side. Do not force or bounce into the stretch, ease into it. Repeat as directed.

Knees side to side (feet up)

Muscles worked:

- Great exercise to warm-up low back and hips

Preparation :

- Lie on your back with your feet up, parallel to the floor and your knees up and together
- Place arms out, palms up



Movement :

- Draw your belly button in (tight pants on) and slowly rotate your knees to one side stopping when the opposite shoulder blade begins to leave the mat
- Hold in this position for 2 to 3 seconds-- be sure to breathe easy as you stretch
- Return to the starting position and do the movement to the other side of the body



Finish :

- Remember to keep abs "IN" and to breathe easy as you move your knees side to side. Keep your arms out. You should feel this stretch in the back, chest and even hips.

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Coaching Tips: Lie on your back with your feet up (shins parallel to the floor), knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. Hold the stretched position for a few seconds and return knees to the starting position. Keep the abs and glutes tight and let the knees drop to the opposite side. Do not force or bounce into the stretch, ease into it. Repeat as directed.

Spidermans

Muscles worked:

- This movement improves flexibility in your hips, hamstrings, lower back, torso, groin, hip flexors and quads

Preparation :

- Start in a push-up position



Movement :

- It is important to contract and tighten the abs before performing this movement
- Start the movement by taking one large step forward with your foot, aiming for the outside of your hand (as shown)
- Make sure the head and shoulders stay straight
- Do not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position
- Repeat on the other side
- You should alternate between sides



Finish :

- Remember to keep good posture, do not let your head jut forward
- Ease into the movement

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Coaching Tips: Start in a push-up position. It is important to contract and tighten the abs before performing this movement. Start the movement by taking one large step forward with your foot, aiming for the outside of your hand. Make sure the head and shoulders stay straight and be sure to not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position. Repeat on the other side. You should alternate between sides.

Step Back Reach and Twist

Muscles worked:

- This movement provides increased rotation range of motion in the lumbar spine, pelvis, and hips

Preparation :

- Stand up straight, head up and feet pointing straight ahead



Movement :

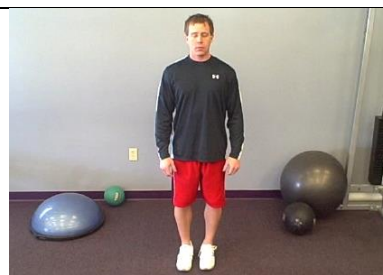
- Contract the abs to protect the spine
- Step back with one foot, bend the front knee to get extra range of motion
- Raise the same arm as the leg that stepped back
- Twist and reach arm towards the opposite shoulder of the leg that stepped back
- Let your head look over the same shoulder you are reaching towards.
- Bring your arm down, step forward and return to the starting position
- Repeat on the other side



Finish :

- Remember to keep good posture, be sure to keep abs tight
- Repeat the same reps on each side

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with the arm on the same side. Keep your stepped back position slowly twist towards the opposite shoulder. Hold for 2-3 seconds then slowly return to the starting position. Make sure your abs are tight through the entire motion. Repeat the other side

Straight Leg Raises

Muscles worked:

- This movement provides increased range of motion in the hamstrings and calves

Preparation :

- Lie on your back with feet pointed up and palms facing the ceiling



Movement :

- It is important to contract and tighten the abs before performing any movement
- Start the movement by bringing one straight leg towards the ceiling (as shown)
- The movement should be fluid and SLOW
- Make sure the head and shoulders stay on the ground
- Do not force the movement, let your leg raise as far as it comfortably can
- Flex your foot to point your toe towards your nose and pause for a couple of seconds
- Slowly return to the starting position
- Repeat on the other side



Finish :

- Remember to keep good posture, do not let your head or shoulders lift from the ground
- Keep a slow and steady pace, ease into the movement

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Lay flat on your back with your palms and toes pointed toward the ceiling. Be sure to tighten the abs and glutes. Start the movement by slowly straightening one leg and lifting towards the ceiling. Ease into the stretch, flex your foot so your toes point towards your nose, pause for 2-4 seconds, then return to the starting position. Repeat on the other side. Keep your shoulders and head flat on the floor for the entire motion. Repeat as directed.

Waiters Bow

Preparation :

Starting position is standing upright, chest up and out, shoulders back and down, with the back of one hand pressing gently against your lower spine.



Movement :

Draw your belly button inward toward your spine.
Keep your chest up and out all the time, and tilt forwards from the hips while raising the rotating one arm. Keep your shoulder blade down and traps relaxed.



Finish :

Keep tilting until you feel your hamstrings tighten. Stop at this point for a few seconds, then straighten your hips and stand upright again returning your arm to the starting position.

Remember to switch arms and do the same number of reps each side.

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Draw your belly button inward toward your spine. Keep your chest up and out all the time, and tilt forwards from the hips while raising the rotating one arm. Keep your shoulder blade down and traps relaxed. Keep tilting forward until you feel your hamstrings tighten. Stop at this point for a few seconds, then straighten your hips and stand upright again returning your arm to the starting position. Remember to switch arms and do the same number of reps each side.

Ball Crunch (with weight)

Muscles worked:

- Great exercise for the entire abdominal musculature

Preparation :

- Grab a single dumbbell and sit on the ball
- Slowly roll down the ball until the ball is in the small of the back
- Hold the dumbbell with both hands with outstretched arms just below chin level



Movement:

- Draw the belly button in towards the spine
- Squeeze the glutes prior to any motion
- Contract the abdominals while curling the upper torso towards the hips
- Pause on top of the motion
- Slowly release and return to the starting position
- Make sure to keep your shoulder relaxed and down



Finish:

- Return to the starting position for a moment, and then repeat
- Maintain a slow, controlled pace

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Find a medium sized stability ball, place your feet hip width and flat on the floor. Be sure that you are not on a slippery surface. Draw abs tight, squeeze your glutes then slowly crunch your ribs toward your hips, raising the weight. Pause on the top of the motion for a second, then slowly lower you torso back over the ball to the starting position. Repeat as directed.

Hip Extension (feet of ball)

Preparation :

Lie face up on the floor, arms out to the sides,
Place lower legs on a stability ball.



Movement:

Brace the spine by drawing your abdomen inward
Squeeze glutes and push your hips up until your body forms a straight line from shoulders to knees
Pause in this position, it is important not to let your back arch at any time during the movement
Slowly lower your hips back down to touch the floor (briefly)



Finish:

Pause for a moment at the top of the movement then slowly return to the starting position—
Pause at the bottom briefly, and then repeat
Maintain a slow, controlled pace

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for
[Exercise Videos](#)



Coaching Tips: Lie face up on the floor, arms out to the sides, lower legs on a stability ball. Draw your abs tight, squeeze your glutes and push your hips up until your body forms a straight line from shoulders to knees. Pause for a moment at the top of the motion and slowly return to the starting position. Be sure to go slow with the motion and do not arch your back. Repeat as directed.

Bridge- Feet on Ball

Muscles worked:

- Great exercise for working the hamstrings, glutes, low back and core

Preparation :

- Lie on your back on the floor and place both feet on the ball
- Have arms straight out with palms facing down



Movement:

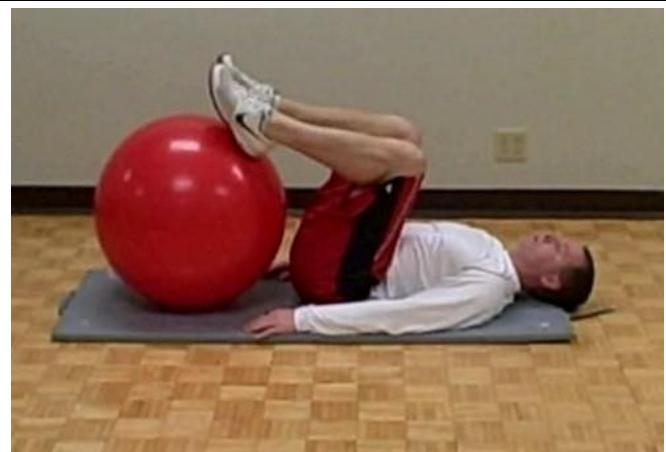
- Start by drawing-in the core and raising the hips up
- Maintain this position keeping the core/glutes activated and also the feet together
- Push through your feet to raise your hips off the floor-- Pause for a second at the top of the motion



Finish:

- Return to the starting position for a moment, and then repeat
- You may use your arms to help with maintaining balance

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Find a medium sized stability ball, place your feet on very top and middle of the ball. Draw abs tight, squeeze your glutes then slowly apply pressure into the ball to raise your hips (legs should stay bent). Use your hands to help with balance as you move your hips up. Push your hips high, pausing for 2 seconds at the top of the motion, then return to the starting position. Repeat as directed.

