

www.FireRescueFitness.com



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

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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.

About Aaron Zamzow & the Chief's Workout

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

First and foremost I am a firefighter/ EMT and have been for almost 10 years. I have also been working in the fitness industry as a Personal Trainer and author for 20 years. I've been fortunate to train with elite athletes for the NBA, NHL, and NFL and have studied under some of the top trainers in the world.



The Chief's workout was designed for the fire chief, firefighter, EMT or paramedic that has lost a step on the fire ground or has taken some time off from working out and needs an efficient program to get them back in shape. The program does not require a lot of equipment (stability ball and some dumbbells) and also addresses the major reasons why you haven't been working out (time, lack of programming, tight muscles, equipment). This program will help you build a strong core, increase your total body strength, improve your level of cardiovascular fitness, and give you a stronger and leaner physique. This program is 15 years in the making and is endorsed by hundreds of fire rescue athletes and elite trainers.

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

A handwritten signature in black ink that reads "Aaron Zamzow".

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

Thanks for Purchasing The Fire Rescue Fitness Chief's Workout.

Introduction (How and Why)

Welcome to the Chief's Workout Aaron Zamzow and Fire Rescue Fitness... First, you're probably wondering, "What exactly is the Chief's Workout and how is it different from other Firefighter themed workouts?" The short answer to that question (as you will see) is this: The Chief's workout is an efficient and effective workout created with the demands of being a Fire Rescue Athlete (and officer). The program is easy to follow, takes a short amount of time to complete and will get you leaner, stronger and moving more efficiently on (and off) the fire ground. This program requires a minimal amount of equipment (some dumbbells and a stability ball) and be completed in a small area (like an office).

Firefighters, EMTs , and paramedics (and officers) are the ultimate occupational athletes and the thing that sets this program apart from the others is that I (being a firefighter and trainer for over 20 years) understand the principles needed to not only train athletes but Fire Rescue Athletes. NFL, NBA and NHL athletes and trainers look at all aspects of their game and try to improve the athletic traits that will improve it. Likewise, the Chief's Workout looks at the needed physical attributes of fire officers, firefighters, EMTs and paramedics and improves on them with a progressive 4-week workout program.

The program consists of 2 workouts that include active warm up exercises designed to increase flexibility, core exercises that will prolong your career, and strength exercises that will take your fitness to the next level.

One last thing, I also included a challenge workout in to the program, the idea behind that is twofold; get an awesome workout and monitor your progress at the same time. Your goal is to continually improve your time with the challenge workouts...taking you fitness level higher. How high is up to YOU!

You, Evaluated

I want you to take just a few moments and evaluate your current level of fitness, satisfaction with your level of health and appearance, body weight, strength, balance, and flexibility. This process will give you a benchmark to measure improvement as you follow the program.

Please rate yourself in the following categories:

1 to 5 (1= bad; 2= fair; 3= average; 4= good; 5= excellent)

| | | | | | |
|---|----------|----------|----------|----------|----------|
| Body Composition (1= flabby, 5= lean) | 1 | 2 | 3 | 4 | 5 |
| Body weight | 1 | 2 | 3 | 4 | 5 |
| (1= very overweight, 5= right where you want to be) | | | | | |
| Self-confidence | 1 | 2 | 3 | 4 | 5 |
| Energy level | 1 | 2 | 3 | 4 | 5 |
| Quality of sleep | 1 | 2 | 3 | 4 | 5 |
| Resistance to illness (1= sick often, 5= never) | 1 | 2 | 3 | 4 | 5 |
| Motivation | 1 | 2 | 3 | 4 | 5 |
| Overall healthy lifestyle | 1 | 2 | 3 | 4 | 5 |
| Strength | 1 | 2 | 3 | 4 | 5 |
| Endurance | 1 | 2 | 3 | 4 | 5 |
| Core strength | 1 | 2 | 3 | 4 | 5 |
| Flexibility | 1 | 2 | 3 | 4 | 5 |
| Shoulder Pain | 1 | 2 | 3 | 4 | 5 |
| (1= lots of pain, debilitating, 5= all good) | | | | | |
| Back Pain (1= lots of pain, debilitating, 5= all good) | 1 | 2 | 3 | 4 | 5 |
| Knee Pain (1= lots of pain, debilitating, 5= all good) | 1 | 2 | 3 | 4 | 5 |
| Posture | 1 | 2 | 3 | 4 | 5 |
| Balance | 1 | 2 | 3 | 4 | 5 |
| Coordination | 1 | 2 | 3 | 4 | 5 |
| Recovery on the Fire ground | 1 | 2 | 3 | 4 | 5 |

Add the total of all numbers; take this evaluation once before you start the program, once at the midpoint and at the end. You will see a difference in your scores.

