

# Fire Rescue Fitness



## 28-DAY GET FRF WORKOUT PROGRAM

GET FIT FOR DUTY IN 28 DAYS

**[WWW.FIRERESCUFITNESS.COM](http://WWW.FIRERESCUFITNESS.COM)**

**Quick Reference Guide and Log Sheets**

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## **Quick Reference Guide and Log Sheets**

**This booklet should be used in conjunction with the Fire Rescue Fitness 28-day QuickStart Program**

By

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**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**





## **The FRF 28-day QuickStart Workout Program**

**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 40 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 FRF 28-day Workout Program***

1. Sedentary individuals must check with their physician before beginning any exercise program. You may want to start with the body weight exercise workouts and focus on warm-up and core for the first week.
2. Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer and/or use the video examples and coaching sheets.
3. Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement, just refer to the substitution guide or the FRF Workout Group for options. You can also email me.
4. Whenever you start a NEW workout (first time) in the program, use lighter weights. The FRF 28-day QS workout was designed to use the first week of workouts for you to get familiar with the new exercises and to **focus on form not weight**. Use the other weeks of the program to increase strength but remember form is always the most important element.
5. If you need extra recovery within the workout or between workouts, don't hesitate to take it. Safety first. Utilize foam rolling and the stretching whenever possible.
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 the 4-weeks). You can switch days and workouts around based on your work schedule and schedule. Make sure to rest a day between strength workouts.
7. Finish each workout with stretching and foam rolling. You may want to do the stretching and foam rolling on off days and before a shift (to help you recover and stay flexible).
8. **Never skip the active warm-up and core/prehab**. You can substitute the active warm-up and/or core 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/ prehab**.
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. Use a spotter if you are training with heavy weights.
11. (Bonus 11) If you decide to use running or stepping 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 or a stepmill, please operate it safely.

**Enjoy the journey...**

# The FRF 28-day QuickStart Calendar

<b>Week 1</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Take measurements, "before" pics. Do the self-evaluation and get nutrition going	Weight <u>Workout 1 or Progressive Bodyweight Workout</u> (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	<u>Weight Workout 2 or 500 Workout</u> (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	Weight <u>Workout 1 or Progressive Bodyweight Workout</u> (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	OFF (Rest and prepare your nutrition for the week...

Week 1 Goals- Complete the Self- Evaluation (step 2) and Focus on Nutrition (step 3) and review your workouts for the week (step 4). For nutrition, start with drinking more water, limit sugars and plan your meals.

<b>Week 2</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
	<u>Weight Workout 2 or 500 Workout + interval overhaul</u> (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	Weight <u>Workout 1 or Progressive Bodyweight Workout + interval overhaul</u> (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	<u>Weight Workout 2 or 500 Workout + interval overhaul</u> (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	OFF (Rest and prepare your nutrition for the week...

Week 2 Goals- Make sure you have joined the FRF Facebook Group (step 5) and that you are receiving emails from Aaron. Ask if you have questions. Clean up your nutrition a little more this week. Utilize the healthy snacks. For your workouts make sure you are planning your workouts and focus on using good form.

<b>Week 3</b>	<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
	Weight <u>Workout 1 or Progressive Bodyweight Workout + interval overhaul</u> (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	<u>Weight Workout 2 or 500 Workout + interval overhaul</u> (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	Weight <u>Workout 1 or Progressive Bodyweight Workout + interval overhaul</u> (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	OFF (Rest and prepare your nutrition for the week...

Week 3 goals- Continue to keep your nutrition clean. If you need help, let me know. Use the 5 steps to better nutrition as guidelines. Stay hydrated. Push yourself to complete the workouts, try to increase weights this week.

<b>Week 4</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>	<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>
	<u>Weight Workout 2 or 500 Workout + interval overhaul</u> (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	Weight <u>Workout 1 or Progressive Bodyweight Workout + interval overhaul</u> (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	<u>Weight Workout 2 or 500 Workout + interval overhaul</u> (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	Reassess (weight, questionnaire, body comp, pics) <b>Then try the FRF 343 Memorial Workout</b> <a href="#">Click here to try!</a>

Week 4- By now you should be seeing and feeling some results. Email me your feedback and let me know how much progress you made...