Crunch (feet down ball squeeze)

Muscles worked:

- Core stabilization and strength along with inner thighs

Preparation :

- Lay flat on floor with legs bent and feet flat on the floor-- Place a small ball (soccer, volley, medicine ball) between the knees and squeeze to hold it in place
- Place hands under neck to support the head



Movement:

- Activate core and glutes by drawing in navel towards the spine and squeezing the glutes
- Lift shoulders clear of the floor or until the lower abdominals are felt working, focusing on the ceiling
- Pause momentarily and slowly return to the starting position
- Make sure that neck is fully supported throughout exercise
- Be sure to squeeze knees together through entire motion



Finish:

- Pause for a moment at the top of the motion and then repeat
- Only lift as far as you feel comfortable, don't strain
- Quality is far more important than quantity, so once form has diminished discontinue the exercise

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Coaching Tips: Lie flat on your back, knees up and feet flat on the floor. Place a small squeezable ball (soccer, valley or medicine ball) between your knees. Squeeze your knees to keep the ball in the proper position. Draw your abs in and squeeze your glutes then slowly raise your shoulders off the floor. Your head should be supported, not pulled by your hands for the entire motion. Pause for a moment at the top of the motion and return to the starting position. Repeat as directed.

Crunch (feet up ball squeeze)

Muscles worked:

- Core stabilization and strength along with inner thighs

Preparation :

- Lay flat on floor with legs bent raised perpendicular to the floor
- Place a small ball (soccer, volley, medicine ball) between the knees and squeeze to hold it in place
- Place hands under neck to support the head



Movement:

- Activate core and glutes by drawing in navel towards the spine and squeezing the glutes
- Lift shoulders clear of the floor or until the lower abdominals are felt working, focusing on the ceiling
- Pause momentarily and slowly return to the starting position
- Make sure that neck is fully supported throughout exercise
- Be sure to squeeze knees together through entire motion



Finish:

- Pause for a moment at the top of the motion and then repeat
- Only lift as far as you feel comfortable, don't strain
- Quality is far more important than quantity, so once form has diminished discontinue the exercise

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Coaching Tips: Lie flat on your back; lift your feet and knees off the floor. Place a small squeezable ball (soccer, valley or medicine ball) between your knees. Squeeze your knees to keep the ball in the proper position. Draw your abs in and squeeze your glutes then slowly raise your shoulders off the floor. Your head should be supported, not pulled by your hands for the entire motion. Pause for a moment at the top of the motion and return to the starting position. Repeat as directed.

Hanging Leg Raises

Muscles worked:

- Great exercise to the core stabilizers, hip flexors and grip strength

Preparation :

- Grip a bar, palms forward or backward and let your feet slightly hang from the ground
- Keep your head back and body straight



Movement:

- Beginners can bend the knees (as shown) for more of a challenge keep the legs straight
- Draw your belly button towards your spine to tighten the abs and squeeze the glutes
- Slowly curl your lower body up towards your chest
- Lift as high as you can, pause for a moment and slowly lower the legs to the starting position



Finish:

- It is important NOT to let your back arch at any time during the movement
- Keep the movement slow and controlled to insure you don't swing

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Coaching Tips: Grasp an overhead bar with palms forward or back (whichever is more comfortable). Let your feet hang from floor, tighten your abs and glutes, then slowly curl your upper body toward your chest. Bring your legs as high as possible, pause and slowly lower legs back to the starting position. Maintain control of the motion to insure you don't swing. Repeat as directed.

Oblique twist (feet up)

Muscles worked:

- Core stabilization and oblique strength

Preparation :

- Lay flat on floor with legs bent and raised perpendicular to the floor
- Knee should be hip width apart



Movement :

- Place hands under neck to support the head
- Activate core and glutes by drawing in navel towards the spine and squeezing the glutes
- Lift one shoulder clear of the floor towards the opposite knee
- Pause momentarily and slowly return to the starting position
- Make sure that neck is fully supported throughout exercise
- Repeat the motion to the opposite side



Finish :

- Only lift as far as you feel comfortable, don't strain
- Quality is far more important than quantity, so once form has diminished discontinue the exercise

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Coaching Tips Lay flat on floor with legs bent and raised perpendicular to the floor. Keep your knees hip width apart. Draw your abs in and squeeze your glutes, then slowly raise your shoulder off the floor towards the opposite knee. Your head should be supported, not pulled by your hands for the entire motion. Pause for a moment at the top of the motion and return to the starting position. Repeat the motion to the other side.

Opposite Arm- Leg Raises (over ball)

Muscles worked:

- Great exercise work the glutes, hips, upper back and shoulders

Preparation :

- Lie on your stomach over a medium sized stability ball with your belly button over the center of the ball



Movement :

- Draw your belly button in (tight pants on) and slowly raise one leg straight toward the ceiling while extending your back and the opposite arm
- Hold in this position for 2 seconds, then slowly return to the starting position
- Repeat the movement to the other side of the body



Finish :

- Remember to keep abs "IN" and to breathe easy as you move
- Keep your head straight, don't let it drop down

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Coaching Tips: Lie on your stomach over a medium sized stability ball. Have both your hands and feet in contact with the floor. Draw the abs tight and slowly raise one leg toward the ceiling. Make sure the leg is straight. At the same time lift the opposite arm with the thumb pointed to the ceiling. Pause on the top part of the motion and slowly return to the starting position. Repeat on the opposite side. Make sure your head stays in the proper straight alignment and does not drop. Go slowly to maintain control and balance. Repeat as directed.

Prone Plank (hold on stability ball)

Muscles worked:

- Core stabilization and strength

Preparation :

- Assume a prone position with elbows bent and closed fists positioned under your shoulders and on the middle of a medium sized stability ball



Movement:

- Draw your abdomen inward toward your spine
- For optimal postural alignment tighten buttocks and lift body up onto forearms.
- While maintaining the abdominal draw-in contraction, hold optimal alignment for directed amount of time
- Your spine should be in a neutral position from head to toe and your abs and glutes should remain tight
- Keep chin tucked in



Finish:

- Form is more important than how long or how much
- You may want to widen your feet to gain more stability

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Coaching Tips: Lie on the floor with elbows/ forearms under your shoulders and on top of a medium sized stability ball. Tighten your abs and glutes then lift your body off the floor, your toes and forearms should be holding you up. Keep abs tight and head in proper alignment. You may need to widen your feet to gain more stability and balance. This exercise requires you to hold the position or the directed amount of time. Hold as directed.

Prone Plank (hold)

Muscles worked:

- Core stabilization and strength

Preparation :

- Assume a prone position with elbows bent and closed fists positioned under your shoulders



Movement:

- Draw your abdomen inward toward your spine
- For optimal postural alignment tighten buttocks and lift body up onto forearms
- While maintaining the abdominal draw-in contraction, hold optimal alignment for directed amount of time
- Your spine should be in a neutral position from head to toe and your abs and glutes should remain tight
- Keep chin tucked in



Finish:

- Form is more important than how long or how much

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Coaching Tips: Lie on the floor with elbows/ forearms under your shoulders. Tighten your abs and glutes then lift your body off the floor, your toes and forearms should be holding you up. Keep abs tight and head in proper alignment. This exercise requires you to hold the position or the directed amount of time. Hold as directed.

