



ARE YOU FRF?

Take the Get FRF Challenge 5-Exercise Bodyweight Test.



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How to perform the FRF 5 Exercise Bodyweight Test

You will perform 5 different exercises: the push-up, body row, prisoner squat, burpee, and the plank. The only equipment needed is a place to do body rows. You can use some webbing tied to the engine or truck or a squat rack. The object is to perform as many (good quality) reps as possible of each exercise for 1-minute with 1-minute of rest between exercises. For the plank test, hold the plank as long as you can (make sure your hips do not sag). The test should only take you around 15 minutes total. As with any workout you should perform an active movement warm-up to make sure your muscles are ready for the test.

Active Warm-ups and Prehab.

Before you start the tests, you want to do 2 circuits of these exercises. They will help warm the body to prepare you, not fatigue you, for the test.






- Y-squats (10 reps)
- Step forward toe reach (5 reps each leg)
- Spidermans (5 reps each leg)
- Knees side to side. (5 reps each leg)

Perform the warm-up exercises in a circuit. You only need to perform them 2x each, go right from one exercise to the next. After completing the warm-up, perform the rest of the assessment.



The FRF 5 Exercise Bodyweight Test – Active Warm-up Exercises

Perform the active warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or “tight” from a previous shift or workout. Click on the [blue](#) exercise to see a video of it in action.

<p style="text-align: center;">Y Squats (10 reps)</p> <p><i>Click on the blue exercise to see a video of it in action</i></p>	<p>Coaching Tips: Stand with your feet shoulder-width apart then raise your hands wider than shoulder width above your head. Keep your neck and shoulders relaxed, 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. Be sure to stand up straight between reps.</p>	
<p style="text-align: center;">Step Forward Toe Touch (5 reps each side)</p>	<p>Coaching Tips: Start in a standing position, head and shoulders back, abs tight. Step forward with one leg (the further you step the more stretch you get) bend forward at the waist and reach both arms toward the forward foot. Be sure to keep your back straight (do not round your back), core “tight” and front knee slightly bent. Hold the stretch for 2-3 seconds then return to the standing position. Repeat the other leg.</p>	
<p style="text-align: center;">Spiderman’s (5 resp each side)</p>	<p>Coaching Tips: Start in a push-up position, take 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.</p>	
<p style="text-align: center;">Knees Side to Side (5 reps each side)</p>	<p>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. Do not force or bounce into the stretch. Repeat as directed.</p>	
<p style="text-align: center;">Foam Roll (10x over trouble spots)</p>	<p>Coaching Tips: Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It’s a good hurt.</p>	

Test #1. Push-ups - Assessing your level of fitness isn't just about lifting as much weight as possible, it's also about how strong you are relative to your body weight. The push-up test is a basic fitness test used by coaches, trainers and athletes to assess upper body fitness and to monitor progress during strength and fitness training. This simple test helps you compare your own upper body muscular endurance to others of your age and gender, and track your fitness program over time. This simple exercise engages muscles throughout the entire body -- from head to toe -- to maintain a rigid position.

How to Test

To perform the test, simply execute as many good-form push-ups as you can. Don't cut corners and please don't cheat. Get on the floor and position your hands slightly wider than your shoulders. Raise up onto your toes so you are balanced on your hands and toes. Keep your body in a straight line from head to toe without sagging in the middle or arching your back. Starting from the up position, lower your body until your upper arms are parallel to the ground (chest is about 2 inches above the floor) in the down position. You will then return to the up (starting) position. In the up position, your elbows must be extended, to count. This is one repetition. The total number of correct push-ups in one minute is your score.



Push-ups FRF Score

31 reps (or more) = 3 points
21-30 reps = 2 points
10-20 reps = 1 point
9 reps and below = 0 points

Test #2. Body Rows- As mentioned above, a great measure of an athletes' true functional strength is their ability to move their own body weight. Body rows are one of the functionally best ways to measure the upper body strength of the "pulling muscles". The

body row is a great testing option because it also challenges grip strength and endurance, two needed traits on the fireground.