**[Looking for the Next workout program? Click here to discover the Ultimate Fire Rescue Athlete Workout Program!](#)**

# FRF 28-day QuickStart 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 ( <a href="#">Click Here for a video overview of the active warm-up</a> )					
Start with a 5-10-minute jog, elliptical or bike session					
Hips, low back	Knees side to side	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You need to perform them at least 1 time each, go right from one exercise to the next.
Hamstrings, calves	Waiters bow	10x	0	1 circuit	
Hips, legs	Spiderman's	5-6 each	0	1 circuit	
Chest, shoulders	Chest hugs	20	30 secs	1 circuit	
Core Exercises ( <a href="#">Click Here for a video overview of the core circuit</a> )					
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 <sup>nd</sup> circuit. Foam roll after completing the 2 <sup>nd</sup> circuit.
Back, glutes	Hip Extension feet on Stability Ball	12-15	0	2 circuits	
Core	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	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		
Strength Exercises ( <a href="#">Click Here for a video overview of the Strength Exercises</a> )					
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 if the calendar indicates then stretch and foam roll.






**FRF 28-day QS #1- Active Warm-up**

**Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or “tight” from a previous shift or workout.**

<p><b>Click on the "blue" exercise for a video of it in action.</b></p> <p><a href="#">Knees Side to Side</a></p> <p>(6 reps each side)</p>	<p><b>Coaching Tips:</b> 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. Do not force or bounce into the stretch, ease into it. Repeat as directed.</p>	
<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><a href="#">Waiters Bow</a></p> <p>(10 reps each arm)</p>	<p><b>Coaching Tips</b> 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.</p>	
<p><a href="#">Spiderman's</a></p> <p>(6 each side)</p>	<p><b>Coaching Tips:</b> Start in a push-up position, take one large step forward with your foot, aiming for the outside of your hand. Make sure the head and shoulders stay straight and be sure to not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position. Repeat on the other side. You should alternate between sides.</p>	
<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><a href="#">Chest Hugs</a></p> <p>(6 each side)</p>	<p><b>Coaching Tips:</b> 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.</p>	

## FRF 28-day Workout #1- Core Exercises

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

<p><a href="#">Ball Crunch w/weight</a> (10-15 reps) Circuit</p>	<p><b>Coaching Tips:</b> 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 your torso back over the ball to the starting position. Repeat as directed.</p>	
<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><a href="#">Hip Extensions -feet on ball</a> (12 reps)</p>	<p><b>Coaching Tips:</b> Lie face up on the floor, arms out to the sides, lower legs on a stability ball. Draw your abs tight, squeeze your glutes and push your hips up until your body forms a straight line from shoulders to knees. Pause for a moment at the top of the motion and slowly return to the starting position. Be sure to go slow with the motion and do not arch your back. Repeat as directed.</p>	 <p>Push Hips up...</p>
<p><a href="#">Plank (hold)</a> (1 min, 45s, 90s)</p>	<p><b>Coaching Tips:</b> Lie on the floor with elbows/forearms under your shoulders. Tighten your abs and glutes then lift your body off the floor, your toes and forearms should be holding you up. Keep abs tight and head in proper alignment. This exercise requires you to hold the position or the directed amount of time. Hold as directed.</p>	
<p><a href="#">Opposite Arm/Leg raise on Ball</a> (8-10 each side)</p>	<p><b>Coaching Tips:</b> Lie on your stomach over a medium sized stability ball. Have both your hands and feet in contact with the floor. Draw the abs tight and slowly raise one leg toward the ceiling. Make sure the leg is straight. At the same time lift the opposite arm with the thumb pointed to the ceiling. Pause on the top part of the motion and slowly return to the starting position. Repeat on the opposite side. Make sure your head stays in the proper straight alignment and does not drop. Go slowly to maintain control and balance. Repeat as directed.</p>	
<p><a href="#">Foam Roll</a> (10x over trouble spots)</p>	<p><b>Coaching Tips:</b> Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.</p>	



## FRF 28-day Workout #1- Strength Exercises

Perform the first exercise with strict form, after completing the suggested reps, follow the suggested rest (use more time if needed) then repeat with the second set, etc. Complete all the suggested sets of one exercise before progressing to the next exercise. The difficult part of this workout is staying on-track with the rest intervals.