Side Plank (hold)

Muscles worked:

- This exercise is great for shoulder strength, core stabilization and strength

Preparation :

- Lie on your side with legs straight
- Place right elbow directly under the right shoulder for support



Movement:

- Draw your abdomen inward toward your spine
- For optimal postural alignment tighten buttocks and lift body up onto forearms
- While maintaining the abdominal draw-in contraction, hold your hips up for a directed amount of time
- Your spine should be in a neutral position from head to toe and your abs and glutes should remain tight
- Keep chin tucked in



Finish:

- Form is more important than how long or how much

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Coaching Tips: Lie on your side with your elbow under your shoulder. Tighten your abs and glutes then lift your hips off the floor, your feet and forearms should be holding you up. Keep abs tight and head in proper alignment. This exercise requires you to hold the position or the directed amount of time. Hold as directed then repeat on other side.

Arm Raises V-scaption (thumbs up)

Muscles worked:

- Great exercise to work upper back muscles, core, scapula control and strength

Preparation :

- Begin standing on both legs in good postural alignment, with weight in hands



Movement:

- Draw your navel towards your spine and squeeze your glutes for spinal stabilization
- Raise your arms keeping thumbs pointed up at the ceiling
- Do not allow your head to “jut” forward as you raise the dumbbells
- Maintain good posture and control the weights throughout the entire movement



Finish:

- Return to the starting position for a moment (do not lean forward or back to use momentum) then repeat

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Coaching Tips: Take dumbbells that you can easily control. Stand with good posture; engage core and glutes while slowly raising the weights with your thumbs pointed to the ceiling. Bring your hands to eye level then slowly return to the start position. Repeat as directed.

Bent-over Row (2 arm DB)

Muscles worked:

- Great exercise to work strength in back, legs and core

Preparation :

- Grasp a dumbbell in each hand
- Assume a 60-45 degree bent-over position (commonly known as a functional stance- feet hip width apart, head straight and shoulders back)



Movement:

- From the start position, draw your belly button inward toward your spine
- Maintaining optimal posture, pull the dumbbells toward your sides
- Focus on generating movement from your core instead of just pulling with your arms
- Pull the dumbbells to your sides, pause and return to starting position
- Maintaining good posture is the key to this exercise



Finish:

- Return to the starting position for a moment, and then repeat-- Maintain a slow, controlled pace
- Make sure to keep your shoulder blades down and back and your head straight extend your arms all the way straight on the return movement

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Coaching Ques: Select the appropriate weight. Grab a dumbbell in each hand, draw your abdominal muscles tight and bend forward to 45-60 degrees at the waist. Let your arms straighten towards the floor but still maintain good bent over posture and position. Keep the abs tight, head up and pull your hands towards your sides. You want to bring the dumbbells all the way to your sides, pause then slowly lower them to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.

Body Row

Muscles worked:

- Integrated total body training with an emphasis on back and core – for strength and improved function in the pulling motion

Preparation :

- Lie under bar so that the bar is at mid-chest level
- Hang from the bar with your hips off the floor and your legs straight
- Choose appropriate grip (under or overhand)



Movement:

- Perform row and lift body towards the bar
- The bar should meet the mid-chest
- Focus on pulling the body toward the bar; do not let your legs push you up
- AVOID Shrugging your shoulders before pulling yourself up, it should be a smooth action through
- Pause for a second at the top of the motion and then return to the starting position



Finish:

- Return to the starting position for a moment, and then repeat-- Maintain a slow, controlled pace
- Make sure to keep your shoulder blades down and back and your head straight extend your arms all the way straight on the return movement



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Coaching Tips: Adjust the bar to mid-thigh height. Grab the smith bar (be sure the bar is locked in place). Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible. Keep the abs tight, head up as you pull. Don't let your legs push you up, pull yourself, pause at the top of the motion, then slowly lower back to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.

Body Row (knees bent)

Muscles worked:

- Integrated total body training with an emphasis on back and core – for strength and improved function in the pulling motion

Preparation :

- Lie under bar so that the bar is at mid-chest level
- For beginners have your knees bent and feet flat on the floor
- Choose appropriate grip (under or overhand)



Movement:

- Perform row and lift body towards the bar
- The bar should meet the mid-chest.
- Focus on pulling the body toward the bar; do not let your feet push you up
- AVOID Shrugging your shoulders before pulling yourself up, it should be a smooth action through
- Pause for a second at the top of the motion and then return to the starting position



Finish:

- Return to the starting position for a moment, and then repeat-- Maintain a slow, controlled pace
- Make sure to keep your shoulder blades down and back and your head straight extend your arms all the way straight on the return movement



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Coaching Tips: Adjust the bar to mid-thigh height. Grab the smith bar (be sure the bar is locked in place). Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible. Keep the abs tight, head up as you pull. Don't let your feet push you up, pull yourself, pause at the top of the motion, then slowly lower yourself to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.

Captain Morgan Curls

Muscles worked:

- Great exercise for the biceps (short head), forearms, glutes, hips and core

Preparation :

- In a standing position, hold dumbbells at your side with your palms forward (thumbs out) and place one leg on a stable object at mid thigh height
- Shift your weight forward onto your front leg, taking your back leg into a stretch



Movement:

- Draw your abs tight and squeeze the glutes
- Perform a bicep curl by flexing the elbow while keeping the palms so that they face forward (thumbs out) at chest level
- Keep shoulder blades in neutral throughout the exercise. Pause on the top of the movement
- Slowly lower the dumbbells back to the side of the body by extending the elbows straight



Finish:

- Pause at the bottom briefly, and then repeat
- Maintain a slow, controlled pace
- Make sure to keep your shoulder and head in proper alignment-- do not use momentum to assist you-- let your arms do the work and your lower body the stabilizing

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Coaching Tips: Stand with dumbbells in your hands, palms facing forward (thumbs out). Place one leg up on a bench and slightly lean forward. Be sure to engage the core and squeeze the glutes, and then slowly pivot at the elbows and raise the dumbbells to your chest. Keep your palms facing forward and your shoulder blades down. Maintain a slow and controlled pace. Repeat with other leg up as directed.

Chest Press (Alternate Arm Feet Down)

Muscles worked:

- Great exercise for the core, chest, shoulders and triceps

Preparation :

- Lie on your back on the bench with your feet flat on floor or the bench, have dumbbells straight out over your



Movement :

- Draw your belly button inward toward your spine
- Keeping one arm straight, lower the other dumbbell to touch the outside of your chest, then push it back up
- Be sure to go slowly and keep the opposite arm straight in position throughout the motion
- Repeat the movement with the other arm
- Again, make sure to stabilize your extended arm and move the active dumbbell through a full range of motion
- Repeat as directed



Finish :

- Return to the starting position after each arm completes a movement
- Keep a slow and steady pace

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Coaching Tips: Lie on your back with your feet flat on the floor or bench (whichever you feel more comfortable with) Dumbbells should be straight out over your chest. Slowly lower one dumbbell to the outside of your chest while keeping the opposite arm straight and stable. Slowly bring the first dumbbell back to the starting position and repeat on the other side. It is very important to maintain a slow pace. Be sure to pause at the top of the motion to stay in control. Repeat as directed.