Beginning Score: _____

End Score (after the program) : _____

This program has been 20 years in the making; through hundreds of client sessions, thousands of hours of workouts, numerous seminars and hours of education. All combined, have allowed me to come to this point. Everything about this program is based on tried-and-true principles which have been precisely formulated to help stimulate and increase muscle, as well as burn body fat and ultimately allow you to perform the most demanding job in the world with more efficiency.

Active Warm-up

Each one of the resistance training workouts will start with a short cardiovascular exercise followed by specific active stretching movements. In the past you may have skipped this part, but I assure you these exercises will help strengthen and even tone your body. In fact, if you were to incorporate just one element of this program into your current workout routine, I'd want it to be the warm-ups. Nothing else provides so much value in so little time. The warm-ups prepare the body for movement, boost heart rate, increase blood flow to the muscles, and core temperature. These movements also improve the function of your nervous system. By doing these exercises, you will be able to increase your strength, and flexibility, which as you know can prolong your career as a Fire Rescue Athlete.

How do you do the movement? Rather than have you hold your stretches, as in traditional stretching, you move your body into position just for a few seconds and then go back to your starting position. The warm-up routine wakes up your muscles and not just for your workout, they remain flexible for the rest of the day. Follow the repetition guidelines for each specific exercise. Generally, we will do 5 to 10 repetitions of each of the warm-up exercises.

A Note on Stretching and Recovery

As soon as you are finished with any of your training sessions either the cardio intervals or strength training, I recommend that you take a few minutes to stretch via static stretching. I also highly recommend utilizing a foam roller. Guidelines and specific stretches can be found in the Stretch and Recovery manual (included as a FREE gift for purchasing the program)

Core Training

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

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

Strength Training

I've watched Fire Rescue Athletes at the gym and at the firehouse and often wonder why people go about their workouts the way they do. I think we all resort back to a way we were taught in high school or college or maybe from a particular routine from a magazine. Regardless, to get better at something, especially in the performance (and appearance) of your body, you have to make some sort of measurable progress. And yet, people (maybe this is you) rarely challenge themselves when they work with weights. They lift the same weight for the same number of repetitions, year in year out, never attempting to get stronger. Their bodies may make some changes for a short time but then they stop challenging themselves to lift different weights in different positions, and their bodies stop

changing. They may have even back-slid a bit, working out less often because of the boredom and the monotony of their program. This can't be an option for the Fire Rescue Athlete; lives depend on our level of fitness.

So this brings us to the one thing that irritates the crap out of me. In every firehouse and gym in America there are Firefighters, EMTs and Paramedics who stand around lifting separate muscle groups and resting, resting, resting. When on a scene or in the middle of fire operations, there is no standing around (or shouldn't be, unless you are in rehab). When we are needed to perform, we have to perform. We as Fire Rescue Athletes need to challenge our bodies, our hearts, our personal will, and be efficient in the gym just like we need to be on a scene. This program utilizes exercises that do just that; they will challenge every muscle in your body including the most important...your heart.

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

Cardio Interval Training

If you have read and followed the 28-day Quickstart Program (you should perform this after you complete this program, you can get it [FREE by clicking HERE](#)) then you've heard me say that; "running long and slow teaches your body one thing, how to run slow." If that's all you're after, you can stop reading; I don't want you to be late for your water aerobics class. But in our profession you need to move quickly and with purpose, I'm not

saying that long and slow cardio is totally worthless, I'm saying it has its place. In fact, I recommend performing a lower intensity, longer cardio workout at least once a week to flush the muscles. But, what I am talking about here is training your body and your heart to function under higher intensity. The cardio intervals not only prepare you for the fire ground but also blast away a lot of calories and body fat (as an added bonus).

