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Fire Rescue Fitness Chief's Workout

*An Efficient and
Effective Fitness
Program Designed
to get Chiefs,
Firefighters, EMTs
and Paramedics
"Fit for Duty."*

By Aaron Zamzow, BS CPT

Gym Companion and Log Sheets

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FRF Chief's Workout Schedule

	Day _____	Day _____	Day _____	Day _____	Day _____	Day _____	Day _____
Week 1	Day 1 Workout 1	Day 2 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 3 Circuit	Day 4 20-minute Cardio Interval Workout (foam roll)	Day 5 Workout 1	Day 6 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 7 OFF (Rest)
Use Week 1 to acclimate to the workouts, go light and focus on form of each exercise and rep.							
Week 2	Day 8 Circuit	Day 9 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 10 Workout 1	Day 11 Cardio Interval Workout (foam roll)	Day 12 Challenge workout-250	Day 13 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 14 OFF (Rest)
Week 3	Day 15 Workout 1 + 10-min interval or cardio	Day 16 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 17 Circuit + 10-min interval or cardio	Day 18 Cardio Interval Workout (foam roll)	Day 19 Workout 1 + 10-min interval or cardio	Day 20 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 21 OFF (Rest)
Week 4	Day 22 Circuit + 10-min interval or cardio	Day 23 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 24 Workout 1 + 10-min interval or cardio	Day 25 Cardio Interval Workout (foam roll)	Day 26 Challenge workout—250 + 10-min interval or cardio	Day 27 Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll)	Day 28 OFF (Rest) Your ready for the 28-day Quickstart Program
Additional Notes							

Fire Rescue Fitness

Chief's Workout

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional and activity changes with your physician or a registered dietician. It is very important to train conservatively and not overdo things.

10 Tips to Successfully Complete the Chief's Workout

1. Sedentary individuals must see their doctor before beginning this or any workout program. If it has been a while since you've seen your physician it may be time to get a checkup.
2. Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer or [email me](#) with questions.
3. Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement; just ask email me or look on the Fire RescueFitness.com website for other options.
4. Whenever you start a NEW program, use lighter weights on the first week. The Chief's Workout was designed as a four week program so use week 1 to get familiar with the exercises and to focus on form not weight. Use the other weeks of the program to increase strength and workout efficiency. Remember, form is the most important element so don't try to set world records in a new program right away.
5. If you need extra recovery within the workout or between workouts, don't hesitate to take it. Safety first.
6. Follow the calendar of workouts for the 4 weeks. If you miss one workout, don't worry, just skip that day and continue following the program. If you miss two or more consecutive workouts, do not skip ahead but continue where you left off (the program will be extended a little longer than 4 weeks).
7. Finish each workout with stretching and foam rolling (follow stretch and recovery manual)
8. Never skip a warm-up. You can substitute the active warm-up exercises with other ones but do not decrease the number of exercises or reps. If you are limited by time, reduce the number of sets in the workout, but always perform the full warm-up. Never skip a warm-up.
9. If you have an injury (or nagging strain/sprain), get medical attention and have a professional therapist rehabilitate your injury before starting this or any exercise program.
10. If you decide to use running or stairs as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely.

Chief's Workout #1

It starts here. This first workout will get you moving; strengthen your core and burn calories. Try to stay on target with your rest intervals but let your body dictate pace. Perform two circuits of the warm-ups and core, and then follow the set and reps for the strength exercises.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
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Warm-ups

Start with a 5-10 minute jog, elliptical or bike session

Hips, low back	Knees side to side	5-6 each	0	2 circuits	Perform the warm-up exercises in a circuit. You only need to perform them 2 times each, go right from one exercise to the next.
Hamstrings, calves	Straight leg raises	5-6 each	0	2 circuits	
Hips, legs	Step forward toe touch	5-6 each	0	2 circuits	
Upper back	Stick ups (face down)	10x		2 circuits	
Quads	Spidermans	5-6 each	0	2 circuits	

Core Exercises

Core	Ball Crunch	12-15	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. Use the Green Ball
Back, glutes	Hip extension (feet n ball)	12-15	0	2 circuits	
Back, shoulders	Opposite arm/ leg raises over ball	8-10 each side	0	2 circuits	
Core	Plank (on floor)	30-60 seconds	30 sec	2 circuits	