DB 9's

Muscles worked:

- Great exercise to get blood to the arms and work biceps

Preparation :

- Grab dumbbells and rest at your sides
- Activate core and glutes by drawing in navel towards the spine and squeezing the glutes



Movement:

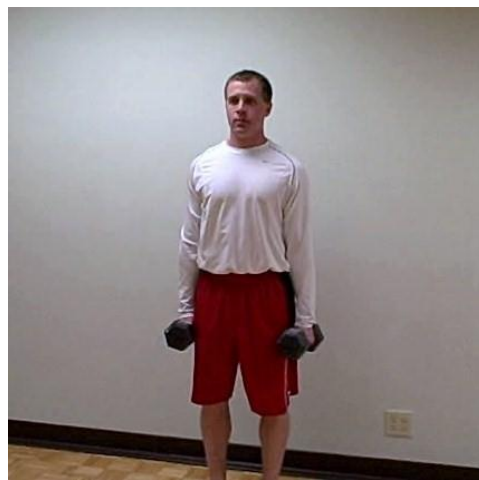
- Flex the elbow (one arm) to bring the dumbbell toward your shoulder
- Pause momentarily and slowly return to the starting position
- Perform 3 repetitions all on one arm, then repeat 3 repetitions with the other arm
- Be sure to head back, shoulders down, abs tight and glutes squeezed throughout the entire motion



Finish:

- Repeat 3 reps at a time with each arm until you reach the directed number. If the suggested reps call for 9 reps you will perform 3, 3 repetition movements with each arm
- Only lift as far as you feel comfortable, don't strain
- Quality is far more important than quantity, so once form has diminished discontinue the exercise

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Coaching Tips: Stand up straight with the dumbbells in your hands. Tighten your abs and glutes then slowly raise one dumbbell towards your shoulder. Pause on the top of the motion and repeat 2 more reps. After performing 3 reps on one side, repeat with 3 reps on the other. Continue with 3 rep groups until the directed number of reps is met. Maintain good, slow control.

Deadlift (Dumbbells)

Muscles worked:

- Great exercise to work strength in back, legs and core

Preparation :

- Feet may be placed around shoulder width or SLIGHTLY wider, with toes pointed forward
- Grab dumbbells and hold at your hips with palms facing in



Movement:

- From the start position, draw your belly button inward toward your spine
- Descend slowly by bending at the knees and hips
- During the descent, maintain weight distribution between the mid-foot and heels. Do not allow the feet or knees to cave inward or shift outward
- The knees should track over the second and third toe.
- Perform downward reps slowly
- Descend as far as you can control, pause, and slowly return to the starting position



Finish:

- Return to the starting position for a moment, and then repeat--maintain a slow, controlled pace
- Make sure to keep your head back (chin tucked) and abs tight

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Coaching Tips: Start with the dumbbells comfortably positioned at your hips with palms facing in. It is very important to keep your abs tight throughout the entire motion. Draw the abs in and slowly descend towards the floor, bend at the hip and knee, like you are to sit in a chair. Go as low as you comfortably can, pause, push through your feet and return to starting position. Do not lean forward or let your knees swing in or out. Keep a slow, controlled pace. Repeat as directed.

Incline Chest Press -DB

Muscles worked:

- Great exercise to work the chest, triceps and shoulders

Preparation :

- Sit on an incline (adjusted 45 to 60 degrees) bench with two dumbbells
- Position your feet straight-ahead and slowly lie on bench with proper posture
- Position dumbbells straight up at chest level



Movement:

- Brace the spine by drawing your navel towards the spine and squeezing the glutes
- Slowly lower the weight, maintaining the wrist position over the elbows
- Only move as far as you can maintain balance and stability
- Perform repetitions SLOWLY to enhance strength



Finish:

- Bring your hands back together, pause and then repeat
- It is important NOT to let your back arch at any time during the movement
- Keep feet pointing straight ahead

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Coaching Tips: Sit on the incline bench (adjusted to 45 to 60 degrees) with feet flat on the floor and dumbbells on your knees. Slowly lie back on the bench bringing the dumbbells straight up at chest level. Draw you abs in tight, squeeze the glutes then slowly lower the weights to the outside of your chest. Pause for a moment at the bottom of the movement, and then straighten your arms. Keep your feet on the floor and do not arch your back at any point in the motion. Maintain a slow, controlled pace. Repeat as directed.

Lat Pulldown

Muscles worked:

- Great exercise for isolated strength and hypertrophy of the lats, rear delts, and traps

Preparation :

- Place hands on bar at a grip a little wider than shoulder width and palms facing away from you
- Lean back just enough so that the bar descends in front of you (NOTE: This will vary from machine to machine)



Movement:

- From the start position, draw your belly button inward toward your spine
- Keep your head up, slowly start to pull the shoulder blades downward allowing your arms and the bar to follow
- Pause when the bar gets just below the chin
- Then slowly return to the starting position
- Do not allow head to “jet” forward



Finish:

- It is important NOT to let your back arch at any time during the movement
- Keep the movement slow and controlled to insure you don't use momentum
- Keep the shoulder blades down, your shoulders should not be by your ears

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Coaching Tips: Grasp the overhead bar with your palms facing away from you. Bring your shoulder blades down so they are not at your ears. Draw your abs tight and lean back slightly. Pull the bar slowly down towards your chin; be careful to not arch your back. As the bar gets below the chin, pause and slowly return to the starting position. Keep the abs tight and head looking forward throughout the motion. Maintain control of the motion to insure you don't swing. Repeat as directed

Lat Pulldown- Reverse Grip

Muscles worked:

- Great exercise for isolated strength and hypertrophy of the lats, biceps, rear delts, and traps

Preparation :

- Place hands on bar at a grip a little narrower than shoulder width and palms facing towards you
- Lean back just enough so that the bar descends in front of you (NOTE: This will vary from machine to machine)



Movement:

- From the start position, draw your belly button inward toward your spine
- Keep your head up, slowly start to pull the shoulder blades downward allowing your arms and the bar to follow
- Pause when the bar gets just below the chin
- Then slowly return to the starting position
- Do not allow head to “jet” forward



Finish:

- It is important NOT to let your back arch at any time during the movement
- Keep the movement slow and controlled to insure you don't use momentum
- Keep the shoulder blades down, your shoulders should not be by your ears

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Coaching Tips: Grasp the overhead bar with your palms facing towards you. Bring your shoulder blades down so they are not at your ears. Draw your abs tight and lean back slightly. Pull the bar slowly down towards your chin; be careful to not arch your back. As the bar gets below the chin, pause and slowly return to the starting position. Keep the abs tight and head looking forward throughout the motion. Maintain control of the motion to insure you don't swing. Repeat as directed

Lunges- Forward Walking (DB)

Muscles worked:

- Great exercise to work the glutes, hips, hamstrings, and functional leg strength

Preparation :

- Stand in proper alignment with dumbbells in hands, palms facing in



Movement :

- Draw your lower abdomen inward toward your spine (activating the deep stabilizing mechanism)
- Step forward and descend slowly by bending at the hips, knees and ankles
- During the descent keep your weight between the heel and mid-foot
- Do not allow the feet to cave inward or shift outward and the knees should track between the first and second toes
- Only descend down as far as you can maintain optimal alignment throughout the entire kinetic chain
- Keep upper torso straight, do not lean forward
- Push through the foot to return to the starting position
- Repeat on the other leg



Finish :

- Remember to keep abs "IN" and to breathe easy as you move
- Keep your head straight, don't let it "jut" forward

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Coaching Tips: Grasp dumbbells, one in each hand with palms facing in. Draw the abs tight and slowly step forward bending at the hip, knee and ankle. Drop the back knee toward the ground but do not let it touch. Pause for a second and push through the planted foot to return to the starting position. Keep your shoulders and head back, do not get your weight too far forward. Repeat on the other leg. Perform reps as directed.

Pull up

Muscles worked:

- Integrated total body movement with emphasis on the lats, core and arms

Preparation :

- Grasp bar overhead at slightly over shoulder width
- Keep palms facing away from you (over hand grip)
- Maintain a neutral spine from head to toe, AVOID SWINGING



Movement:

- Draw your abdomen inward toward your spine
- Pull body upward toward the ceiling keeping the abs tight
- Pull up to your chin, pause for a moment and slowly lower body back to the starting position



Finish:

- Form is more important than how long or how much
- Stay slow and controlled with your motion
- Do not swing

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Coaching Tips: Grasp the bar with an overhand grip allowing your feet to come off the floor. Stabilize your spine by tightening the abs and glutes then slowly pull your body towards the overhead bar. Bring your chin to the bar, pause and then slowly lower your body back to the starting position. Keep your movement under control so you don't swing on the bar. Repeat reps as directed.