The purpose of any firefighter's (and fire officer's) cardiovascular program is to help them work more efficiently under the *stresses* encountered every day on the job, be it on the fire or rescue ground. Intervals raise our maximal oxygen uptake (VO2 max), which, simply put, is the greatest amount of oxygen our bodies can use during maximum aerobic effort. Firefighters who can work longer before they reach their VO2 max will be able to accomplish more on the fire ground and recover more quickly. Intervals also help the body to more efficiently flush muscles of lactic acid. We develop a build-up of lactic acid and hydrogen ions that are associated with the burning sensation we feel in our muscles when under heavy physical stress. It has been shown that trained individuals will clear lactate faster than those who aren't trained and will therefore feel less pain when undergoing physical exertion. The bottom line: We want to build a cardiovascular training program that enables us to work longer and harder with less physical pain when it really counts.

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

As you read the workouts below, you may notice I don't talk about strict percentages like 80% maximum heart rate or at RPE (rate of perceived exertion). I do however list some guidelines in the summary chart to use as a guide. It's not that I am opposed to using heart rate or RPE as a guide; it's just that sometimes we get wrapped up at looking at our certain

percentages we forget how to truly listen to our bodies and “push it.” A quick note on RPE, I like to use the 1 to 10 scale which basically says that at a 1 effort you are laying in bed watching TV and at a level of 10 you are working so hard you’re ready to hurl.

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

Beginner Interval Workout:

Start with 10 minutes at whatever you consider a moderate pace, you should be able to talk in short bursts, but not carry on a normal conversation. As soon as the 10 minutes are up, move (increase speed or level) as fast and furiously as you can for a 60 seconds. When the 60 seconds are up, drop your intensity down to a manageable pace (or level) for another 60 seconds, and then take off again. Do this five times.

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

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

Intermediate to Advanced Interval Workout:



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

intervals. When your five (or more) sets are over, do another 10 minutes at your moderate pace. Total workout time is at a minimum of 30 minutes with a max of 40 minutes.

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

The Workout Plan

On the following pages you will find a workout schedule on how to set-up your workouts. You can start on any day of the week you want, use the workout schedule as a guide. You will also see the different workouts that you will follow, look at each exercise, utilize the coaching sheets and the video links to watch the exercises in motion. I recommend that you take the first week to get acclimated to the new exercises, focus on form and really try to stick with the suggested rest times. You will notice that the 10-minute Overhauls are not incorporated in the program until the second week, as stated above I really want you to emphasize the quality of the exercises and focus on form. On weeks two, three and four however, kick it in gear and make tons of progress.

Each workout is highlighted and linked (click on the exercise and it will take you to the coaching sheet) to specific coaching sheets that will queue you on proper form and posture. These coaching sheets will further link you to my YouTube page where you can see each exercise in action. In addition to this eBook use the gym companion, the sheets included in that eBook are easily printed so you can take them to your gym (or where ever you workout).

FRF Chief's Workout Schedule

| | Day _____ | Day _____ | Day _____ | Day _____ | Day _____ | Day _____ | Day _____ |
|---|---------------------------------------|--|---------------------------------------|---|---|--|--|
| Week 1 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Intro week low weight, work on form | Workout 1 | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | Circuit | 20-minute Cardio Interval Workout (foam roll) | Workout 1 | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | 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 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| | Circuit | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | Workout 1 | Cardio Interval Workout (foam roll) | Challenge workout-250 | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | OFF (Rest) |
| Week 3 | Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| | Workout 1 + 10-min interval or cardio | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | Circuit + 10-min interval or cardio | Cardio Interval Workout (foam roll) | Workout 1 + 10-min interval or cardio | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | OFF (Rest) |
| Week 4 | Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
| | Circuit + 10-min interval or cardio | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | Workout 1 + 10-min interval or cardio | Cardio Interval Workout (foam roll) | Challenge workout—250 + 10-min interval or cardio | Run/ Walk 5K or Bike/ Climb 20-30 mins (stretch & foam roll) | OFF (Rest) Your ready for the 28-day Quickstart Program |
| Additional Notes | | | | | | | |
| | | | | | | | |