Strength Exercises

weight	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Pushups	10-15	20-30 seconds	2 to 3 sets	Perform each exercise with great form and posture. Perform them in sets following the rest suggested at the end of each exercise. Move from one exercise to the next. Watch your form and posture....
	One arm rows (hand on ball)	10 each arm	20-30 seconds	2 to 3 sets	
	"Y" Squats	10-15	20-30 seconds	2 to 3 sets	
	Standing Bicep Curls (lunge position)	5-6 each leg	20-30 seconds	2 to 3 sets	
	Tricep Skulls (on ball)	10-15	20-30 seconds	2 to 3 sets	
	Bent over Y raises (no weight)	10-15	20-30 seconds	2 to 3 sets	

If you have time and feel up to it perform a 10 -minute interval or medium intensity cardio session after completing the above exercises.

NOTES

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Chief's Workout #1

It starts here. This first workout will get you moving; strengthen your core and burn calories. Try to stay on target with your rest intervals but let your body dictate pace. Perform two circuits of the warm-ups and core, and then follow the set and reps for the strength exercises. .

Active Warm-up

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) to help increase flexibility and range of motion.

<u>Warm-up Exercises</u>	<u>Reps</u>
Knees side to side	6 each side
Straight Leg Raises	6 each side
Step forward toe touches	6 each side
Stick Ups (face down)	10x
Spidermans	6 each side

Core Exercises

Perform the core exercises in a circuit. Move from one exercise to the next with limited rest; follow the suggested range or reps. Repeat the circuit 2x, rest 30 seconds between circuits.

<u>Core Exercises</u>	<u>Reps</u>
Ball Crunch	12-15 reps
Hip Extension (feet on ball)	12-15 reps
Opposite Arm/leg raises (over ball)	8-10 each side
Plank	30-6- seconds

Strength Exercises

Perform the first exercise with strict form, after completing the suggested reps, follow the suggested rest then repeat (2 or 3 sets total). Use good form and control each rep.

<u>Strength Exercise</u>	<u>Reps</u>	<u>Rest</u>
Push-up	10-15	30 seconds between sets
One arm rows (hand on ball)	10 each arm	30 seconds between sets
"Y" Squats	10-15	30 seconds between sets
Standing Bicep Curls (lunge position)	5-6 each leg	30 seconds between sets
Tricep Skull (on ball or floor)	10-15	30 seconds between sets
Bent over Y raises	10-15	30 seconds between sets

During week 1 of the program only perform 2 sets (1 set if you haven't worked out in a long time). During weeks 2-4 try to perform 2 or 3 sets of each exercise. Remember if you lose form then you are finished with that exercise.

Check the Workout Calendar; you may be required to perform one of the 10 –minute Interval following the workout.



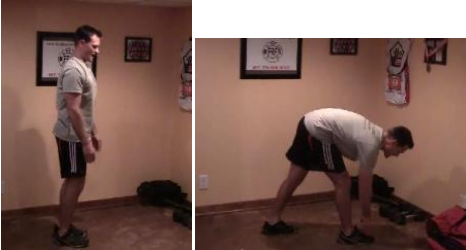
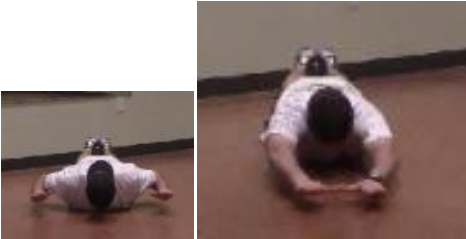

Trial and error is the way to determine how much weight to lift. Choose a weight such that the last rep of the first set (highest number in the rep range) is somewhat difficult but not too difficult, to complete. If you stick to the rest intervals strictly it will be very difficult to complete the same number of reps in sets 2 and 3. If you can, increase the weight. Progressive overload, or adding more weight over time, is a fundamental principle of weight training.

Quality is more important that quantity.

