

LADDER 2 BONUS DOWNLOAD



GYM COMPANION and LOG SHEETS

**A Comprehensive Firefighter Workout Program
that will get you "Fit for Duty" in 28-days.**

By Aaron Zamzow, BS CPT

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Quick Reference Guide and Log Sheets

This booklet should be used in conjunction with the Ladder 2 Workout.

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The Workouts

Workout Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Day 1 Workout 1	Day 2 Cardio Interval Workout (stretch optional)	Day 3 Workout 2	Day 4 Cardio Interval Workout (stretch optional)	Day 5 Workout 1	Day 6 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 7 OFF (Rest)
Week 2	Day 8 Workout 2	Day 9 Cardio Interval Workout (stretch optional)	Day 10 Workout 1 + 10-min Interval Overhaul	Day 11 Cardio Interval Workout (stretch optional)	Day 12 Workout 2 + 10-min Interval Overhaul	Day 13 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 14 OFF (Rest)
Week 3	Day 15 Workout 1 + 10-min Interval Overhaul	Day 16 Cardio Interval Workout (stretch optional)	Day 17 Workout 2 + 10-min Interval Overhaul	Day 18 Cardio Interval Workout (stretch optional)	Day 19 Workout 1 + 10-min Interval Overhaul	Day 20 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 21 OFF (Rest)
Week 4	Day 22 Workout 2 + 10-min Interval Overhaul	Day 23 Cardio Interval Workout (stretch optional)	Day 24 Workout 1 + 10-min Interval Overhaul	Day 25 Cardio Interval Workout (stretch optional)	Day 26 Workout 2 + 10-min Interval Overhaul	Day 27 Run/ Walk 5K or Bike/ Climb 40 mins and stretch	Day 28 OFF (Rest)



Research shows that people that use workout log and journals are more successful than those that don't. Perform the workouts; use the log sheets on the following pages to record your progress. I also included summaries and pictures of the various exercises of the programs, use these for reference.

**Good luck, train hard, and stay consistent.....
BE FIT FOR DUTY**

Workout Summaries

Ladder 2-Workout #1

It starts here. This first workout will get you moving; stay on target with your rest intervals. For this workout you will be circuiting the warm-up exercises and the core exercises. Perform 2-3 sets of each strength exercise, adhering to the listed rest between sets. Perform workout intervals starting the second week you can create your own or use the suggestions from the program. Start slow with the intervals and slowly challenge yourself.

Ladder 2-Workout #2

You made it to number 2. This second workout will introduce you to circuit strength training. You will perform two sets of each exercise, following the rest intervals. When finished with 2 sets of each, you will then perform a 3rd set of each in a circuit. Depending on your level of fitness, you may only do the first 2 sets per exercise. Then introduce the circuit during the 3rd or 4th week. These exercises are slightly different from Workout 1. Be sure you understand the proper forms. Start to incorporate the interval overhauls in week two, start slow and progress at an easy pace.

Cardio Intervals

Choose the level that meets your current level of fitness. Progress slowly on the intervals, when in doubt error by using shorter work periods and longer rest. Give yourself a couple of interval workouts before you adjust to more demanding exercises and/or times. Remember to warm up and cool down and utilize stretching on these days.

Ladder Two Workout #1

It starts here. This first workout will get you moving; stay on target with your rest intervals. For this workout you will be circuiting the warm-up exercises and the core exercises. Perform 2-3 sets of each strength exercise, adhering to the listed rest between sets.

