

Fire Rescue Fitness Post Holiday Metabolic Workout

Beginner Version



Please Note: The information in this manual is meant to supplement, not replace, proper exercise training. All forms of exercise and stretching pose some inherent risk. The authors advise readers to take full responsibility for their safety and know their own limitations. Before practicing the exercises, activities, and stretches in this book, please be sure that your equipment is well-maintained and do not take risks beyond your level of experience, aptitude, skill and fitness. The exercises in this manual are not intended as a substitute for an exercise routine or treatment that may have been prescribed by your doctor or physical therapist. As with any exercise program you should consult with your doctor before you begin.

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Fire Rescue Athletes Post Holiday Calorie Burn Workout

Beginner Workout

Here are some great workouts to help burn the copious amounts of holiday calories. These workouts require minimal time, maximal effort and give you an extreme calorie burn (throughout the day). Intermediate/Advanced athletes should use weights that they can handle for 15 reps (even though you will only be performing 10 reps) while beginners will use bodyweight for each exercise. Each rep should be performed with control (safety first). You must perform 2 circuits of the warm-up. After the warm-up follow the appropriate circuit (beginner or intermediate/ advanced) as quickly as possible, your goal is to complete the entire circuit as quickly as possible. Remember to record your total time (of the metabolic circuit) so you can measure your fitness progress from workout to workout.

Holiday Metabolic Circuit

Perform the active warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the circuit 2x. You can see a video overview of the Warm-up exercises by [clicking HERE](#).

<u>Warm-up Exercises</u>	<u>Reps</u>
Prisoner Lunges	6 each side
Step forward Toe Touches	6x each side
Chest hugs	20x
Waiters bow	6 each side
Step Back, Reach & Twist	6x each side
Spiderman's	6 each side
Knees side to side	6 each side
Straight Leg Raises	6x each side
Hip Cross-overs	6x each side

Repeat the warm-up circuit (total of 2x)

Metabolic Circuit- Beginner

Perform the exercises in a circuit, rest as little as possible between exercises. Remember to take rest if you need it. The idea of the workout is to complete it as fast as possible (using good form) and try to improve your time each workout. The suggested reps are listed in parenthesis. Remember to record your total time (minus the active warm-up) and try to improve on it from workout to workout. Enjoy.

[You can see a video overview of the exercises by clicking HERE](#)

1. Push-ups (10x)
2. Body Row (10x)
3. Prisoner Squats (10x)
4. Prone Plank Pulses (10x)
5. Walking Lunges (10 each side)
6. Bike 2 miles (as fast as possible)
7. Push-ups (10x)
8. Body Row (10x)
9. Prisoner Squats (10x)
10. Prone Plank Pulses (10x)
11. Walking Lunges (10 each side)
12. Bike 2 miles (as fast as possible)

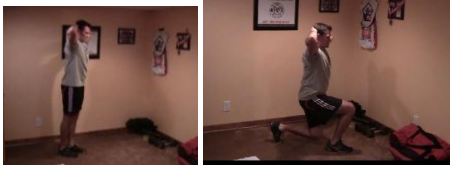
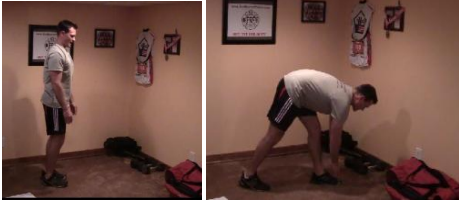






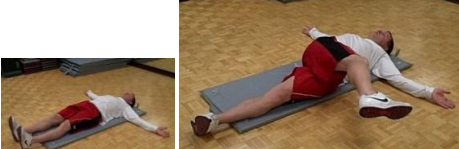
Total Time (of beginner metabolic circuit) =

Check back to www.FireRescueFitness.com for more great workouts

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Warm-up Exercises

Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. **Perform 2 circuits total.** You can see a video overview of the Warm-up exercises by [clicking HERE](#).







<p>Prisoner Lunges (6 each leg)</p>	<p>Coaching Tips: 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. Step forward with your right leg, taking a slightly larger than normal step. Lower your body until your front thigh is parallel to the ground, push with your front (right) leg to return to the starting position and swap legs.</p>	
<p>Step forward Toe Touches (6 each leg)</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 with the other leg.</p>	
<p>Chest Hugs (20 reps)</p>	<p>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.</p>	
<p>Waiters bow (6 each arm)</p>	<p>Coaching Tips: 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 tilting forward until you feel your hamstrings tighten, hold for a few seconds, then straighten your hips and stand. Repeat on the other side.</p>	
<p>Step Back, Reach & Twist (6 each leg)</p>	<p>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. Repeat the other side.</p>	
<p>Spiderman's (6 each leg)</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>Knees side to side (6 each side)</p>	<p>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.</p>	
<p>Straight Leg Raises (6 each leg)</p>	<p>Coaching Tips: Lay flat on your back with your palms and toes pointed toward the ceiling. 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.</p>	
<p>Hip Cross-overs (6 each leg)</p>	<p>Coaching Tips: Lay flat on your back with your palms and toes pointed toward the ceiling. 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.</p>	

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Metabolic Circuit- Beginner

Perform the exercises in a circuit, rest as little as possible between exercises. Remember to take rest if you need it. The idea of the workout is to complete it as fast as possible (using good form) and try to improve your time each workout. The suggested reps are listed in parenthesis. Remember to record your total time (minus the active warm-up) and try to improve on it from workout to workout. Enjoy.

[You can see a video overview of the exercises by clicking HERE](#)

<p>Push Ups (10 reps)</p>	<p>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.</p>	
<p>Body Rows (10 reps)</p>	<p>Coaching Ques: 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.</p>	
<p>Prisoner Squats (10 reps)</p>	<p>Coaching Tips: 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.</p>	
<p>Prone Plank Pulses (10 reps)</p>	<p>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 then push hips toward the ceiling. Hold at the top of the motion for a moment then return to the starting position. Repeat as directed.</p>	
<p>Walking Lunges - light or no weight (10 each leg)</p>	<p>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.</p>	
<p>Bike 2 miles (as fast as possible)</p>	<p>Coaching Tips: Not much coaching needed here. Get on any stationary bike and pedal as fast as you can. You can manipulate the resistance to gear up and go faster. The object is to bike 2 miles as fast as possible. Remember to keep good posture in the saddle.</p>	

Repeat for a total of 2 circuits. Remember to record your time (of the metabolic circuit) and try to improve from workout to workout.

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