Fire Rescue Fitness Chief's Workout #1

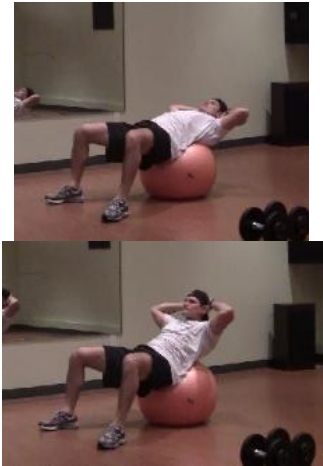



Warm-up Exercises

Perform the 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.

<p style="text-align: center;">Knees Side to Side 5-6 reps 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. 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.</p>	
<p style="text-align: center;">Straight Leg Raises 5-6 reps each side</p>	<p>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.</p>	
<p style="text-align: center;">Step forward toe touches 5-6 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 with the other leg.</p>	
<p style="text-align: center;">Stick ups (face down) 10 reps</p>	<p>Coaching Tips: Lie chest down on the floor. Hold your arms out to the side with a 90-degree bend in the elbows. Squeeze the muscles between your shoulder blades and squeeze your shoulder blades together. Draw your belly button inward toward your spine. Slowly slide your hands overhead. Keep your hands above the floor; hold the extended position 2 seconds. Slowly return to the start position, think about putting your elbows in your back pockets. Don't let your hands touch the ground and repeat the rep again.</p>	
<p style="text-align: center;">Spiderman's 5-6 reps 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>	







Core Exercises

Perform the core exercises in a circuit. Move from one exercise to the next with limited rest; follow the suggested range or reps. Repeat the circuit 2x, rest 30 seconds between circuits.

<p>Ball Crunch 12-15 reps</p>	<p>Coaching Ques: 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 your upperbody. 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.</p>	
<p>Hip Extension (feet of ball) 12-15 reps</p>	<p>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.</p>	
<p>Opposite Arm/Leg Raises (over ball) 8-10 each side</p>	<p>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.</p>	
<p>Plank 30-60 seconds (10-12 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. This exercise requires you to hold the position or the directed amount of time. Hold as directed.</p>	

Strength Exercises

Perform the first exercise with strict form, after completing the suggested reps, quickly go to the next exercise without rest and follow its suggested reps. Rest after the second exercise then repeat 2-3 times before going to the next superset pair. Use good form and control each rep.

<p>Push ups 10-15 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.</p>	
<p>One arm rows (hand on ball) 10 each arm</p>	<p>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. Place your opposite arm on a stability ball for support, 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, and then repeat on the other.</p>	
<p>“y” Squats 10-15 reps</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. Focus on keeping your arms straight and pointing towards the ceiling. Pause, then push yourself back up to the start. Be sure to stand up straight.</p>	
<p>Standing Bicep Curls (lunge position) 5-6 each leg</p>	<p>Coaching Tips: Select the appropriate weight. Step forward in a lunge position and HOLD. Maintain a drawn in position throughout the exercise. Hold a dumbbell in each hand, thumbs pointed out and arms extended straight down maintaining the lunge position and perform a bicep curl by flexing the elbow. Keep shoulder blades down and relaxed as you bring the bells up toward your chest. Slowly lower the bells to the side of the body by straightening the elbow. Perform half the directed reps with one leg forward then repeat the same number with the other leg.</p>	
<p>Tricep Skulls (on ball or floor) 10-15 reps</p>	<p>Coaching Tips: Roll forward on a stability ball so your back and neck are on the ball and your feet are flat on the floor. The dumbbells should be straight over head with palms facing in. Brace your abs and squeeze your glutes to protect the spine and slowly lower the weights to either side of your head. Stop when the weights get around your ears. Pause for a moment on the bottom and slowly raise the weights to the starting position.</p>	
<p>Bent Over Y raises (no or minimal weight) 10-15 reps</p>	<p>Coaching Tips: Begin standing with feet hip width apart. Bend forward at the waist keeping a straight back not rounded). Let your arms drop toward the floor (weights optional). 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. Bring the weights parallel to the floor, pause, then return to the starting position for a moment (do not lean forward or back to use momentum) If you use weight, make sure it is light; this exercise can do a lot with a little.</p>	