How to Test

You can perform this exercise with TRX suspension equipment, webbing, or from a squat rack. Adjust the bar or straps to mid-thigh height so when starting the exercise, your body will be at a 45-degree angle to the ground. After you adjust the bar/ suspension height, grab the handles or bar, draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar or handles keeping your traps as relaxed as possible. Don't let your legs push you up, pull yourself, pause at the top of the motion, then lower back to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed. The number of times you pull your chest to the bar or handles (while in the correct posture) in one minute is your score.



<u>Body Rows FRF Score</u>
26 and over = 3 points
16-25 reps = 2 points
6-15 reps = 1 point
5 reps or below = 0 points

Test #3. Prisoner Squats - The bodyweight squat is a lower body movement that measures lower body strength and endurance- two traits that fire rescue athletes need on any fire or rescue scene. It's a highly functional movement working all the major muscles of the legs. How many squats can you do in a minute?

How to Test

Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. 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. Focus on keeping your elbows pulled back and your chest up.

Pause, then push yourself back up to the start. Be sure to stand up straight between reps. Keep doing this until you're fatigued or until the minute ends. Record the number of complete squats you complete in one minute.



Prisoner Squat FRF Score

31 and over = 3 points

21-30 reps = 2 points

10-20 reps = 1 point

9 reps or below = 0 points

Test #4. Burpees - Burpees may be the one exercise everyone loves to hate, but they are certainly effective. This move works your entire body. The burpee not only increases and improves muscle strength, but heart and lung strength, agility, flexibility, fast-twitch muscles, endurance, and stamina. It can be one of the ultimate fitness tests.

How to Test

The standard starting position for the burpee is standing erect with the arms by the side. From the standing position, squat down and place the hands on the floor in front of the feet. Putting the bodyweight on the hands, the legs are thrust back to a push up position with a straight line from the shoulders to the heels. Next pull the legs back and return to the squatting position (no push up for the test). From the squat position, in one explosive movement, jump up as you reach your arms overhead. Both feet must leave the ground in order for the rep to count. Repeat as many as possible for 1 minute.



Burpees FRF Score

26 and over = 3 points

16-25 reps = 2 points

6-15 reps = 1 point

5 reps or below = 0 points

Test #5. Plank (Core Strength)- A strong core transfers to a stronger athlete. All movement starts and is supported by the core. Most people think of a strong core as having a nice six-pack, or toned abs, but the truth is that the abdominal muscles are a very small part of the core. The core consists of many different muscles that run the entire length of the torso. When these muscles contract, they stabilize the spine, pelvis and shoulder girdle and create a solid base of support to generate powerful movements. A strong core distributes the forces of stressful movements and protects the back. You can't be fire rescue fit (FRF) if you don't have a strong core.

How to Test

Lay on the ground with your elbows directly below your shoulders. Lift your hips and put your weight on your toes and forearms. Your body should form a straight line from your shoulders to ankles. Prepare your core by contracting your abs as if you were about to be punched. Hold this position for as long as you can. When your hips sag or your knees touch the floor...you're done. Record the time that you can hold the plank (with proper form).



Plank FRF Score

Hold the plank 121 seconds (or more) = 3 points

91 to 120 seconds = 2 points

30 to 90 seconds = 1 point

Less than 30 seconds = 0 points

How did you do? Are You FRF?

If you scored 14 or 15 you are in the Elite FRF category. A score of 10-13 means you are FRF and fit for duty (but could improve). A score of 9 and below means you need to hit the gym and improve your level of fitness--try to incorporate more intervals and full-body resistance training (don't worry that's all in the Get FRF workout program). Remember, it does not matter where you begin, this program is going to improve your score!

*Please note. * If you just took the test for the first time and you feel like you are way out of shape, I got you covered. *For a limited time, I am offering the Get FRF Challenge. This is a 6-week Challenge Program that includes complete workout program (including workout calendar and exercise guides), nutrition guide and plans (including recipes), and entry into my personal coaching group.*

You can also get paid to participate. Accept [the FRF Challenge](#) and get a chance to win cash and prizes! Participants in the FRF Challenge will get the chance to win cash and prizes.

Awards will be given to the participants that see great progress and motivate others. Every participant that completes the 6-weeks will receive an FRF "Failure is not an Option" T-shirt!