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 |
|---------------|---------------|----------------|-------------------|----------------|-------------------|
|---------------|---------------|----------------|-------------------|----------------|-------------------|

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 | 0 | 2 circuits | |
| Quads | Spidermans | 5-6 each | 30 sec | 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

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.

| 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 | 0 | 2 circuits | |
| Quads | Spidermans | 5-6 each | 30 sec | 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 | 0-15s | 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 | 0-15s | 2 to 3 circuits | |
| | Stick ups against the wall | 10-15 | 0-15s | 2 to 3 circuits | |
| | Ball Crunch | 10-15 | 0-15s | 2 to 3 circuits | |
| | Prisoner Squats | 10-15 | 0-15s | 2 to 3 circuits | |
| | Standing Bicep Curls (lunge position) | 5-6 each leg | 0-15s | 2 to 3 circuits | |
| | Tricep Skulls (on ball) | 10-15 | 0-15s | 2 to 3 circuits | |
| | Planks | 30 -45 seconds | 1-2 minutes | 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

Chiefs 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.

The Exercises (Coaching sheets)

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



Knees side to side

Muscles worked:

- Great exercise to warm-up low back and hips

Preparation :

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



Movement :

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



Finish :

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

[Click here to see this exercise in action](#)



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.

Spidermans

Muscles worked:

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

Preparation :

- Start in a push-up position



Movement :

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



Finish :

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

[Click here to see this exercise in action](#)



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.

Straight Leg Raises

Muscles worked:

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

Preparation :

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



Movement :

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



Finish :

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

[Click here to see this exercise in action](#)



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.

Ball Crunch (with weight)

Muscles worked:

- Great exercise for the entire abdominal musculature

Preparation :

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



Movement:

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



Finish:

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

[Click here to see this exercise in action](#)



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.

Ball Hamstring Curls

Muscles worked:

- Good exercise to work the hamstring while controlling the hip complex

Preparation :

- Start by lying on back with arms outstretched and palms up
- Place heels on ball with toes pointing straight up



Movement:

- Perform an abdominal draw-in and squeeze glutes to raise your hips from the floor
- Next, curl your heels toward your glutes by bending your knees
- Slowly return to the start position while maintaining the level of your hips throughout the entire exercise
- Do not allow your hips to drop while flexing the knees



Finish:

- Return to the starting position for a moment (keep your hips raised) then repeat
- You may use your arms to help with maintaining balance

[Click here to see this exercise in action](#)

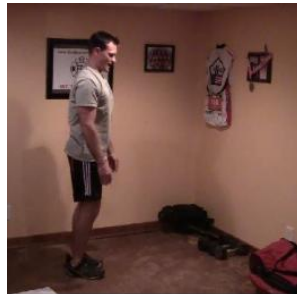


Coaching Tips: Find a medium sized stability ball, place your feet on very top and middle of the ball. Slowly apply pressure into the ball to raise your hips (legs should be straight). Draw abs tight, squeeze your glutes then slowly pull your heels toward your rear. Use your hands to help with balance as you move your feet toward you. Pull your feet as close to your rear as possible, pause for a second then return to the starting position (keeping your hips off the floor the entire set). Repeat as directed.

Step Forward Toe Touch

Preparation :

Stand up straight, feet together, abs drawn in, shoulders back and head straight.



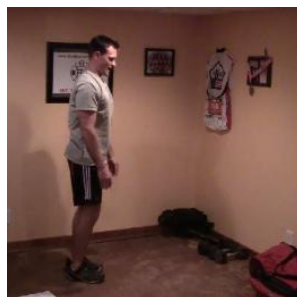
Movement :

Draw your belly button inward toward your spine.

Step forward with one foot (a comfortable distance), bend forward at the waist and reach towards the front foot. Keep your back straight, do NOT Round your back.

Lower your arms toward your front foot, stop when you feel a slight stretch in your front leg. Keep a slight bend in the front knee

Hold the stretch for 2-3 seconds.