Push-up

Muscles worked:

- Great exercise to build muscle and strength in chest, shoulders, core and triceps

Preparation :

- In a prone position, place hands a little wider than shoulder width
- Brace your body on your hands and toes, be sure to keep your body straight or slightly raised at the hips



Movement:

- Draw your abdomen inward toward your spine and tighten your butt
- Slowly lower your upper body to the ground, keeping your torso flat and straight
- Lower until your chest almost meets the ground and pause
- Keeping your abs and glutes tight slowly raise your upper body to the starting position
- Do not let the hips fall or raise, keep your body straight



Finish:

- Form is more important than how long or how much
- Perform each rep slowly with good control

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Coaching Tips: Lie on the floor with your body weight supported by your hands under your shoulders and your toes. Tighten your abs and glutes then slowly lower your upper body towards the floor. Your elbows should be outside your body. Lower till your chest is almost touching the floor, pause, and then push your upper body back to the starting position. Make sure your hips do not sink or elevate, keep your torso straight. Be sure to go slowly and keep the head up and back and your abs tight. Repeat as directed.

Push-up (hands on ball)

Muscles worked:

- Great exercise to build muscle and stabilizing strength in triceps, shoulders, core and chest

Preparation :

- Begin with the hands on the stability ball, shoulder width apart
- Ensure that the hands, elbow, and shoulders are straight in-line (as shown)
- It is recommended to begin with the feet shoulder width apart



Movement:

- Draw your abdomen inward toward your spine and tighten your butt
- Slowly lower your upper body to the ball, keeping your torso flat and straight
- Lower until your chest almost meets the ball and pause
- Keeping your abs and glutes tight slowly raise your upper body to the starting position
- Do not let the hips fall or raise, keep your body straight



Finish:

- Form is more important than how long or how much
- Perform each rep slowly with good control so you don't lose your balance
- You may want to widen your feet to give you better balance

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Coaching Tips: Place your hand shoulder width apart on a medium sized stability ball. Support your body weight through your hands and feet. Tighten your abs and glutes then slowly lower your upper body towards the floor. Your elbows should be outside your body. Lower till your chest is almost touches the ball, pause, and then push your upper body back to the starting position. Make sure your hips do not sink or elevate, keep your torso straight. Be sure to go slowly and keep the head up and back and your abs tight. Repeat as directed.

Row-One Arm DB

Muscles worked:

- Great exercise to work strength in back, legs and core

Preparation :

- Grasp a dumbbell in each hand.
- Step one foot in front of the other, staggered stance. Assume a 60-45 degree bent-over position (commonly known as a functional stance- feet hip width apart, head straight and shoulders back).



Movement:

- From the start position, draw your belly button inward toward your spine
- Maintaining optimal posture, pull the dumbbell toward your side
- Focus on generating movement from your core instead of just pulling with your arm
- Pull the dumbbells to your side, pause and return to starting position
- Maintaining good posture is the key to this exercise



Finish:

- Return to the starting position for a moment, and then repeat
- Maintain a slow, controlled pace
- Make sure to keep your shoulder blades down and back and your head straight extend your arm all the way straight on the return movement



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Coaching Tips: Select the appropriate weight. Grab a dumbbell, draw your abdominal muscles tight and bend forward to 45-60 degrees at the waist. Assume a staggered stance with one foot in front of the other. Let your arm straighten towards the floor but still maintain good bent over posture and position. Keep the abs tight, head up and pull your hand towards your side. You want to bring the dumbbell all the way to your side, pause then slowly lower to the starting position. Do all the directed reps on one side, then repeat on the other.

Seated Cable Row

Muscles worked:

- Great to strengthen the muscles of the back and shoulder blades

Preparation :

- Lean forward to grasp the handle, draw your abs tight then bring the handle back so that you are seated straight
- Keep your head back, shoulders down and relaxed



Movement:

- Row the handle by flexing your elbows and bringing the thumbs towards armpits while keeping the shoulder blades and traps down (relaxed)
- Avoid letting your back arch and/or head to jut forward
- Hold and then slowly return the arms to original position by extending the elbows



Finish:

- Maintain a slow, controlled pace
- Make sure to keep your shoulder blades down and back and your head straight
- Extend your arms all the way straight on the return movement

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Select the appropriate weight. To get into position: grab the handle, put your feet on the pedals, draw the abs tight and sit up straight. You will have resistance on the cable. Keeping the straight position, slowly pull your arms back to your armpits. Keep your shoulders down and relaxed throughout the motion. When the handles are back to the armpits, pause, and then slowly straighten your arms. You only need to return the handle (let the weight stack down) on the last rep. Repeat as directed.

Shrug to Calf Raise

Muscles worked:

- Great exercise to strengthen traps, grip and calves

Preparation :

- Feet may be placed around shoulder width or SLIGHTLY wider, with minimal external rotation (NOTE: The wider the stance the more you should rotate your feet out to maintain alignment at the knees)
- Grab dumbbells and hold at your sides, palms facing inward



Movement:

- From the start position, draw your belly button inward toward your spine
- Shrug your shoulders toward your ears and hold
- Rise on your toes to calf raise; maintain weight distribution on your toes
- The knees should be straight
- Pause for a moment on your toes and slowly lower to the starting position (be sure to relax the traps also)



Finish:

- Return to the starting position for a moment, and then repeat--maintain a slow, controlled pace
- Make sure to keep your head up and abs tight
- Repeat as directed

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Start with the dumbbells comfortably positioned at your hips, palms facing in and legs straight. Draw the abs in tight and raise your shoulders to your ears. Hold that position and then push through your toes to raise your heels from the floor. Pause at the highest point, and then slowly lower yourself to the starting position. Maintain a slow, controlled pace throughout the rep. Keep your abs tight and head up. Repeat as directed.

Single leg touchdown with dumbbell

Muscles worked:

- Integrated total body movement with emphasis in glutes, quads and hamstrings

Preparation :

- Begin balanced on one leg and dumbbell in the opposite hand



Movement:

- Draw your abdomen inward toward your spine
- Controllably, squat down bending the ankle, knee, and hip while reaching toward, OR, touching your toe with the opposite hand or dumbbell
- While maintaining tight abs, activate glutes & return to starting position



Finish:

- Form is more important than how long or how much
- Stay slow and controlled

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Begin balanced on one leg and a dumbbell in the opposite hand. Draw your abdomen inward toward your spine. Controllably, squat down bending the ankle, knee, and hip while reaching attempting to touch your toe with the opposite hand or dumbbell. Pause for a moment on the bottom of the motion and return to the starting position. Stay balanced on one leg until all reps are complete. Finish all reps on one leg then repeat as directed on the other.

Squat to Press (DB)

Muscles worked:

- Great exercise to work the total body

Preparation :

- Stand in proper alignment with dumbbells at shoulders and palms facing in



Movement :

- This exercise involves performing a squat, then a dumbbell shoulder press
- Start with light weights (30% of normal shoulder press weight is recommended) at shoulder height
- Perform dumbbell squat
- As you ascend from the squat, use that momentum as you perform a Db shoulder press
- Lowering the dumbbells back to the shoulders completes one rep
- Perform desired reps
- Be sure that you do not excessively arch the lower back during the press or let the weights fall forward during the squat



Finish :

- Remember to keep abs "IN" and to breathe easy as you move
- Keep your head straight, don't let it "jut" forward

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Grasp dumbbells, one in each hand with palms facing in. Draw the abs tight and slowly squat, bend the knees and hips only go as low as you feel comfortable. Return from the squat and press the dumbbells over head, pause for a second and slowly return the weight to your shoulders. You must make sure that your abs are tight for the entire range of motion. Do not over arch your back or let the weights bring you forward. Perform reps as directed.