Chief's Workout #1 Log Sheet

Conditioning Workout #1		Workout Plan			Date:	Date:	Date:	Date:	Additional Note				
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Actual Workout Results								
					Week 1		Week 2		Week 3		Week 4		
					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												
	Knee side to side	5-6 ea	0										
	Straight leg raises	5-6 ea	0										
	Step forward	5-6 ea	0										
	Stick ups	10x	0										
	Spidermans	5-6 ea	30 s										
	Knee side to side	5-6 ea	0										
	Straight leg raises	5-6 ea	0										
	Step forward	5-6 ea	0										
	Stick ups	10x	0										
Spidermans	5-6 ea	30 s											
Core Exercises													
Core Exercises	Core Circuit #1												
	Ball Crunch	12-15	0										
	Hip Ext (on ball)	12-15	0										
	Opp Arm/Leg	8-10 ea	0										
	Plank	30-45s	30s										
	Core Circuit #2												
	Ball Crunch	12-15	0										
	Hip Ext (on ball)	12-15	0										
	Opp Arm/Leg	8-10 ea	0										
	Plank	30-45s	30s										
Strength Exercises													
Set #	Perform each exercise with great form, posture and intensity!	Workout Plan			Actual Workout Results								
		Reps	Rest	Weight	Week 1		Week 2		Week 3		Week 4		Additional Notes
					Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	
1	Push ups	10-15	30 s										
2	Push ups	10-15	30 s										
3	Push ups	10-15	30 s										
1	On Arm Row (ball)	10 ea	30 s										
2	On Arm Row (ball)	10 ea	30 s										
3	On Arm Row (ball)	10 ea	30 s										
1	Y Squats	10-15	30 s										
2	Y Squats	10-15	30 s										
3	Y Squats	10-15	30 s										
1	Standing Bicep (lunge)	5-6 ea	30 s										
2	Standing Bicep (lunge)	5-6 ea	30 s										
3	Standing Bicep (lunge)	5-6 ea	30 s										
1	Tricep Skulls	10-15	30 s										
2	Tricep Skulls	10-15	30 s										
3	Tricep Skulls	10-15	30 s										
1	Bent Over Y	10-15	30 s										
2	Bent Over Y	10-15	30 s										
3	Bent Over Y	10-15	30 s										
Workout Notes													

Chief's Circuit

Here is a quick circuit workout using some of the exercises from workout #1. Use this workout in addition to workout #1 to give you some variety.

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	2 circuits	Perform the warm-up exercises in a circuit. You only need to perform them 2 times each, go right from one exercise to the next.
Hamstrings, calves	Straight leg raises	5-6 each	0	2 circuits	
Hips, legs	Step forward toe touch	5-6 each	0	2 circuits	
Upper back	Stick ups (face down)	10x		2 circuits	
Quads	Spidermans	5-6 each	0	2 circuits	

Chief's Circuit

weight	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Pushups (feet on ball optional)	10-15	0	2 to 3 circuits	Perform each exercise with great form and posture. Circuit these exercises, move from one exercise to the next, resting minimally. After the last exercise, rest for 1 or 2 minutes then repeat. Try to perform 2 or 3 circuits total. Watch your form and posture....
	One arm rows (hand on ball)	10 each arm	0	2 to 3 circuits	
	Stick ups against the wall	10-15	0	2 to 3 circuits	
	Ball Crunch	10-15	0	2 to 3 circuits	
	"Y" Squats	10-15	0	2 to 3 circuits	
	Standing Bicep Curls (lunge position)	5-6 each leg	0	2 to 3 circuits	
	Tricep Skulls (on ball)	10-15	0	2 to 3 circuits	
	Planks	30 seconds	0	2 to 3 circuits	

If you have time and feel up to it perform a 10 -minute interval or medium intensity cardio session after completing the above exercises.

NOTES

Fire Rescue Fitness

Chief's Circuit

Here is a quick circuit workout using some of the exercises from workout #1. Use this workout in addition to workout #1 to give you some variety and to work on your cardio fitness.

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) to help increase flexibility and range of motion.

<u>Warm-up Exercises</u>	<u>Reps</u>
Knees side to side	6 each side
Straight Leg Raises	6 each side
Step forward toe touches	6 each side
Stick Ups (face down)	10x
Spidermans	6 each side

Core Exercises

For this workout the core exercises are integrated into the strength circuit.

Exercises for the Circuit

Perform each exercise with great form and posture. Circuit these exercises, move from one exercise to the next, resting minimally. After the last exercise, rest for 1 or 2 minutes then repeat. Try to perform 2 or 3 circuits total. Watch your form and posture....