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 Hamstrings, calves Hips, legs	Knees side to side	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You only need to perform them 1 time each, go right from one exercise to the next.
	Waiters bow	10x	0	1 circuit	
	Spiderman's	5-6 each	0	1 circuit	
Chest, shoulders	Chest hugs	20	30 sec	1 circuit	
Core Exercises					
Core Back, glutes Core	Ball Crunches (hold a weight)	12-20	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.
	Hip Extension feet on Stability Ball	12-15	0	2 circuits	
	Prone planks (hold)	20-45 sec	0	2 circuits	
Shoulders, Low back	Opposite Arm/Leg raise on Ball	8-10 each side	30 sec	2 circuits	
Strength Exercises					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest, shoulders	Incline DB Chest Press	10-12	30-45 sec	2 to 3	Perform each exercise with great form and posture. Perform 2 to 3 sets following the rest suggested. Move from one exercise to the next. (Once you complete the suggested sets of the Incline DB chest press, follow the rest guideline and start the Smith Bar Body Rows). The "Your Choice Exercise" can be just that, your choice. If you want to work on your calves, choose the calf raise exercise, if you would rather work on abs, choose your favorite abs exercise.
Back	Smith Bar Body Rows	10-12	30-45 sec	2 to 3	
Total body	Squat with Press	10-12	30-45 sec	2 to 3	
Back	Seated Cable Row	10-12	30-45 sec	2 to 3	
Arms, hips	Captain Morgan Curls	6-8 each leg	30-45 sec	2 to 3	
Legs	Walking Lunges- hold weights	6-8 each leg	30-45 sec	2 to 3	
Triceps	Triceps Cable Pushdowns	10-12	30-45 sec	2 to 3	
???	Your Choice Exercise	10-12	30-45 sec	2 to 3	
After you complete the strength training portion, perform one of the 10-minute Interval Overhauls .					

Ladder Two Workout #2

You made it to number 2. This second workout will introduce you to circuit strength training. You will perform one or two sets of each exercise, following the rest intervals. When finished with the one or two sets of each, you will then perform the last set of each in a circuit. Depending on your level of fitness, you may only do the first 2 sets per exercise. Then introduce the circuit during the 3rd or 4th week. These exercises are slightly different from Workout 1, be sure you understand the proper forms.

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 (feet up)	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You only need to perform them 1 set each-- go right from one exercise to the next.
Hamstrings, calves	Straight Leg Raises	5-6 each	0	1 circuit	
Hips, legs	Hip Cross-overs	5-6 each	0	1 circuit	
Chest, shoulders	Step Back, Reach & Twist	5-6 each	30 sec	1 circuit	
Core Exercises					
Core	Ball Squeeze Crunch	15-20	0	2 circuits	Perform the core exercises in a circuit. Move from one exercise to the next with minimal rest. Rest for 30 seconds after the final exercise, then repeat for a 2 nd circuit.
Low back, hamstrings	Bridges- feet on ball	12-20	0	2 circuits	
Obliques, core	Oblique Twist (feet up knees up)	10-15 each side	0	2 circuits	
Core, shoulders	Side Planks (hold)	15-30 sec	30 sec	2 circuits	
Strength Exercises					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest	DB Alternate Arm Chest Press	10-12	30-45 sec	1-2 (Circuit set 3)	Perform the first exercise for 1-2 sets, and then move to the next.
Back, low back	One Arm DB Rows	10-12 each	30-45 sec	1-2 (Circuit set 3)	
Full body	Goblet Squats	10-12	30-45 sec	1-2 (Circuit set 3)	Complete 1-2 sets of each exercise resting for 30-45 seconds then perform a 3 rd set of each in a circuit (start with DB Alternate Arm Chest Press, complete a set, then move to One Arm DB rows, then right to the next exercise). Remember form and posture are key. If you lose your form, stop and move to the next exercise. Keep the right tempo and rest intervals.
Shoulder girdle	Arm Raises V-scaption (thumbs up)	10-12	30-45 sec	1-2 (Circuit set 3)	
Back, biceps	Lat Pulldown -reverse Grip	10-12	30-45 sec	1-2 (Circuit set 3)	
Legs	Step-ups	8-10 each leg	30-45 sec	1-2 (Circuit set 3)	
Biceps	Standing DB Hammer Curls	10-12	30-45 sec	1-2 (Circuit set 3)	
Triceps	Triceps Pushdown- rope	10-12	30-45 sec	1-2 (Circuit set 3)	
After you complete the strength training portion, perform one of the 10-minute Interval Overhauls .					

Cardio Interval Workouts

These are to be performed in-between your strength training workouts.