<p><a href="#"><u>Incline DB Chest Press</u></a> (10-12x)</p>	<p><b>Coaching Tips:</b> Sit on the incline bench (adjusted to 45 to 60 degrees) with feet flat on the floor and dumbbells on your knees. 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.</p>	
<p><a href="#"><u>Smith Bar Body Rows</u></a> (10-12x)</p>	<p><b>Coaching Tips:</b> Adjust the bar to mid-thigh height. Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible, pause at the top of the motion, then slowly lower back to the starting position.</p>	
<p><a href="#"><u>Squat to Press</u></a> (10-12x)</p>	<p><b>Coaching Tips:</b> 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 overhead, pause for a second and slowly return the weight to your shoulders. Do not over arch your back or let the weights bring you forward. Perform reps as directed.</p>	
<p><a href="#"><u>Seated Cable Row</u></a> (10-12x)</p>	<p><b>Coaching Tips:</b> To get into position: grab the handle, put your feet on the pedals, draw the abs tight and sit up straight. 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.</p>	
<p><a href="#"><u>Captain Morgan Curls</u></a> (6-8 each leg)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p><a href="#"><u>Walking Lunges</u></a> (6-8 each leg)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p><a href="#"><u>Tricep Pushdowns</u></a> (10-12 reps)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p>Your Choice Exercise (10-12 reps)</p>	<p><b>Use good form...</b> 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. Use good form and control each rep.</p>	

**FRF 28-day Workout #1- Log Sheets**

Workout #1		Week 1			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 3	Week 4				
					Actual Workout Results								
					Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	
<b>Warm-up</b>													
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up												
	Knees side to side	5-6e	0										
	Waiters Bow	5-6e	0										
	Spidermans	5-6e	0										
	Chest Hugs	20x	30s										
	Foam Roll (trouble spots)	10x	3-5min										
<b>Core Exercises</b>													
Core Exercises	<i>Core Circuit #1</i>												
	Ball Crunch w/ weight	12-20x											
	Hip Ext (feet on ball)	12-15x											
	Prone Plank (holds)	20-45s											
	Opp Arm/leg raise (ball)	8-10e											
	<i>Core Circuit #2</i>												
	Ball Crunch w/ weight	12-20x											
	Hip Ext (feet on ball)	12-15x											
	Opp Arm/leg raise (ball)	8-10e											
<b>Strength Exercises</b>													
Set #	Perform each exercise with great form, posture and intensity!	Week 1			Actual Workout Results								
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	
					Week 1	Week 2	Week 3	Week 3	Week 4				
1	Incline DB Chest Press	10-12	30-45s										
2	Incline DB Chest Press	10-12	30-45s										
3	Incline DB Chest Press	10-12	30-45s										
1	Smith Bar Body Rows	10-12	30-45s										
2	Smith Bar Body Rows	10-12	30-45s										
3	Smith Bar Body Rows	10-12	30-45s										
1	Squat with Press	10-12	30-45s										
2	Squat with Press	10-12	30-45s										
3	Squat with Press	10-12	30-45s										
1	Seated Row	10-12	30-45s										
2	Seated Row	10-12	30-45s										
3	Seated Row	10-12	30-45s										
1	Captain Morgan Curls	6-8ea	30-45s										
2	Captain Morgan Curls	6-8ea	30-45s										
3	Captain Morgan Curls	6-8ea	30-45s										
1	Walking Lunges	6-8ea	30-45s										
2	Walking Lunges	6-8ea	30-45s										
3	Walking Lunges	6-8ea	30-45s										
1	Triceps Cable	10-12	30-45s										
2	Triceps Cable	10-12	30-45s										
3	Triceps Cable	10-12	30-45s										
1	Your Choice-	10-12	30-45s										
2	Your Choice-	10-12	30-45s										
3	Your Choice-	10-12	30-45s										
Workout Notes (You can write what you did for the 10-minute interval overhauls, exercise substitutions, etc. here)													