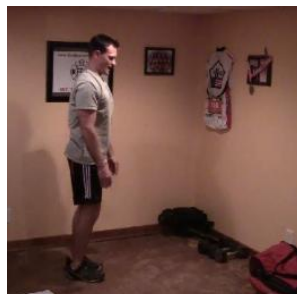


Finish :

Slowly stand back up, be sure to return to a fully upright position with you, shoulders back and head up straight.

Repeat the movement on the other leg.

[Click HERE to see a video of this exercise](#)



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.

Step Back Reach and Twist

Muscles worked:

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

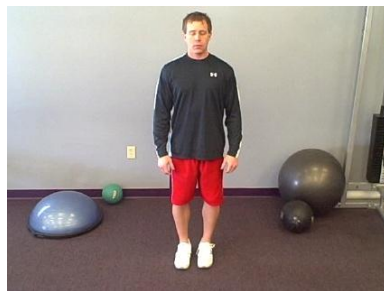
Preparation :

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



Movement :

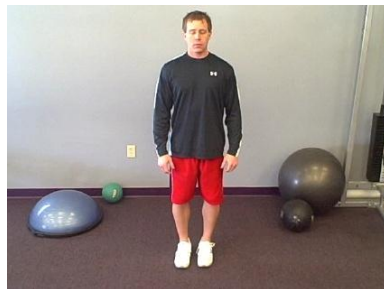
- Contract the abs to protect the spine
- Step back with one foot, bend the front knee to get extra range of motion
- Raise the same arm as the leg that stepped back
- Twist and reach arm towards the opposite shoulder of the leg that stepped back.
- Let your head look over the same shoulder you are reaching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



Finish :

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

[Click here to see this exercise in action](#)



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.

Foam Roll- Trouble Spots

Muscles worked:

- Great exercise for working the soreness and adhesions from sore muscles

Preparation :

- Put a sore/ tender muscle group (quads, hamstrings, calves, it band, chest, back) on the foam roller on the floor with the roller under the trouble spot



Movement:

- Roll over the sore area slowly, try to hold for a couple seconds over each trouble area. The more uncomfortable it feels, the more the muscle needs the work.
- Hold your position on the “hot” (sore) spots for a couple of seconds to release the soreness.
- Re-position your body to hit the sore spot from different angles.



Finish:

- Remember to stay relaxed through the shoulders and neck and to breathe easy.
- Try to hit as many trouble spots as time allows.



Coaching Ques: Find a foam roller, it should be firm enough to support your quads Put a sore/ tender muscle group (quads, hamstrings, calves, it band, chest, back) on the foam roller on the floor with the roller under the trouble spot. Roll over the sore area slowly; try to hold for a couple seconds over each trouble area. The more uncomfortable it feels, the more the muscle needs the work. Hold your position on the “hot” (sore) spots for a couple of seconds to release the soreness. Re-position your body to hit the sore spot from different angles.

Ball Crunch

Muscles worked:

- Great exercise for the entire abdominal musculature

Preparation :

- Slowly roll down the ball until the ball is in the small of the back.
- Rest your hands in front of your body just under your neck.
- Do not let your head jut forward or stress your neck



Movement:

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



Finish:

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

[Click here to see this exercise in action](#)



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.

Hip Extension (feet of ball)

Preparation :

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



Movement:

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



Finish:

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

[Click here to see this exercise in action](#)



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.

Opposite Arm- Leg Raises (over ball)

Muscles worked:

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

Preparation :

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



Movement :

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



Finish :

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

[Click here to see this exercise in action](#)



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 Planks (hold)

Muscles worked:

- Core stabilization and strength

Preparation :

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



Movement:

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



Finish:

- Form is more important than how long or how much

[Click here to see this exercise in action](#)



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.

Prone Stick UPs

Preparation :

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.



Movement :

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.



Finish :

Try to improve your range of motion in this exercise each week.

The goal is to improve shoulder mobility and postural control.

[Click HERE to see this exercise in action](#)



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. Try to improve your range of motion in this exercise each week.

Stick Ups (standing)

Preparation :

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.



Movement :

Draw your belly button inward toward your spine.

Slowly slide your hands against the wall, overhead. Keep your hands just 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.



Finish :

Try to improve your range of motion in this exercise each week.

The goal is to improve shoulder mobility and postural control.