Beginning Interval

Total time	Interval Description	Hr Range	R.P.E.	Notes/ Key Points
10	Warm-up	60%-70%	4-5	If your just starting out and the 1 minute intervals are too difficult at first, drop the high intensity time to 30 seconds and gradually try to work up to 1 minute.
10 mins	Intervals: 5x (60 seconds on with 60 seconds active rest)	70%-80%	8	
10	Cool Down (active recovery)	60%-70%	4-5	

Intermediate Interval

Total time	Interval Description	Hr Range	R.P.E.	Notes/ Key Points
10	Warm-up	60%-70%	4-5	Increase by one interval each time you perform the workout. Work up to 10 (2-minute) intervals
10 mins (up to 20)	Intervals: 5x (90 seconds on with 30 seconds active rest)	70%-80%	8-9	
10	Cool Down (active recovery)	60%-70%	4-5	

Advanced Interval

Total time	Interval Description	Hr Range	R.P.E.	Notes/ Key Points
10	Warm-up	60%-70%	4-5	Once you're at this level try to focus on going faster and harder during the high intensity portion of the interval. To really challenge yourself you may try to add an SCBA or weighted vest.
15 mins	Intervals: 5 x (2 minutes on with 1 minute active rest)	80%-90%	9	
10	Cool Down (active recovery)	60%-70%	4-5	

Intervals are not complicated (and shouldn't be) as you can see from above. Once you've been doing it for awhile you'll get a good sense of how hard you need to be working and you'll quickly see the results of your effort. I included heart rate percentages and R.P.E (rate of perceived exertion) levels to help guide you. But don't get all worked up if you don't meet a certain percentage or effort level...when in doubt just "go hard."

Ladder 2 Workout 1		Workout Plan			Date:	Date:	Date:	Date:	Date:					
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Week 1	Week 2	Week 3	Week 4	Week 5					
					Actual Workout Results									
					Weight (lbs)	Reps	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													
Core Exercises														
Core Exercises	Core Circuit #1													
	Core Circuit #2													
Strength Exercises														
Set #	Perform each exercise with great form, posture and intensity!	1 st Workout			Actual Workout Results									
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps
					Week 1	Week 2	Week 3	Week 3 (2)	Week 4					
1														
2														
3														
1														
2														
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1														
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1														
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3														
1														
2														
3														
Workout Notes														

Interval Overhaul(s)	Workout Plan			Date:	Date:	Date:	Date:	Date:					
	Time	Level	Weight	Workout Day 10	Workout Day 12	Workout Day 15	Workout Day 17	Workout Day 19					
Perform each exercise with great form, posture and intensity!	Actual Workout Results												
	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	
Warm-up													
Start with 2 minutes to warm up													
Interval Overhaul													
Progress at your own pace...	<i>Exercise</i>												
	<i>#1 Interval Exercise</i>												
	Go #1												
	Rest #1												
	<i>#2 Interval Exercise</i>												
	Go #2												
	Rest #2												
	<i>#3 Interval Exercise</i>												
	Go #3												
	Rest #3												
	<i>#4 Interval Exercise</i>												
	Go #4												
	Rest #4												
	<i>#5 Interval Exercise</i>												
	Go #5												
	Rest #5												
	<i>#6 Interval Exercise</i>												
	Go #6												
	Rest #6												
	<i>#7 Interval Exercise</i>												
	Go #7												
	Rest #7												
	<i>#8 Interval Exercise</i>												
	Go #8												
	Rest #8												
	<i>#9 Interval Exercise</i>												
	Go #9												
	Rest #9												
<i>#10 Interval Exercise</i>													
Go #10													
Rest #10													
Cool down for 2-5 minutes													
Workout Notes													

Interval Overhaul(s)	Workout Plan			Date:	Date:	Date:	Date:	Date:			
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 22	Workout Day 24	Workout Day 26	Workout (Day __)	Workout (Day __)			
				Actual Workout Results							
				Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps
Warm-up											
Start with 2 minutes to warm up											
Interval Overhaul											
Progress at your own pace....	<i>Exercise</i>										
	<i>#1 Interval Exercise</i>										
	Go #1										
	Rest #1										
	<i>#2 Interval Exercise</i>										
	Go #2										
	Rest #2										
	<i>#3 Interval Exercise</i>										
	Go #3										
	Rest #3										
	<i>#4 Interval Exercise</i>										
	Go #4										
	Rest #4										
	<i>#5 Interval Exercise</i>										
	Go #5										
	Rest #5										
	<i>#6 Interval Exercise</i>										
	Go #6										
	Rest #6										
	<i>#7 Interval Exercise</i>										
	Go #7										
	Rest #7										
<i>#8 Interval Exercise</i>											
Go #8											
Rest #8											
<i>#9 Interval Exercise</i>											
Go #9											
Rest #9											
<i>#10 Interval Exercise</i>											
Go #10											
Rest #10											
Cool down for 2-5 minutes											
Workout Notes											