# Progressive Bodyweight Challenge

This is a progressive rep workout. Use this as an alternative if you don't have access to a lot of equipment or a gym. This workout does not require any equipment, just a place to do a pulling exercise. Start with the active warm-up (repeat for 2 circuits) and core exercises (2 circuits), then foam roll. After the warm-up. start with the first exercise of 5 burpees, progress through the suggested reps and exercises until you complete the 30 second plank. Following the plank perform some type of cardio exercise that boosts the heart (run stairs, sprints, jump rope, crawl or do step-ups for 30 seconds). Repeat the progressive circuit for a total of 4 or 5 times (depending on your level of fitness and time available).

## Active Warm-ups and Core

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Hips, Glutes	<b>Chops</b>	6x	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Then complete 2 circuits of the 3 core exercises. Move from one exercise to the next with minimal rest.
Back, Shoulder	<b>Thoracic Rotation</b>	6 each	0	2 circuits	
Hips, Legs	<b>Spidermans</b>	6 each	0	2 circuits	
Legs, Quads	<b>Walking Quads</b>	6 each	0	2 circuits	
Core Exercises					Foam roll at the end of the 2 <sup>nd</sup> circuit of the core exercises
Glutes, Core	<b>Glute Bridge (single leg)</b>	6 each	0	2 circuits	
Core, Shoulders	<b>Stick ups (on floor)</b>	10x	0	2 circuits	
Core, Obliques	<b>Side Planks</b>	15-30 sec each side	0	2 circuits	
Any	<b>Foam Roll (trouble spots)</b>	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		


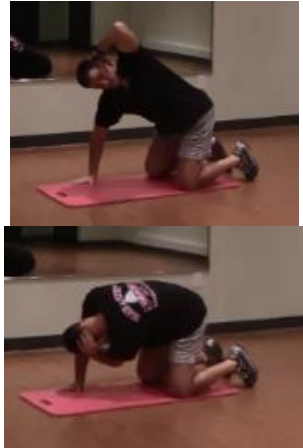


Order	Exercise	Reps	Rest	Sets	Notes
1	<b>Burpees</b>	5	Minimal	4 or 5 circuits	Follow the suggested reps of each exercise. Perform the exercises in a circuit with minimal rest between (rest when needed). After the 30 second cardio exercise rest as needed (max of 1 minute) then repeat. Form is the most important factor! If you lose form, you are done...
2	<b>Pull-ups or Body Rows</b>	10	Minimal	4 or 5 circuits	
3	<b>Push-ups</b>	15	Minimal	4 or 5 circuits	
4	<b>Prisoner Squats</b>	20	Minimal	4 or 5 circuits	
5	<b>Mountain Climbers</b>	25 each leg	Minimal	4 or 5 circuits	
6	<b>Planks</b>	30 seconds	Minimal	4 or 5 circuits	
Run Stairs, sprints, jump rope or crawl for 30 seconds (or do step ups).					

**\*\*Rest 1 minute (or don't) and repeat 4 more times (for a total of 5)- record the total time it takes to finish 5 rounds and try to improve next workout. \*\***