Front Squats (Dumbbells)

Muscles worked:

- Great exercise to work strength in back, legs and core

Preparation :

- Feet may be placed around shoulder width or SLIGHTLY wider, with minimal external rotation (NOTE: The wider the stance the more you should rotate your feet out to maintain alignment at the knees)
- Grab dumbbells and hold end to end just above your chest with your palms facing you



Movement:

- From the start position, draw your belly button inward toward your spine
- Descend slowly by bending at the knees and hips
- During the descent, maintain weight distribution between the mid-foot and heels. Do not allow the feet or knees to cave inward or shift outward
- The knees should track over the second and third toe
- Perform downward reps slowly
- Descend as far as you can control, pause, and slowly return to the starting position



Finish:

- Return to the starting position for a moment, and then repeat
- Maintain a slow, controlled pace
- Make sure to keep your head up and abs tight

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Start with the dumbbells comfortably positioned at your shoulders, end to end with your palms facing you. It is very important to keep your abs tight throughout the entire motion. Draw the abs in and slowly descend towards the floor, bend at the hip and knee, like you are to sit in a chair. Go as low as you comfortably can, pause, push through your feet and return to starting position. Do not lean forward or let your knees swing in or out. Keep a slow, controlled pace. Repeat as directed.

Straight Arm Pushdown

Muscles worked:

- Great for working strength of triceps

Preparation :

- Standing in proper posture, bend slightly forward at the hip (not the spine)
- Hands should be shoulder-width apart. Use a neutral grip, palms toward floor
- Slightly bend the knees to establish a stable stance



Movement:

- From the start position, draw your belly button inward toward your spine. While maintaining shoulder position, and keeping your arms straight, pull your hands to your thighs
- Keep your arms straight, head back and shoulders down
- Pause at the bottom of the motion and slowly return hands to the starting position



Finish:

- Form is more important than how long or how much
- Perform each rep slowly with good control

Check out www.FireRescueFitness.com for [Exercise Videos](#)



Coaching Tips: Stand up straight; grab the cable bar with palms facing the floor. Draw your abs and glutes tight and push hands straight toward the floor, keeping your arms straight. Pause at the bottom of the motion, emphasize the straight arms, and then slowly raise your hands to the starting position. Maintain good posture and a slow controlled pace. Repeat as directed.

Triceps Pushdown

Muscles worked:

- Great for working strength of triceps

Preparation :

- Standing in proper posture, bend slightly forward at the hip (not the spine)
- Hands should be shoulder-width apart. Use a neutral grip, palms toward floor
- Slightly bend the knees to establish a stable stance



Movement:

- From the start position, draw your belly button inward toward your spine
- While maintaining shoulder position, extend elbows (hands moving until your arms are straight)
- Do not move the shoulders-- All motion comes from elbows
- Pause at the bottom of the motion and slowly return hands to the starting position
- Avoid the tendency to “unwind” at the end of extension (which occurs when the shoulder internally rotate as the elbow nears full extension)



Finish:

- Form is more important than how long or how much
- Perform each rep slowly with good control

[Check out www.FireRescueFitness.com for Exercise Videos](http://www.FireRescueFitness.com)



Coaching Tips: Stand up straight; grab the cable bar with palms facing the floor. Draw your abs and glutes tight and push hands straight toward the floor. Pause at the bottom of the motion, emphasize the triceps contraction, and then slowly raise your hands to the starting position. Maintain good posture and a slow controlled pace. Repeat as directed.

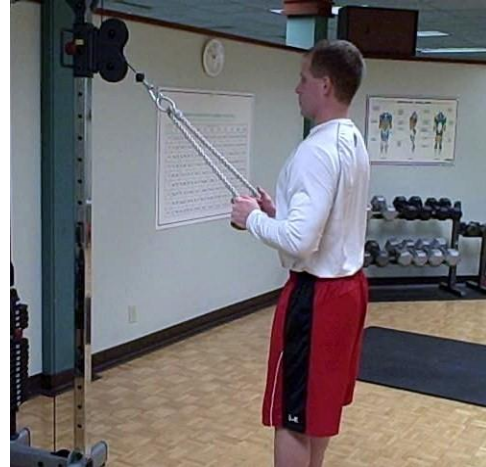
Triceps Pushdown (rope)

Muscles worked:

- Great for working strength of triceps

Preparation :

- Stand up straight
- Hands should be shoulder-width apart--grip the rope with palms facing in
- Slightly bend the knees to establish a stable stance



Movement:

- From the start position, draw your belly button inward toward your spine. While maintaining shoulder position, extend elbows (hands down and out)
- Do not move the shoulders. All motion comes from elbows
- Pause at the bottom of the motion and slowly return hands to the starting position
- Avoid the tendency to “unwind” at the end of extension (which occurs when the shoulder internally rotate as the elbow nears full extension)



Finish:

- Form is more important than how long or how much
- Perform each rep slowly with good control

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Stand up straight; grab the rope with palms facing in. Draw your abs and glutes tight and push hands straight down and out toward the floor. Pause at the bottom of the motion, emphasize the triceps contraction, and then slowly raise your hands to the starting position. Maintain good posture and a slow controlled pace. Repeat as directed.

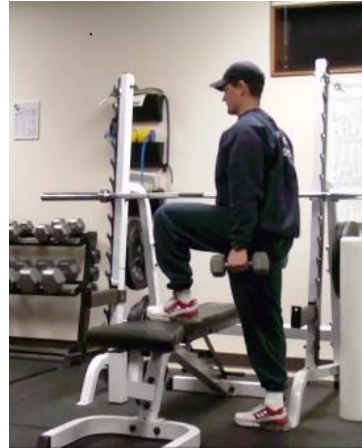
Step Ups (12-16 inch bench)

Preparation :

Find a 12 to 16 inch bench or step to perform the exercise

Stand up straight while holding a dumbbell on each hand (palms facing the side of your legs).

Place one foot on the elevated platform/ bench or step.



Movement :

Draw your belly button inward toward your spine.

Press through your heel as you drive your body up toward the platform. Bring your opposite leg up to the platform.

Pause then SLOWLY lower your body back to the floor.

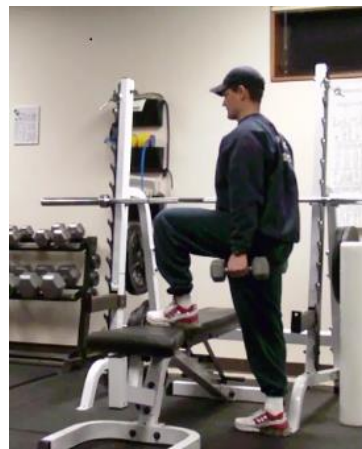
Be sure to SLOWLY lower your leg down and not bounce once the leg touches the ground.



Finish :

Keep torso upright during exercise. Lead knee should point same direction as foot throughout movement.

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com) for [Exercise Videos](#)



Coaching Tips: Place foot of first leg on bench. Stand on bench by extending hip and knee of first leg and place foot of second leg on bench. Step down with second leg by flexing hip and knee of first leg. Return to original standing position by placing foot of first leg to floor. Repeat all the reps on one leg first then perform the same number on the opposite leg. Stepping distance from bench emphasizes Gluteus Maximus; stepping close to bench emphasizes Quadriceps.

Goblet Squat

Preparation :

Grab a dumbbell and hold it vertically in front of your chest, with your feet slightly wider than shoulder-width apart.



Movement :

Draw your belly button inward toward your spine.

Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor.

Pause, then push yourself back up to the start. If that's too hard, do a bodyweight squat instead.



Finish :

Keep your belly button drawn in throughout the entire motion. Be sure to stand up straight between reps.

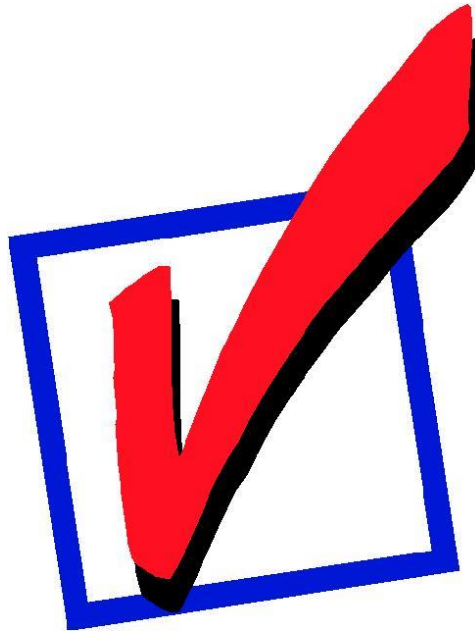
If this exercise is too difficult, perform a bodyweight prisoner squat instead.