Cardio Intervals		Workout Plan			Date:	Date:	Date:	Date:	Date:						
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 2		Workout Day 4		Workout Day 9		Workout Day 11		Workout Day 16			
				Actual Workout Results											
				Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps		
Interval Summary															
Progress at your own pace...	<i>Warm up Exercise</i>														
	<i>#1 Interval Exercise</i>														
	Go #1														
	Rest #1														
	<i>#2 Interval Exercise</i>														
	Go #2														
	Rest #2														
	<i>#3 Interval Exercise</i>														
	Go #3														
	Rest #3														
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	Rest #4														
	<i>#5 Interval Exercise</i>														
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	Go #7														
	Rest #7														
	<i>#8 Interval Exercise</i>														
	Go #8														
	Rest #8														
	<i>#9 Interval Exercise</i>														
Go #9															
Rest #9															
<i>#10 Interval Exercise</i>															
Go #10															
Rest #10															
<i>Cool Down Exercise</i>															
Workout Notes															

Cardio Intervals		Workout Plan			Date:	Date:	Date:	Date:	Date:						
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 18		Workout Day 23		Workout Day 25		Workout Day ??		Workout Day ??			
				Actual Workout Results											
				Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps		
Interval Summary															
Progress at your own pace...	<i>Warm up Exercise</i>														
	<i>#1 Interval Exercise</i>														
	Go #1														
	Rest #1														
	<i>#2 Interval Exercise</i>														
	Go #2														
	Rest #2														
	<i>#3 Interval Exercise</i>														
	Go #3														
	Rest #3														
	<i>#4 Interval Exercise</i>														
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	Rest #4														
	<i>#5 Interval Exercise</i>														
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	Rest #5														
	<i>#6 Interval Exercise</i>														
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	<i>#8 Interval Exercise</i>														
	Go #8														
	Rest #8														
	<i>#9 Interval Exercise</i>														
	Go #9														
	Rest #9														
<i>#10 Interval Exercise</i>															
Go #10															
Rest #10															
<i>Cool Down Exercise</i>															
Workout Notes															

Steady State Cardio	Workout Plan	<i>Date:</i>		<i>Date:</i>		<i>Date:</i>		<i>Date:</i>		<i>Date:</i>	
Remember to use good posture when running or biking		Workout Day 6		Workout Day 13		Workout Day 20		Workout Day 27		Workout Day ??	
		Actual Workout Results									
		Time	Level/ Dist.	Time	Level/ Dist.	Time	Level/ Dist.	Time	Level/ Dist.	Time	Level/ Dist.
Warm-up for a minimum of 5 minutes											
	<i>Exercise</i>										
Workout Notes											

(Coaching sheets)

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



Warm-up Exercises

Chest Hugs



Coaching Tips: Stand up straight with your feet hip width apart. Draw your abs tight, squeeze the glutes and your shoulder blades together. At the same time pull your arms back as far as they can, pause and return to the starting position. Keep your thumbs pointed back through the whole motion. Repeat as directed.



Hip Cross-overs



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 swinging across your body toward the opposite hand. Ease into the stretch and 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.



Knees side to side



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.



Knees side to side (feet up)



Coaching Tips: Lie on your back with your feet up (shins parallel to the floor), knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. Hold the stretched position for a few seconds and return knees to the starting position. 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



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.



Step Back Reach and Twist



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.



Straight Leg Raises



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.



Waiters Bow



Draw your belly button inward toward your spine. Keep your chest up and out all the time, and tilt forwards from the hips while raising the rotating one arm. Keep your shoulder blade down and traps relaxed. Keep tilting forward until you feel your hamstrings tighten. Stop at this point for a few seconds, then straighten your hips and stand upright again returning your arm to the starting position. Remember to switch arms and do the same number of reps each side.



Core Exercises

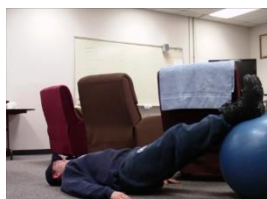
Ball Crunch (with weight)



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.



Hip Extension (feet on ball)



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.



Bridge- Feet on ball



Coaching Tips: Find a medium sized stability ball, place your feet on very top and middle of the ball. Draw abs tight, squeeze your glutes then slowly apply pressure into the ball to raise your hips (legs should stay bent). Use your hands to help with balance as you move your hips up. Push your hips high, pausing for 2 seconds at the top of the motion, then return to the starting position. Repeat as directed.