**Complete the workout by stretching and foam rolling.**

## FRF 28-day Progressive Bodyweight Challenge- Active Warm-up

**Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or "tight" from a previous shift or workout.**

<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Chops</a></p> <p>(6 reps)</p>	<p><b>Coaching Tips:</b> Begin by standing with feet double hip width apart. Stand up straight and extend your arms straight up toward the sky. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Slowly bend forward at your waist and lower your arms toward the floor. Reach your arms back (between your legs) as far as you can, pause for a moment then raise your body and arms back to the starting position. Progressively make your reps faster as you warm-up.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Thoracic rotations</a></p> <p>(6 each side)</p>	<p><b>Coaching Tips:</b> Start on all fours with your hands directly below your shoulders. Place your hand behind your head, do not pull on the back of your head. Draw your belly button inward toward your spine. Keep your head back in proper alignment and raise your left elbow toward the ceiling by rotating your head and upper back up and to the left as far as possible. Pause on top then rotate your upper back downward so your elbow is pointed down and to your right. Complete the prescribed number of reps, then do the same number on your right side. Try to keep your hips stable throughout the entire range of motion. Repeat as directed.</p>	
<p><a href="#">Spiderman's</a></p> <p>(6 each side)</p>	<p><b>Coaching Tips:</b> Start in a push-up position, take one large step forward with your foot, aiming for the outside of your hand. Make sure the head and shoulders stay straight and be sure to not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position. Repeat on the other side. You should alternate between sides.</p>	
<p><a href="#">Walking Quads</a></p> <p>(6 each leg)</p>	<p><b>Coaching Tips:</b> Stand up straight with core engaged. Step forward with right leg slowly. Bring your knee up toward your chest (not your upper body to your knee) and grab it with your right arm. Grab your right ankle with your right arm and slowly bring your foot back towards your right glute. Maintain balance and a straight upright position, pause for a second and return to the starting position. Repeat the same procedure to the left side. Stand up straight throughout the motion. Alternate between the right and left legs.</p>	



## FRF 28-day Progressive Bodyweight Challenge- Core Exercises

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

Click on the "blue" exercise for a video of it in action.

### [Glute Bridge \(single leg\)](#)

(6 reps each leg)

**Coaching Tips:** Lie on your back on an exercise mat or the floor in a bent-knee position with your feet flat on the floor. Place your feet hip-width apart with the toes facing away from you. Gently contract your abdominal muscles to flatten your low back into the floor. Maintain this gentle muscle contraction throughout the exercise. Lift the left leg up and clasp behind the left thigh. Draw the left knee toward your chest and slide the right foot slightly toward the midline of the body. Keeping the abdominals contracted, lift your hips up off the floor. Your right heel is pressing into the floor for added stability. Avoid pushing your hips too high as this can cause over-arching the low back. Then, slowly lower yourself back to the mat. Maintain control using your right hip. Repeat for a specific number of repetitions or a certain period of time; then change legs.



Click on the "blue" exercise for a video of it in action.

### [Prone Stick-ups](#)

(10 reps)

**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.



### [Side Plank \(hold\)](#)

(15-30 seconds each side)

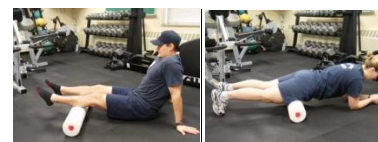
**Coaching Tips:** Lie on your side with your elbow under your shoulder. Tighten your abs and glutes then lift your hips off the floor, your feet and forearms should be holding you up. Keep abs tight and head in proper alignment. This exercise requires you to hold the position or the directed amount of time. Hold as directed then repeat on other side.



### [Foam Roll](#)

(10x over trouble spots)

**Coaching Tips:** Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.



## FRF 28-day Progressive Bodyweight Challenge- Exercises

The goal of the workout is to finish in the shortest amount of time possible, not by rushing your reps but by not resting. After completing the exercises end the circuit with some sprinting, stairs or intense biking. Repeat the progressive circuit 3 or 4 more times (for a total of 4 or 5) based on time available and level of fitness. There is a catch of course, each rep must be performed in a controlled manner and *bad reps don't count*. Safety first, form is your biggest focus.