[Check out www.FireRescueFitness.com](http://www.FireRescueFitness.com)
[for Exercise Videos](#)



Coaching Tips: Grab a dumbbell and hold it vertically in front of your chest, with your feet slightly wider than shoulder-width apart. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, then push yourself back up to the start. Your elbows should point down to the floor and your torso should remain as upright as possible.

Workout Log Sheets



Research shows that people that use workout log and journals are more successful than those that don't.

Perform the workouts; use the log sheets on the following pages to record your progress. I also included summaries and pictures of the various exercises of the programs, use these for reference.

Good luck, train hard, and stay consistent.....

BE FIT FOR DUTY

Ladder Two Workout #1		Workout Plan			Date:	Date:	Date:	Date:	Date:					
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Week 1		Week 2		Week 3		Week 4		Week 5	
					Actual Workout Results									
					Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps
Warm-up														
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up													
Core Exercises														
Core Exercises	Core Circuit #1													
	Core Circuit #2													
Strength Exercises														
Set #	Perform each exercise with great form, posture and intensity!	1 st Workout			Actual Workout Results									
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps
					Week 1		Week 2		Week 3		Week 3 (2)		Week 4	
1														
2														
3														
1														
2														
3														
1														
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3														
1														
2														
3														
1														
2														
3														
1														
2														
3														
Workout Notes														

Interval Overhaul(s)	Workout Plan			Date:	Date:	Date:	Date:	Date:
	Time	Level	Weight	Workout Day 10	Workout Day 12	Workout Day 15	Workout Day 17	Workout Day 19
Perform each exercise with great form, posture and intensity!	Actual Workout Results							
	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps
Warm-up								
Start with 2 minutes to warm up								
Interval Overhaul								
Progress at your own pace...	Exercise							
	#1 Interval Exercise							
	Go #1							
	Rest #1							
	#2 Interval Exercise							
	Go #2							
	Rest #2							
	#3 Interval Exercise							
	Go #3							
	Rest #3							
	#4 Interval Exercise							
	Go #4							
	Rest #4							
	#5 Interval Exercise							
	Go #5							
	Rest #5							
	#6 Interval Exercise							
	Go #6							
	Rest #6							
	#7 Interval Exercise							
Go #7								
Rest #7								
#8 Interval Exercise								
Go #8								
Rest #8								
#9 Interval Exercise								
Go #9								
Rest #9								
#10 Interval Exercise								
Go #10								
Rest #10								
Cool down for 2-5 minutes								
Workout Notes								

Interval Overhaul(s)	Workout Plan			Date:	Date:	Date:	Date:	Date:
	Time	Level	Weight	Workout Day 22	Workout Day 24	Workout Day 26	Workout (Day __)	Workout (Day __)
Perform each exercise with great form, posture and intensity!	Actual Workout Results							
	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps
Warm-up								
Start with 2 minutes to warm up								
Interval Overhaul								
Progress at your own pace...	Exercise							
	#1 Interval Exercise							
	Go #1							
	Rest #1							
	#2 Interval Exercise							
	Go #2							
	Rest #2							
	#3 Interval Exercise							
	Go #3							
	Rest #3							
	#4 Interval Exercise							
	Go #4							
	Rest #4							
	#5 Interval Exercise							
	Go #5							
	Rest #5							
	#6 Interval Exercise							
	Go #6							
	Rest #6							
	#7 Interval Exercise							
	Go #7							
Rest #7								
#8 Interval Exercise								
Go #8								
Rest #8								
#9 Interval Exercise								
Go #9								
Rest #9								
#10 Interval Exercise								
Go #10								
Rest #10								
Cool down for 2-5 minutes								
Workout Notes								

Cardio Intervals		Workout Plan			Date:	Date:	Date:	Date:	Date:	
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 2	Workout Day 4	Workout Day 9	Workout Day 11	Workout Day 16		
				Actual Workout Results						
	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps
Interval Summary										
Progress at your own pace...	<i>Warm up Exercise</i>									
	#1 Interval Exercise									
	Go #1									
	Rest #1									
	#2 Interval Exercise									
	Go #2									
	Rest #2									
	#3 Interval Exercise									
	Go #3									
	Rest #3									
	#4 Interval Exercise									
	Go #4									
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	#5 Interval Exercise									
	Go #5									
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	#6 Interval Exercise									
	Go #6									
	Rest #6									
	#7 Interval Exercise									
	Go #7									
	Rest #7									
	#8 Interval Exercise									
	Go #8									
Rest #8										
#9 Interval Exercise										
Go #9										
Rest #9										
#10 Interval Exercise										
Go #10										
Rest #10										
<i>Cool Down Exercise</i>										
Workout Notes										

Cardio Intervals		Workout Plan			Date:	Date:	Date:	Date:	Date:	
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 18	Workout Day 23	Workout Day 25	Workout Day ??	Workout Day ??		
				Actual Workout Results						
	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps
Interval Summary										
Progress at your own pace...	<i>Warm up Exercise</i>									
	<i>#1 Interval Exercise</i>									
	Go #1									
	Rest #1									
	<i>#2 Interval Exercise</i>									
	Go #2									
	Rest #2									
	<i>#3 Interval Exercise</i>									
	Go #3									
	Rest #3									
	<i>#4 Interval Exercise</i>									
	Go #4									
	Rest #4									
	<i>#5 Interval Exercise</i>									
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	<i>#6 Interval Exercise</i>									
	Go #6									
	Rest #6									
	<i>#7 Interval Exercise</i>									
	Go #7									
	Rest #7									
	<i>#8 Interval Exercise</i>									
	Go #8									
Rest #8										
<i>#9 Interval Exercise</i>										
Go #9										
Rest #9										
<i>#10 Interval Exercise</i>										
Go #10										
Rest #10										
<i>Cool Down Exercise</i>										
Workout Notes										

Steady State Cardio	Workout Plan	Date:	Date:	Date:	Date:	Date:					
Remember to use good posture when running or biking		Workout Day 6	Workout Day 13	Workout Day 20	Workout Day 27	Workout Day ??					
		Actual Workout Results									
		Time	Level/ Dist.	Time	Level/ Dist.	Time	Level/ Dist.	Time	Level/ Dist.	Time	Level/ Dist.
Warm-up for a minimum of 5 minutes											
	<i>Exercise</i>										
Workout Notes											

Ladder Two Workout

Exercise Substitutions

Here is a list of exercises that you can substitute for each of the 28-Quickstart workouts. Exercises highlighted in blue link to videos demonstrating them. Remember regardless of the exercise, you must control the motion of the exercise, along with your posture and core throughout the range of motion.

Exercise from Workout #1 Program	Substitution #1	Substitution #2
Incline DB Chest Press	Push-ups (feet on bench or ball)	Bench Press
Smith Bar Body Rows	DB Two Arm Rows	Pull-ups
Squat with Press	DB Deadlift to Press	Standing Press (one leg up)
Seated Cable Row	Bent Over DB Row (staggered stance)	Pull up
Captain Morgan Curls	Cable Bicep Curls	EZ Bar Bicep Curls
Walking Lunges- hold weights	Squats	Split Squats
Triceps Cable Pushdowns	DB Tricep Skulls	Push-up (narrow grip)
Exercise from Workout#2 Program	Substitution #1	Substitution #2
DB Alternate Arm Chest Press	Push-ups (hands on ball)	TRX Push-ups
One Arm DB Rows	Lat Pulldowns	Pull up
Goblet Squats	lunges	DB Front Squats
Arm Raises V-scaption (thumbs up)	Ball t's	Ball Y's
Lat Pulldown -reverse Grip	One Arm DB row	Body Row
Step-ups	Single Leg Touchdowns	Single leg squats
Standing DB Hammer Curls	Standing DB Bicep Curls	Incline DB Bicep Curls
Triceps Pushdown- rope	EZ Bar Tricep Extension	Two Hand Bent over Tricep Kickbacks

Please email me (ZamzowFitness@gmail.com) if you have further questions.