Crunch (feet down, ball squeeze)



Coaching Tips: Lie flat on your back, knees up and feet flat on the floor. Place a small squeezable ball (soccer, valley or medicine ball) between your knees. Squeeze your knees to keep the ball in the proper position. Draw your abs in and squeeze your glutes then slowly raise your shoulders off the floor. Your head should be supported, not pulled by your hands for the entire motion. Pause for a moment at the top of the motion and return to the starting position. Repeat as directed.



Crunch (feet up, ball squeeze)



Coaching Tips: Lie flat on your back; lift your feet and knees off the floor. Place a small squeezable ball (soccer, valley or medicine ball) between your knees. Squeeze your knees to keep the ball in the proper position. Draw your abs in and squeeze your glutes then slowly raise your shoulders off the floor. Your head should be supported, not pulled by your hands for the entire motion. Pause for a moment at the top of the motion and return to the starting position. Repeat as directed.



Hanging Leg Raises



Coaching Tips: Grasp an overhead bar with palms forward or back (whichever is more comfortable). Let your feet hang from floor, tighten your abs and glutes, then slowly curl your upper body toward your chest. Bring your legs as high as possible, pause and slowly lower legs back to the starting position. Maintain control of the motion to insure you don't swing. Repeat as directed.



Oblique Twist (feet up)



Coaching Tips Lay flat on floor with legs bent and raised perpendicular to the floor. Keep your knees hip width apart. Draw your abs in and squeeze your glutes, then slowly raise your shoulder off the floor towards the opposite knee. Your head should be supported, not pulled by your hands for the entire motion. Pause for a moment at the top of the motion and return to the starting position. Repeat the motion to the other side. Perform reps as directed.



Opposite Arm- Leg Raises (over ball)



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 Plank (hold on stability ball)



Coaching Tips: Lie on the floor with elbows/ forearms under your shoulders and on top of a medium sized stability ball. 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. You may need to widen your feet to gain more stability and balance. This exercise requires you to hold the position or the directed amount of time. Hold as directed.



Prone Plank (hold)



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.



Side Plank (hold)



Coaching Tips: Lie on your side with your elbow under your shoulder. Tighten your abs and glutes then lift your hips off the floor, your feet 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 then repeat on other side.



Strength Exercises

Arm Raises V-scaption (thumbs up)



Coaching Tips: Take dumbbells that you can easily control. Stand with good posture; engage core and glutes while slowly raising the weights with your thumbs pointed to the ceiling. Bring your hands to eye level then slowly return to the start position. Repeat as directed.



Bent-over Row (2 arm DB)



Coaching Tips: Select the appropriate weight. Grab a dumbbell in each hand, draw your abdominal muscles tight and bend forward to 45-60 degrees at the waist. Let your arms straighten towards the floor but still maintain good bent over posture and position. Keep the abs tight, head up and pull your hands towards your sides. You want to bring the dumbbells all the way to your sides, pause then slowly lower them to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.



Body Row



Coaching Tips: Adjust the bar to mid-thigh height. Grab the smith bar (be sure the bar is locked in place). Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible. Keep the abs tight, head up as you pull. Don't let your legs push you up, pull yourself, pause at the top of the motion, then slowly lower back to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.



Body Row (knees bent)



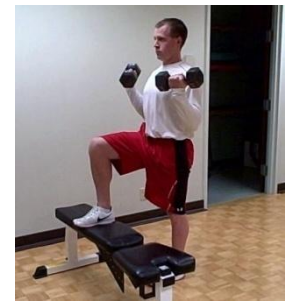
Coaching Tips: Adjust the bar to mid-thigh height. Grab the smith bar (be sure the bar is locked in place). Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible. Keep the abs tight, head up as you pull. Don't let your feet push you up, pull yourself, pause at the top of the motion, then slowly lower yourself to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.



Captain Morgan Curls



Coaching Tips: Stand with dumbbells in your hands, palms facing forward (thumbs out). Place one leg up on a bench and slightly lean forward. Be sure to engage the core and squeeze the glutes, and then slowly pivot at the elbows and raise the dumbbells to your chest. Keep your palms facing forward and your shoulder blades down. Maintain a slow and controlled pace. Repeat with other leg up as directed.



