



THE FRF ULTIMATE 9/11 TRIBUTE CHALLENGE WORKOUT



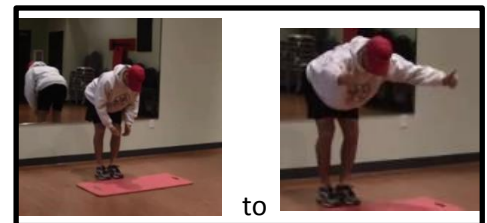
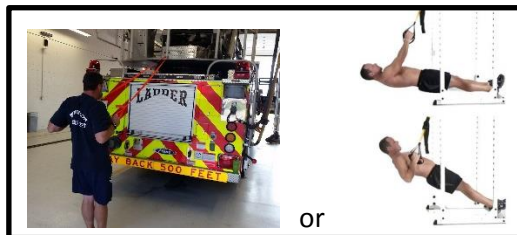
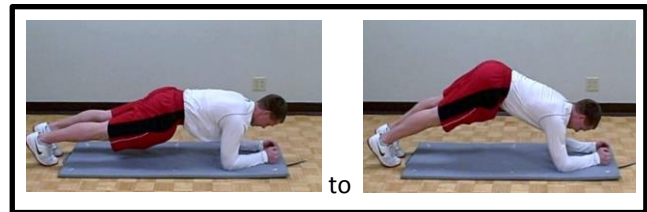
**Before beginning any FRF workout you should thoroughly perform an active warm-up. [Click here](#) for a quick 6-exercise active warm-up. (Standing Chops -5 reps, Arms up Squats-10 reps, Step forward toe touches-5 reps each side, Inverted hamstrings -5 reps each side, Spidermans-5 reps each side, and knees side to side-5 reps each side.) Complete 2 circuits of the 6 exercises before beginning the rest of the workout.

The Workout

You can perform the workout with just the 343 reps if you don't have access to stairs. Or, you can add the stair climbs (if you have access to them) and add them to the 343 reps of the various strength exercises. Vary the workout based on your available equipment—run bleachers or do step ups, choose a stairwell in your station and substitute out some of the strength exercises if you need too. You may also want to cut the reps in half and perform half of or a variation of the steps or exercises. I encourage you to make the workout significant to yourself, your crew, your department. This is a great way to honor and remember those that sacrificed on this day.

The goal is to complete all the stairs (if available) and all reps of the exercises in the fastest time possible.

1. Perform 50 Push-ups
 - o Run 1 or 2 flights of Stairs (up to 3 minutes) –If you have access to them
2. Perform 50 Prisoner Squats
 - o Run 1 or 2 flights of Stairs (up to 3 minutes)
3. Perform 50 Plank Pulses
 - o Run 1 or 2 flights of Stairs (up to 3 minutes)
4. Perform 50 lunges (25 each leg)
 - o Run 1 or 2 flights of Stairs (up to 3 minutes)
5. Perform 50 body Rows
 - o Run 1 or 2 flights of Stairs (up to 3 minutes)
6. Perform 50 Bent over Y- raises
 - o Run 1 or 2 flights of Stairs (up to 3 minutes)
7. Perform 43 Burpees



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