<u>Exercise</u>	<u>Reps</u>	<u>Rest</u>
Push ups (feet on ball)	10-15	0-15 sec
One arm rows (hand on ball)	10 each arm	0-15 sec
Stick ups (against the wall)	10-15	0-15 sec
Ball Crunch	10-15	0-15 sec
Y Squats	10-15	0-15 sec
Standing Bicep Curls (lunge stance)	5-6 each leg	0-15 sec
Tricep Skulls on ball (or floor)	10-15	0-15 sec
Plank	30-45 seconds	1-2 minutes

Check the Workout Calendar; you may be required to perform one of the 10 –minute Interval Overhauls following the workout.




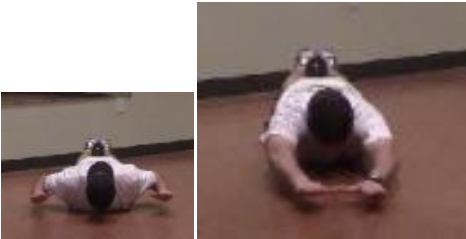

During week 1 of the program only perform 2 supersets of each pair. During weeks 2-4 try to perform 3 circuits. Remember if you lose form then you are finished with that exercise, rest then try to continue to the finish.

Remember, trial and error is the way to determine how much weight to lift. Choose a weight such that the last rep of the first set (highest number in the rep range) is somewhat difficult but not too difficult, to complete. If you stick to the rest intervals strictly it will be very difficult to complete the same number of reps in sets 2 and 3. If you can, increase the weight. Progressive overload, or adding more weight over time, is a fundamental principle of weight training.

Fire Rescue Fitness Chief's Circuit

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) to help increase flexibility and range of motion.




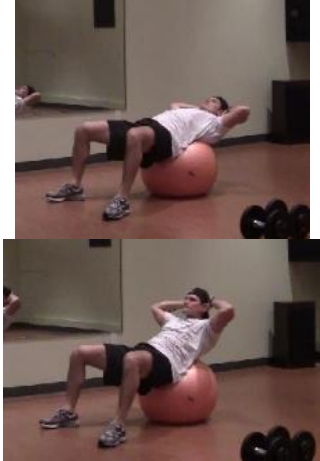
<p style="text-align: center;">Knees Side to Side 5-6 reps each side</p>	<p>Coaching Tips: Lie on your back with your feet flat on the floor, knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. 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.</p>	
<p style="text-align: center;">Straight Leg Raises 5-6 reps each side</p>	<p>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.</p>	
<p style="text-align: center;">Step forward toe touches 5-6 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 with the other leg.</p>	
<p style="text-align: center;">Stick ups (face down) 10 reps</p>	<p>Coaching Tips: Lie chest down on the floor. Hold your arms out to the side with a 90-degree bend in the elbows. Squeeze the muscles between your shoulder blades and squeeze your shoulder blades together. Draw your belly button inward toward your spine. Slowly slide your hands overhead. Keep your hands above the floor; hold the extended position 2 seconds. Slowly return to the start position, think about putting your elbows in your back pockets. Don't let your hands touch the ground and repeat the rep again.</p>	
<p style="text-align: center;">Spiderman's 5-6 reps 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>	

Fire Rescue Fitness Chief's Circuit





Circuit Exercises

Perform each exercise with great form and posture. Circuit these exercises, move from one exercise to the next, resting minimally. After the last exercise, rest for 1 or 2 minutes then repeat. Try to perform 2 or 3 circuits total.

Watch your form and posture....

<p>Push ups 10-15 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.</p>	
<p>One arm rows (hand on ball) 10 each arm</p>	<p>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. Place your opposite arm on a stability ball for support, 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, and then repeat on the other.</p>	
<p>Hip Extension (feet of ball) 12-15 reps</p>	<p>Coaching Tips: Stand against a wall, abs tight and knees slightly bent. Hold your arms out to the side with a 90-degree bend in the elbows. Squeeze the muscles between your shoulder blades and squeeze your shoulder blades together. Draw your belly button inward toward your spine. Slowly slide your hands overhead. Keep your hands slightly off the wall; hold the extended position 2 seconds. Slowly return to the start position, think about putting your elbows in your back pockets. Don't let your hands touch the wall and repeat the rep again. Try to improve your range of motion in this exercise each week.</p>	
<p>Ball Crunch 12-15 reps</p>	<p>Coaching Ques: 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 your upperbody. 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.</p>	