[CLICK HERE For more information and to enter the Get FRF 6-week Challenge.](#)

This 6-week challenge takes the same workouts, eating guidelines and concepts that thousands of firefighters have used to get "Fit For Duty" and packages them in a done-for-you 6-week workout and coaching program.

Look at what other firefighters, EMTs and medics have to say about the FRF.



Kevin Glover, Lost 60lbs!

"When I started the FRF Rapid Fat Loss Workout I weighted 310.3 lbs with a body fat of 36%. I was able to lose over 60 pounds at the end I weighted 243.2 lbs with a body fat of 24.5%! My health was starting to get in the way of my life and the job was starting to get hard for me. My weight was really starting to slow me down in every aspect of life and the job."



**Top 5 Finalist
Kevin Glover**



Lisa Charbonneau

"I happened to be on Facebook one day and Fire Rescue Fitness popped up in my newsfeed, I followed the link and found a wall full of different workouts. I followed the page and began trying anything new that was posted. I then saw "The Ultimate Fire Rescue Athlete" program and after doing some reading about it I was hooked.

After completing the program, my biceps gained one inch of muscle, which I really notice when I raise my arms to put my hair into a pony tail. My abdomen muscles are more defined now, than ever before. When I first started I was able to run 5 km in 38 minutes and now I can run it in 32 minutes.



**Top 5 Finalist
Lisa Charbonneau**



I really enjoyed the combination exercises; these are nothing like I have ever done before. I notice my endurance in just walking up large sets of stairs is no problem (even when carrying heavy things). I don't notice the extra weight of my gear and carrying a pack on my back to be a big deal anymore. I also can work harder and longer before losing my breath and feeling fatigued. This workout changed my life, I look forward to doing it again

with alternative movements, I won't be caught exercising anymore because I now know that training is what I would rather be doing always changing, always improving."

Thanks Aaron and FRF!

-Lisa Charbonneau



Top 5 Finalist
Joshua Fulk



Josh Fulk, Lost 50lbs!

"I tried other workout programs in the past, only to fail and gain back everything I had lost (and even more). I messaged Fire Rescue Fitness Facebook page. Aaron suggested that I do the FRF Ultimate Fire Rescue program. I started doing some reading about the program and watching YouTube videos he had posted. Right around Christmas I purchased the program which at that time I had become the heaviest I had ever been 424 lbs. at 6'3" height that put me at a BMI of 53.0. As I looked at my before picture of me and my nephew I didn't see what I wanted to be. I knew something had to change. So, I printed out the log book and set the start

date. I planned the week before starting the workouts to transition into the healthier eating to get my body ready. I noticed my weight dropped right away which motivated my wife to start doing the diet with me which was a big help to my success. One of the best aspects of the Fire Rescue Fitness programs is that each program has a log workbook which shows how to do each exercise and track your workouts (and help motivate you to improve).

After the 12-week program, I noticed a lot of healthy improvements. I get a full night's sleep a lot easier, I wake up ready for the day and not dragging (except when we have those 2 am medical calls but it's what we do), and I also notice I get fuller faster with the healthier food choices. Most importantly, I have also lost a total of 50lbs now down to 374 lbs! I have also lost over 10% bodyfat have lost over 4 inches in my pants waist. I have a lot of people around me that see my results and as what I am doing. I am quick to tell them my results and direct them to Fire Rescue Fitness. I have tried a lot of programs this is the first that I have ever seen this big of results.

My work is not done, however, as I have already started another workout with Fire Rescue Fitness and see a round 2 of Ultimate Fire Rescue soon."

Thanks FRF for the great work out program!

-Josh Fulk



Ken Straka, Lost Over 20lbs!

"After completing the program, I found that I have more energy at work and at home. I also feel that I have better stamina on the fireground. That could be due to not having to carry around an extra 20 pounds with me all day every day. Yep, I lost over 20 pounds on the program. Now, when I pick up a 20-pound weight and think to myself, "I was carrying this around 24/7" it blows my mind. I am looking forward to another challenge!"

-Ken Straka

[Click here to be the next "testimonial." Lets Get FRF \(Fire Rescue Fit\).](#)

THE BEST PROJECT YOU'LL EVER WORK ON IS YOU.

www.FireRescueFitness.com