Chest Press (Alternate Arm Feet Down)



Coaching Tips: Lie on your back with your feet flat on the floor or bench (whichever you feel more comfortable with) Dumbbells should be straight out over your chest. Slowly lower one dumbbell to the outside of your chest while keeping the opposite arm straight and stable. Slowly bring the first dumbbell back to the starting position and repeat on the other side. It is very important to maintain a slow pace. Be sure to pause at the top of the motion to stay in control. Repeat as directed.



DB 9's (Standing DB Hammer Curls)



Coaching Tips: Stand up straight with the dumbbells in your hands. Tighten your abs and glutes then slowly raise one dumbbell towards your shoulder. Pause on the top of the motion and repeat 2 more reps. After performing 3 reps on one side, repeat with 3 reps on the other. Continue with 3 rep groups until the directed number of reps is met. Maintain good, slow control.



Deadlift (Dumbbells)



Coaching Tips: Start with the dumbbells comfortably positioned at your hips with palms facing in. It is very important to keep your abs tight throughout the entire motion. Draw the abs in and slowly descend towards the floor, bend at the hip and knee, like you are to sit in a chair. Go as low as you comfortably can, pause, push through your feet and return to starting position. Do not lean forward or let your knees swing in or out. Keep a slow, controlled pace. Repeat as directed.



Incline Chest Press (DB)



Coaching Tips: Sit on the incline bench (adjusted to 45 to 60 degrees) with feet flat on the floor and dumbbells on your knees. Slowly lie back on the bench bringing the dumbbells straight up at chest level. Draw your abs in tight, squeeze the glutes then slowly lower the weights to the outside of your chest. Pause for a moment at the bottom of the movement, and then straighten your arms. Keep your feet on the floor and do not arch your back at any point in the motion. Maintain a slow, controlled pace. Repeat as directed.



Lat Pulldown



Coaching Tips: Grasp the overhead bar with your palms facing away from you. Bring your shoulder blades down so they are not at your ears. Draw your abs tight and lean back slightly. Pull the bar slowly down towards your chin; be careful to not arch your back. As the bar gets below the chin, pause and slowly return to the starting position. Keep the abs tight and head looking forward throughout the motion. Maintain control of the motion to insure you don't swing. Repeat as directed.



Lat Pulldown (reverse grip)



Coaching Tips: Grasp the overhead bar with your palms facing towards you. Bring your shoulder blades down so they are not at your ears. Draw your abs tight and lean back slightly. Pull the bar slowly down towards your chin; be careful to not arch your back. As the bar gets below the chin, pause and slowly return to the starting position. Keep the abs tight and head looking forward throughout the motion. Maintain control of the motion to insure you don't swing. Repeat as directed.



Lunges- forward walking (DB)



Coaching Tips: Grasp dumbbells, one in each hand with palms facing in. Draw the abs tight and slowly step forward bending at the hip, knee and ankle. Drop the back knee toward the ground but do not let it touch. Pause for a second and push through the planted foot to return to the starting position. Keep your shoulders and head back, do not get your weight too far forward. Repeat on the other leg. Perform reps as directed.



Pull-UP



Coaching Tips: Grasp the bar with an overhand grip allowing your feet to come off the floor. Stabilize your spine by tightening the abs and glutes then slowly pull your body towards the overhead bar. Bring your chin to the bar, pause and then slowly lower your body back to the starting position. Keep your movement under control so you don't swing on the bar. Repeat reps as directed.



Push-UP



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 (hands on ball)



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.



One Arm DB Row (staggered stance)



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.



Seated Cable Row



Coaching Tips: Select the appropriate weight. To get into position: grab the handle, put your feet on the pedals, draw the abs tight and sit up straight. You will have resistance on the cable. Keeping the straight position, slowly pull your arms back to your armpits. Keep your shoulders down and relaxed throughout the motion. When the handles are back to the armpits, pause, and then slowly straighten your arms. You only need to return the handle (let the weight stack down) on the last rep. Repeat as directed.



DB Shrug to Calf Raises



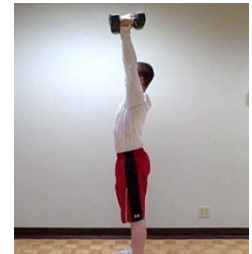
Coaching Tips: Start with the dumbbells comfortably positioned at your hips, palms facing in and legs straight. Draw the abs in tight and raise your shoulders to your ears. Hold that position and then push through your toes to raise your heels from the floor. Pause at the highest point, and then slowly lower yourself to the starting position. Maintain a slow, controlled pace throughout the rep. Keep your abs tight and head up. Repeat as directed.