Stay Safe and Healthy,

A. Zamzow

10 Healthy Firehouse Recipes

Here are 10 great options for cooking at the firehouse (or your own house). Please note the serving sizes; you may have to adjust the ingredient amounts to fit the size of your crew. ENJOY!

Breakfast/ Brunch Recipes

Broccoli Spears Omelet

Ingredients (makes 2 servings)

- 5 eggs
- ½ fistful of parsley
- Splash of soy sauce
- 2 tsp of olive oil
- 2 Tbsp broccoli florets
- 5 asparagus spears (chopped)
- ¼ string beans, halved
- ½ cup spinach
- 1 glove of garlic, chopped
- Dash of black pepper

Directions

1. Mix the eggs, parsley and soy sauce in a bowl.
2. Coat a skillet with the olive oil and sauté the broccoli, asparagus, beans, spinach, garlic, and black pepper for 5 minutes.
3. Pour the egg mixture over the vegetables. Stir it for about 30 seconds and then let it sit for a minute. Stir it again until the eggs firm up and then let it sit for another minute. Then fold it and remove from pan. Enjoy.

Sausage & Cheese “Muffins”

Ingredients (makes 4-5 servings)

- 4 ounces turkey sausage or crumbled turkey bacon
- 5 large eggs
- ½ cup (2---oz.) shredded reduced---fat cheddar cheese
- ½ green bell pepper, chopped
- ¼ onion, chopped
- 1 can (12---oz.) sliced mushrooms, drained

Directions:

1. Preheat the oven to 350°F.
2. Coat a 6---cup nonstick muffin pan with cooking spray, or line with paper baking cups.
3. In a medium nonstick skillet over medium---high heat, cook the sausage, pepper, and onion for 5 minutes or until the sausage is no longer pink.
4. Spoon the mixture into a bowl and cool slightly. Stir in the eggs and mushrooms.

5. Evenly divide the mixture among the prepared muffin cups. Sprinkle with the cheese.
6. Bake for 20 minutes or until the egg is set.

Healthy Snack Recipes

Holy Granoly

(Here is a great option for a healthy snack. It takes a little time to cook so I recommend cooking a bunch, storing and using for a snack all week long.)

Ingredients (4-6 servings)

- 3 cups oats
- ½ cup unsalted almonds, roasted
- 3 Tbsp whole flaxseeds
- 1 tsp ground cinnamon
- 1 cup toasted wheat germ
- 4 scoops vanilla whey protein powder
- 2 Tbsp brown sugar
- 3 Tbsp honey
- 3 Tbsp dried cranberries
- 3 Tbsp dates, chopped
- 2 Tbsp raisins
- 1 cup water

Directions

1. Preheat the oven to 350
2. In a large bowl, mix together the oats, almonds, flaxseeds, cinnamon, wheat germ, protein powder, brown sugar, honey and water.
3. Coat a large baking pan with cooking spray. Add the mixture and spread it form edge to edge to create an even layer.
4. Bake for 90 minutes, stirring every 15 minutes, until all the granola is browned and crunchy. If it's not crunchy after 90 minutes, bake for 15 minutes longer while watching to make sure that it doesn't get too dark
5. Remove from the oven and allow it to cool completely.
6. Add the cranberries, dates, and raisins. Stir to mix.

Avocado Wraps

(This is an easy, healthy snack.)

Ingredients (serves 4-6 per avocado)

- Avocado, sliced lengthwise (make sure to peel skin and de-pit)
- 8 deli turkey slices
- Toothpicks

Directions

1. Take slice of avocado and wrap with a slice of turkey.
2. Use toothpicks to keep wrap sealed.

Lunch Recipes

Sunrise Casserole

Ingredients (serves 4)

- 1 large onion, chopped
- 1 green or red bell pepper, chopped
- 6 ounces low-fat turkey sausage, cut into bite-size pieces
- ¼ teaspoon ground sage
- 2 ½ cups 1% milk
- ¾ cup liquid egg substitute
- ½ cup (2 ounces) cubed low-fat cheddar cheese
- ¼ teaspoon salt
- 4 cups bread cubes, crusts removed

Directions

1. Preheat the oven to 350°F. Coat an 8" x 8" baking dish with nonstick spray.
2. Coat a large nonstick skillet with nonstick spray. Set over medium-high heat. Add the onion and bell pepper. Cook for 3 to 4 minutes, or until almost soft. Add the sausage and sage. Cook, stirring often, for 5 minutes, or until the sausage is no longer pink.
3. Meanwhile, in a large bowl, combine the milk, egg substitute, Cheddar, and salt. Add the bread cubes and the sausage mixture. Stir to mix, making sure that the bread cubes are moistened. Pour into the prepared baking dish. Press with the back of a spoon to pack the mixture.
4. Bake for 35 to 40 minutes, or until browned and slightly puffed.

Heart Healthy Chicken Sandwich

Ingredients (serves 4)

- 2 tablespoons nonfat plain yogurt
- 2 tablespoons light mayonnaise
- 1/3 cup chopped celery
- 2 tablespoons finely chopped onions
- 1 (9.75 ounce) can Swanson® Premium Chunk Chicken Breast in Water, drained
- 8 slices Pepperidge Farm® Whole Grain 100% Whole Wheat Bread
- 8 slices tomatoes
- 4 lettuce leaves

Directions

1. Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
2. Divide the chicken mixture among 4 bread slices.
3. Top with the tomato, lettuce and remaining bread slices

Healthy Sloppy Joes

Ingredients (serves 4)

- Pound of meat (turkey or beef)
- 2 cloves of garlic

1 medium onion shredded
1 cup of Ketchup (organic)
1 tablespoon YELLOW mustard
1 tablespoon brown sugar
Couple dashes of hot sauce
1 diced green pepper

Directions

1. Brown meet in a large skillet, add onions and peppers, continue to stir on medium heat.
2. Add sugar and garlic and mustard...stir well. Enjoy.

Dinner Recipes

Healthy Turkey Loaf

Ingredients (serves 4)

½ pound ground turkey
1 egg
¼ cup salsa
1/8 cup chopped red bell pepper
1/8 cup chopped yellow bell pepper
¼ cup chopped onion
¼ cup dry bread crumbs
Lemon pepper to taste

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl combine the turkey, egg, salsa, red bell pepper, yellow bell pepper, onion, bread crumbs and lemon pepper. Mix well with hands until blended. Press mixture into a loaf pan.
3. Bake in the preheated oven for 25 minutes.

Grilled Fish with Asparagus

Ingredients (serves 4)

5 medium lemons, divided
½ cup Sun---Dried Tomato Dressing
4 firm---textured fish fillets (1 lb.), such as cod, tilapia or salmon
1 lb. asparagus, trimmed

Directions:

1. Squeeze juice from 1 of the lemons; mix with the dressing. Pour half of the dressing mixture into large re-sealable plastic bag. Add fish fillets; seal bag. Marinate in refrigerator at least 15 min. Cover and refrigerate remaining dressing mixture for later use.
2. Meanwhile, preheat grill to medium heat. Cut each of the remaining lemons into 4 slices. Remove fish from marinade; discard bag and marinade. Place 8 of the lemon slices on grill grate; top with the fish. Brush with some of the reserved dressing mixture. Cover grill with lid. Grill fish 5 min.; turn over. Add remaining 8 lemon slices and the asparagus to grill.
3. Grill an additional 5 min. or until fish flakes easily with fork and asparagus is crisp---tender, brushing with the reserved dressing mixture.
4. Remove fish, lemon slices and asparagus from grill. Discard lemon slices under fish. Serve remaining lemon slices with fish and asparagus.

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By

Aaron Zamzow

Firefighter/ EMT, B.S Health and Wellness, N.A.S.M.-CPT

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