Fire Rescue Fitness Chief's Circuit Circuit Exercises (con't)

<p style="text-align: center;">“y” Squats 10-15 reps</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. Focus on keeping your arms straight and pointing towards the ceiling. Pause, then push yourself back up to the start. Be sure to stand up straight.</p>	
<p style="text-align: center;">Standing Bicep Curls (lunge position) 5-6 each leg</p>	<p>Coaching Tips: Select the appropriate weight. Step forward in a lunge position and HOLD. Maintain a drawn in position throughout the exercise. Hold a dumbbell in each hand, thumbs pointed out and arms extended straight down maintaining the lunge position and perform a bicep curl by flexing the elbow. Keep shoulder blades down and relaxed as you bring the bells up toward your chest. Slowly lower the bells to the side of the body by straightening the elbow. Perform half the directed reps with one leg forward then repeat the same number with the other leg.</p>	
<p style="text-align: center;">Tricep Skulls (on ball or floor) 10-15 reps</p>	<p>Coaching Tips: Roll forward on a stability ball so your back and neck are on the ball and your feet are flat on the floor. The dumbbells should be straight over head with palms facing in. Brace your abs and squeeze your glutes to protect the spine and slowly lower the weights to either side of your head. Stop when the weights get around your ears. Pause for a moment on the bottom and slowly raise the weights to the starting position.</p>	
<p style="text-align: center;">Plank 30-60 seconds (10-12 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. This exercise requires you to hold the position or the directed amount of time. Hold as directed.</p>	

Fire Rescue Fitness Chief's Circuit Log Sheet

Chief's Circuit		Workout Plan			Date:	Date:	Date:	Date:					Additional Note
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Week 1		Week 2		Week 3		Week 4		
					Actual Workout Results								
					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												
	Knee side to side	5-6 ea	0										
	Straight leg Raises	5-6 ea	0										
	Step forward toe touch	5-6 ea	0										
	Stick ups (face down)	10x	0										
	Spidermans	5-6 ea	30 s										
	Knee side to side	5-6 ea	0										
	Straight leg Raises	5-6 ea	0										
	Step forward toe touch	5-6 ea	0										
	Stick ups (face down)	10x	0										
Spidermans	5-6 ea	30 s											
Core Exercises (integrated into circuit)													
Circuit Exercises													
#	Perform each exercise with great form, posture and intensity!	Workout Plan			Actual Workout Results								Additional Notes
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	
					Week 1		Week 2		Week 3		Week 4		
1	Push ups (feet on ball)	10-15	15s										
2	One arm rows	10 ea	15 s										
3	Stick ups (wall)	10-15	15 s										
4	Ball Crunch	10-15	15 s										
5	Y squat	10-15	15 s										
6	Bicep Curls(lunge)	5-6 ea	15 s										
7	Tricep Skulls	10-15	15 s										
8	Planks	30-45s	1-2m										
1	Push ups (feet on ball)	10-15	15s										
2	One arm rows	10 ea	15 s										
3	Stick ups (wall)	10-15	15 s										
4	Ball Crunch	10-15	15 s										
5	Y squat	10-15	15 s										
6	Bicep Curls(lunge)	5-6 ea	15 s										
7	Tricep Skulls	10-15	15 s										
8	Planks	30-45s	1-2m										
1	Push ups (feet on ball)	10-15	15s										
2	One arm rows	10 ea	15 s										
3	Stick ups (wall)	10-15	15 s										
4	Ball Crunch	10-15	15 s										
5	Y squat	10-15	15 s										
6	Bicep Curls(lunge)	5-6 ea	15 s										
7	Tricep Skulls	10-15	15 s										
8	Planks	30-45s	1-2m										
Workout Notes													

Chief's 300 Challenge Workout

This is a great workout not only to challenge you but to assess where you are. Try to improve your time and weights from workout to workout. Perform the suggested reps of each exercise, rest when needed. Don't count a rep if it is in poor form. You're going to learn to like these workouts.