Squat to Press



Coaching Tips: Grasp dumbbells, one in each hand with palms facing in. Draw the abs tight and slowly squat, bend the knees and hips only go as low as you feel comfortable. Return from the squat and press the dumbbells over head, pause for a second and slowly return the weight to your shoulders. You must make sure that your abs are tight for the entire range of motion. Do not over arch your back or let the weights bring you forward. Perform reps as directed.



Goblet Squat



Coaching Tips: Grab a dumbbell and hold it vertically in front of your chest, with your feet slightly wider than shoulder-width apart. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, then push yourself back up to the start. Your elbows should point down to the floor and your torso should remain as upright as possible.



Straight Arm Pushdown



Coaching Tips: Stand up straight; grab the cable bar with palms facing the floor. Draw your abs and glutes tight and push hands straight toward the floor, keeping your arms straight. Pause at the bottom of the motion, emphasize the straight arms, and then slowly raise your hands to the starting position. Maintain good posture and a slow controlled pace. Repeat as directed.



Tricep Pushdown



Coaching Tips: Stand up straight; grab the cable bar with palms facing the floor. Draw your abs and glutes tight and push hands straight toward the floor. Pause at the bottom of the motion, emphasize the triceps contraction, and then slowly raise your hands to the starting position. Maintain good posture and a slow controlled pace. Repeat as directed.



Tricep Pushdown (rope)



Coaching Tips: Stand up straight; grab the rope with palms facing in. Draw your abs and glutes tight and push hands straight down and out toward the floor. Pause at the bottom of the motion, emphasize the triceps contraction, and then slowly raise your hands to the starting position. Maintain good posture and a slow controlled pace. Repeat as directed.



Step Ups (12-16 inch bench)



Coaching Tips: Place foot of first leg on bench. Stand on bench by extending hip and knee of first leg and place foot of second leg on bench. Step down with second leg by flexing hip and knee of first leg. Return to original standing position by placing foot of first leg to floor. Repeat all the reps on one leg first then perform the same number on the opposite leg. Stepping distance from bench emphasizes Gluteus Maximus; stepping close to bench emphasizes Quadriceps.



Using the SIX SOPs of eating lean in the firehouse

Here is a sample daily menu and eating plan using the six SOP's as a guide

Food Breakdown	Actual Application
Breakfast:	
Quick Option - Protein Shake OR	Sausage and Cheese Muffins
Lean Protein Source (Eggs)	Oatmeal
Non Starchy Veggies Source (spinach)	Blueberries
Starchy Carb Choice (oatmeal best choice)	
Fruit Source (berries, apple, banana)	
Mid Morning Snack:	
	Greek Yogurt
Lean Protein Source (slices of turkey, low sodium beef jerky or Greek yogurt)	Apple
	OR
Fruit Source (Apple, Berries)	Snack Bar
Lunch:	
Lean Protein Source (turkey, chicken, salmon)	Healthy Sloppy Joes
Non Starchy Carb (Bowl of Lettuce, Spinach, etc.)	Whole Grain Bun
	Broccoli (steamed with a little butter)
Grain Source (Whole grain bread, rye, or Ezekiel Bread)	Whole grain pretzels
	Glass of 1% Milk
Mid Afternoon Snack:	
Lean protein Source (Protein Shake)	Turkey Avocado Wraps
OR Healthy Fat Source (Nuts, seeds)	
Dinner:	
Lean Protein Source (Lean Meat Choice)	Healthy Turkey Loaf
Starchy Carb Choice	Greens and Spinach Salad
Evening Snack:	
Lean Protein Source	½ cup 1% cottage cheese

*** The FireRescue Athlete should aim to drink half of their body weight in ounces of water each day. So if you weigh 180 pounds, try to get 90 ounces of water.

Good luck, I know that if you follow the program, YOU WILL:

See Results

Have a Stronger Core

Have More Energy

Prolong Your Career

Look.....and Be Fit for Duty

Stay Safe and Healthy,

A handwritten signature in black ink, appearing to read "Aaron Zamzow". The signature is fluid and cursive, with the first name "Aaron" being more prominent than the last name "Zamzow".

Aaron Zamzow

www.FireRescueFitness.com

Ladder2Workout.com