[Click HERE to see this exercise in action](#)



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.

Prisoner Squat

Preparation :

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.



Movement :

Draw your belly button inward toward your spine.

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

Focus on keeping your elbows pulled back and your chest up.

Pause, then push yourself back up to the start.



Finish :

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



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.

Row-One Arm DB (hand on ball)

Muscles worked:

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

Preparation :

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



Movement:

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



Finish:

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

[Click Here to see this exercise in action](#)



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.

Row-One Arm DB

Muscles worked:

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

Preparation :

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



Movement:

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



Finish:

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

[Click here to see this exercise in action](#)



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.

DB Tricep Skulls (over ball)

Muscles worked:

- Great exercise to work the triceps and shoulder stabilizers

Preparation :

- Roll forward on a stability ball so your back and neck are on the ball and your feet are flat on the floor
- Dumbbells should be straight over head with palms facing in



Movement:

- Brace the spine by drawing your navel towards the spine and squeezing the glutes.
- Slowly press lower the weights to the outside of your head (around the ears)
- Perform repetitions SLOWLY to enhance strength.



Finish:

- It is important NOT to let your back arch at any time during the movement. KEEP YOUR HIPS UP.

[Click Here to see this exercise in action](#)



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. Maintain a slow pace and be sure to not arch your back. Repeat as directed

Push-up

Muscles worked:

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

Preparation :

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



Movement:

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



Finish:

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

[Click here to see this exercise in action](#)



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 (feet on ball)

Muscles worked:

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

Preparation :

- In a prone position, place hands under you at shoulder width or wider
- Place both feet on Swiss ball
- Brace your body on your hands and toes, be sure to keep your body straight or slightly raised at the hips



Movement:

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



Finish:

- Form is more important than how long or how much
- Perform each rep slowly with good control so you don't lose your balance

[Click here to see this exercise in action](#)



Coaching Tips: Lie on the floor with your body weight supported by your hands. Hand should be you at shoulder width or wider. Place your feet on top of a medium sized stability ball and balance. Tighten your abs and glutes then slowly lower your upper body towards the floor. Your elbows should be outside your body. Lower till your chest is almost touching the floor, pause, and then push your upper body back to the starting position. Make sure your hips do not sink or elevate, keep your torso straight. Be sure to go slowly and keep the head up and back and your abs tight. Repeat as directed.

Push-up (hands on ball)

Muscles worked:

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

Preparation :

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



Movement:

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



Finish:

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

[Click here to see this exercise in action](#)



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.

Y Squat

Preparation :

Stand with your feet shoulder-width apart and raise your hands wider than shoulder width above your head.

Keep your neck and shoulders relaxed



Movement :

Draw your belly button inward toward your spine.

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

Focus on keeping your arms straight and pointed toward the ceiling, not coming forward

Pause, and then push yourself back up to the start.



Finish :

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

[Click HERE to see this exercise in action](#)



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 between reps.

Bent Over Y Raises

Muscles worked:

- Upper back muscles, core, scapula control and strength.

Preparation :

- 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)



Movement:

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



Finish:

- 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 weight.

[Click here to see this exercise in action](#)



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

DB Bicep Curl (lunge stance)

Muscles worked:

- Great exercise to work biceps, core and legs

Preparation :

- 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



Movement:

- 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.



Finish:

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

[Click here to see this exercise in action](#)



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.

Standing Pressout

Muscles worked:

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

Preparation :

- Stand with your feet shoulder-width apart, hold a dumbbell or plate by its ends against your chest.



Movement:

- Draw your abdomen inward toward your spine and tighten your butt
- 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 as you squeeze your shoulder blades together.



Finish:

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

[Click HERE to see this exercise in action.](#)



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.

One Final Note

*Alright, I think I covered it all. It is in your hands now. I know you can and will succeed! Keep in mind that once you've read through everything and begin to implement *The Chief's Workout* into your exercise routine and are getting great results (believe me, you will), please go to www.FireRescueFitness.com to the contact tab and [email me](#) a testimonial regarding your satisfaction with this book and the progress you've made. I'm always very appreciative to hear about your success stories!*

Stay Safe and Healthy,

A. Zamzow

www.FireRescueFitness.com

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.