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, legs	Knees side to side	8-10 each	0	2 circuits	Perform the warm-up exercises in a circuit. You need to perform them 2 times each, go right from one exercise to the next.
Hamstrings, calves	Step forward toe touch	8-10 each	0	2 circuits	
Hips, legs	Spiderman's	8-10 each	0	2 circuits	
Chest, shoulders, hips	Step back twists and reach	8-10 each	0	2 circuits	
Any	Foam Roll (trouble spots)	10x/spot	30 sec	2 circuits	

Exercises

Order	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
1	Y squats	25	minimal		Complete the suggested reps of each exercise in a minimal amount of time. Try to improve your overall time each workout. You can do as many reps of one exercise as possible, rest, or skip to another exercise. Your goal, get all the reps of each exercise (with good form) in as short of time possible. On exercises that require a weight use the suggestion listed in ().
2	Push ups	25	minimal		
3	One arm rows (use a weight you can typically do 12 x)	25	minimal		
4	One arm rows (other arm)	25	minimal		
5	Plank	50 seconds	minimal		
6	Hip Extensions (feet on ball)	25	minimal		
7	Ball Crunches	25	minimal		
8	Bent over Y raises (no weight)	25	minimal		
9	Standing Pressouts (use a weight that is .15% your bodyweight)	25	minimal		
10	Plank	50 seconds	minimal		

For a greater challenge workout try to run a mile or bike 2 miles as fast as possible, following the workout. Or just cool-down with 5-10 minutes of cardio and follow the Stretching and Recovery Manual.

Fire Rescue Fitness Chief's 300 Challenge Workout

You made it to the challenge workout as always, make sure to mind your form. Perform the warm-up circuit then go right into the challenge circuit. You will perform core exercises in the strength circuit.

Active Warm-up

Perform the active warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. For the challenge workout you must repeat the warm-up 2x (total of 2 circuits).

<u>Warm-up Exercises</u>	<u>Reps</u>
Knees Side to side	8-10 each side
Step forward toe touches	8-10 each leg
Spidermans	8-10 each leg
Step back reach and twists	8-10 each leg
Foam Roll	10x over trouble spots

Challenge Workout

Complete 25 reps (or 50 seconds) of each exercise in a minimal amount of time. Try to improve your overall time each workout. You can do as many reps of one exercise as possible, rest, or skip to another exercise. Your goal is to complete 25 reps of each exercise (with good form) in as short of time possible. On exercises that require a weight use the suggestion listed in ().

<u>Exercise</u>	<u>Reps</u>	<u>Rest</u>
Y squats	25	minimal
Push-ups	25	minimal
One arm row	25	minimal
***(For the one arm rows, use a weight you can typically do 12x)		
One arm row (other arm)	25	minimal
Plank	50 seconds	minimal
Hip Extensions (feet on ball)	25	minimal
Ball Crunches	25	minimal
Bent over Y raises	25	minimal
Standing Press-outs (15% bodyweight)	25	minimal
Plank	50 seconds	minimal

For a greater challenge workout try to run a mile or bike 2 miles as fast as possible after completing the above exercises. Or just cool-down with 5-10 minutes of cardio and follow the Stretching and Recovery Manual.






You may need to adjust the weights of some exercises. There are some suggested weight percentages next to exercises that require weight. For example if you weigh 180 pounds you should try to goblet squat with (25% of 180) a 45 pound weight.

Remember to record the workout time from the start of your first rep of the goblet squat to the last rep of the standing press-out. Try to use the same weights and improve your time from workout to workout (using good form of course)

Fire Rescue Fitness Chief's 300 Challenge Workout






Warm-up Exercises

Perform the active warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. For the challenge workout you must repeat the warm-up 2x (total of 2 circuits).

