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# The FireRescue Fitness 28-day Quickstart Program

By  
**Aaron Zamzow**

**Quick Reference Guide and Log Sheets**

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## **Quick Reference Guide and Log Sheets**

**This booklet should be used in conjunction with the Fire Rescue Fitness  
28-day Quickstart Program  
(You can receive a FREE copy of the program [HERE](#))**

Please direct your friends to [www.FireRescueFitness.com](http://www.FireRescueFitness.com) to get their FREE Copy of the [FRF 28-day Quickstart Program.](#)

By

Aaron Zamzow

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

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# The Workouts

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



**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**

## **Workout Summaries**

### **Quickstart-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. Perform workout intervals starting the second week you can create your own or use the suggestions from the program. Start slow with the intervals and slowly challenge yourself.

### **Quickstart-Workout #2**

You made it to number 2. This second workout will introduce you to circuit strength training. You will perform two sets of each exercise, following the rest intervals. When finished with 2 sets of each, you will then perform a 3<sup>rd</sup> 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 3<sup>rd</sup> or 4<sup>th</sup> week. These exercises are slightly different from Workout 1. Be sure you understand the proper forms. Start to incorporate the interval overhauls in week two, start slow and progress at an easy pace.

### **Cardio Intervals**

Choose the level that meets your current level of fitness. Progress slowly on the intervals, when in doubt error by using shorter work periods and longer rest. Give yourself a couple of interval workouts before you adjust to more demanding exercises and/or times. Remember to warm up and cool down and utilize stretching on these days.

Workout OS#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
<b>Warm-up</b>														
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up													
<b>Core Exercises</b>														
Core Exercises	Core Circuit #1													
	Core Circuit #2													
<b>Strength Exercises</b>														
Set #	Perform each exercise with great form, posture and intensity!	1 <sup>st</sup> 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														
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1														
2														
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					
				Actual Workout Results									
Perform each exercise with great form, posture and intensity!				Time	Level/ Reps	Time	Level/ Reps	Time	Level/ Reps	Time	Level/ Reps	Time	Level/ Reps
<b>Warm-up</b>													
Start with 2 minutes to warm up													
<b>Interval Overhaul</b>													
<b>Progress at your own pace...</b>	<i>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>												
	Go #5												
	Rest #5												
	<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													
Cool down for 2-5 minutes													
Workout Notes													

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

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		
<b>Interval Summary</b>															
<b>Progress at your own pace...</b>	<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>														
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	Rest #4														
	<i>#5 Interval Exercise</i>														
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	<i>#6 Interval Exercise</i>														
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	Rest #6														
	<i>#7 Interval Exercise</i>														
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	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															

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

# (Coaching sheets)

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



# Warm-up Exercises

## Chest Hugs



**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



**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



**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)



**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



**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



**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 on the other side as directed.



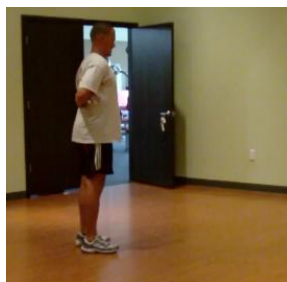
## Straight Leg Raises



**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



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.



## Core Exercises

### Ball Crunch (with weight)



**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 on ball)



**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



**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)



**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)



**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



**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)



**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. Perform reps as directed.



### Opposite Arm- Leg Raises (over ball)



**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)



**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)



**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)



**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.



## Strength Exercises

### Arm Raises V-scaption (thumbs up)



**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)



**Coaching Tips:** 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



**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)



**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



**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)



**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 (Standing DB Hammer Curls)



**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)



**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)



**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 your 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



**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)



**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)



**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



**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



**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)



**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.



## One Arm DB Row (staggered stance)



**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



**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.



## DB Shrug to Calf Raises



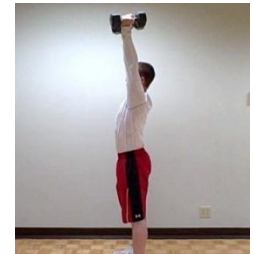
**Coaching Tips:** Start with the dumbbells comfortably positioned at your hips, palms facing in and legs straight. Draw the abs in tight and raise your shoulders to your ears. Hold that position and then push through your toes to raise your heels from the floor. Pause at the highest point, and then 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.



## Squat to Press



**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.



## Goblet Squat



**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.



## Straight Arm Pushdown



**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.



## Tricep Pushdown



**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.



## Tricep Pushdown (rope)



**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)



**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.



*Good luck, I know that if you follow the program, YOU WILL:*

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*Have a Stronger Core*

*Have More Energy*

*Prolong Your Career*

*Look...and Be Fit for Duty*

*Stay Safe and Healthy,*

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