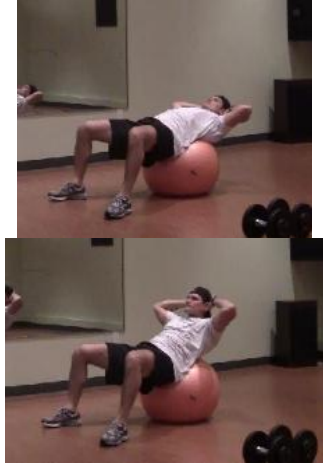

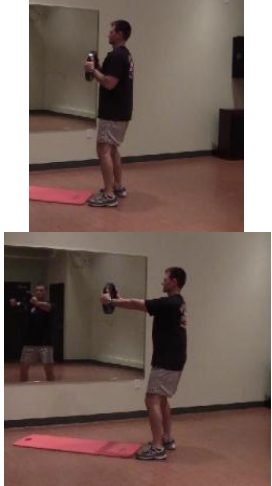

<p style="text-align: center;">Knees Side to Side 8-10 reps each side</p>	<p>Coaching Tips: Lie on your back with your feet flat on the floor, knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. 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.</p>	
<p style="text-align: center;">Step forward toe touches 8-10 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 style="text-align: center;">Spiderman's 8-10 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;">Step Back Reach and Twist 8-10 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. Make sure your abs are tight through the entire motion. Repeat on the other side 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>	

Challenge Exercises

Complete 25 reps (or 50 seconds) of each exercise in a minimal amount of time. Try to improve your overall time each workout. You can do as many reps of one exercise as possible, rest, or skip to another exercise. Your goal is to complete 25 reps of each exercise (with good form) in as short of time possible

<p>Y Squats 25 reps</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. Focus on keeping your arms straight and pointing towards the ceiling. Pause, and then push yourself back up to the start. Be sure to stand up straight.</p>	
<p>Push-ups 25 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</p>	
<p>One arm row 25 reps One arm row (other arm) 25 reps</p>	<p>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. Place your opposite arm on a stability ball for support, 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, and then repeat on the other.</p>	
<p>Plank 50 seconds</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. This exercise requires you to hold the position or the directed amount of time. Hold as directed.</p>	
<p>Hip Extension (feet on ball) 25 reps</p>	<p>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.</p>	

Challenge Exercises (Continued)

<p>Ball Crunch 25 reps</p>	<p>Coaching Ques: 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 your upperbody. 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.</p>	
<p>Bent Over Y raises (no or minimal weight) 25 rep</p>	<p>Coaching Tips: Begin standing with feet hip width apart. Bend forward at the waist keeping a straight back not rounded). Let your arms drop toward the floor (weights optional). 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. Bring the weights parallel to the floor, pause, then return to the starting position for a moment (do not lean forward or back to use momentum) If you use weight, make sure it is light; this exercise can do a lot with a little.</p>	
<p>Standing Press-out 25 reps (use 15% of bodyweight)</p>	<p>Coaching Tips: Stand with your feet shoulder-width apart, hold a dumbbell or plate by its ends against your chest. Draw your abdomen inward toward your spine and tighten your butt then slowly press the ends of the weight together as you simultaneously push the dumbbell away from your body. Keep the top of the weight at eye level; once your arms are straight pause and pull the weight back slowly as you squeeze your shoulder blades together. Repeat as directed.</p>	
<p>Plank 50 seconds</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. This exercise requires you to hold the position or the directed amount of time. Hold as directed.</p>	
<p>Don't forget to record your workout time</p>		

300 Challenge Workout		Workout Plan			Date:	Date:	Date:	Date:	Additional Note					
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Week 1	Week 2	Week 3	Week 4						
					Actual Workout Results									
					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													
	Prisoner Squat	15x	0											
	Step forward toe	8-10 ea	0											
	Spiderman's	8-10 ea	0											
	Step back twists	8-10 ea	0											
	Foam Roll (trouble)	10x/spot	30 sec											
Challenge Exercises														
Set #	Perform each exercise with great form, posture and intensity!	Workout Plan			Actual Workout Results									
		Reps	Rest	Weight	Weight (lbs)	Reps			Weight (lbs)	Reps	Additional Notes			
					Week 2		Week 4							
1	Y Squats	25	minimal											
2	Push ups	25	minimal											
3	One arm rows	25	minimal											
4	One arm rows (other arm)	25	minimal											
5	Planks	50 seconds	minimal											
6	Hip Extension (feet on ball)	25	minimal											
7	Ball Crunches	25	minimal											
8	Bent Over Y raises (no weight)	25	minimal											
9	Standing Pressouts (15% bodyweight)	25	minimal											
10	Planks	50 seconds	minimal											
Total Workout Time														
Workout Notes (10 minute interval or mile or 2-mile bike)														