<p><a href="#"><u>Burpees</u></a> (5 reps)</p> <p><i>Click on the "blue" exercise for a video of it in action.</i></p>	<p><b>Coaching Tips:</b> Begin standing on both legs in good postural alignment, wider than hip width with arms at your sides. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place, pull legs forward OUTSIDE your body (to protect your knees) to return your feet to the starting position. Rise to the original standing posture, raise arms overhead and balance on your toes... or add a jump.</p>	
<p><a href="#"><u>Pull ups (body rows or trx)</u></a> (10 reps)</p>	<p><b>Coaching Tips:</b> 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. OR Body Row using a bar at hip height, pull your chest to the bar with your feet on the floor. Keep your movement under control so you don't swing on the bar. Repeat reps as directed.</p>	
<p><a href="#"><u>Push ups</u></a> (15 reps)</p>	<p><b>Coaching Tips:</b> 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. Lower till your chest is almost touching the floor, pause, and then push your upper body back up.</p>	
<p><a href="#"><u>Prisoner Squats</u></a> (20 reps)</p>	<p><b>Coaching Tips:</b> Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Focus on keeping your elbows pulled back and your chest up. Pause, then push yourself back up to the start. Be sure to stand up straight between reps.</p>	
<p><a href="#"><u>Mountain Climbers</u></a> 25 each side (50)</p>	<p><b>Coaching Ques:</b> Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg in toward your chest. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. Keep repeating...</p>	
<p><a href="#"><u>Prone Planks (hold)</u></a> (30 seconds)</p>	<p><b>Coaching Tips:</b> 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. Hold as directed.</p>	
<p>Sprinting, Stairs, Bike...</p>	<p>Run Stairs or Sprint 100- 200 meters, run 400 or bike 1 mile...(at least 30 seconds to 2 minutes of intense cardio exercise)</p>	

## FRF 28-day Progressive Bodyweight Workout- Log Sheets

Progressive Challenge		Week 1/ day 1			Date:	Date:	Date:	Date:	Date:					
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Day __5__	Day __10__	Day __15__	Day __19__	Day __24__					
					Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps		
<b>Warm-up (perform 2 circuits of the warm-up)</b>														
<b>Warm-up</b>	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up													
	Chops	6x	0											
	Thoracic Rotation	6 each	0											
	Spiderman's	6 each	0											
	Walking Quads	6 each	0											
<b>Core Exercises</b>														
<b>Core Exercises</b>	<i>Core Circuit #1</i>													
	Glute Bridge (single)	6 each	0											
	Stick ups (prone)	10x	0											
	Side Plank	15-30s	0											
	<i>Core Circuit #2</i>													
	Glute Bridge (single)	6 each	0											
	Stick ups (prone)	10x	0											
	Side Plank	15-30s	0											
	Foam Roll (trouble spots)	10x/spot	5 min											
<b>Progressive Challenge Exercises</b>														
<b>Set #</b>	Perform each exercise with great form, posture and intensity!	Week 1/ Day 1												
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps
					Day __5__	Day __10__	Day __15__	Day __19__	Day __24__					
	Burpees	5x	0											
	Pull ups or Body Rows	10x	0											
	Push ups	15x	0											
	Prisoner Squats	20x	0											
	Bikers	25e	0											
	Plank (holds0	30sec	0											
	Run stairs or sprints		1 min											
<b>Notes:</b>														
<b>Rest 1 minute and repeat the progressive circuit...</b>														
	Burpees	5x	0											
	Pull ups or Body Rows	10x	0											
	Push ups	15x	0											
	Prisoner Squats	20x	0											
	Bikers	25e	0											
	Plank (holds0	30sec	0											
	Run stairs or sprints		1 min											
<b>Notes:</b>														
<b>Rest 1 minute and repeat the progressive circuit...</b>														
	Burpees	5x	0											
	Pull ups or Body Rows	10x	0											
	Push ups	15x	0											
	Prisoner Squats	20x	0											
	Bikers	25e	0											
	Plank (holds0	30sec	0											
	Run stairs or sprints		1 min											
<b>Notes:</b>														

<b><i>Rest 1 minute and repeat the progressive circuit...</i></b>														
	Burpees	5x	0											
	Pull ups or Body Rows	10x	0											
	Push ups	15x	0											
	Prisoner Squats	20x	0											
	Bikers	25e	0											
	Plank (holds0	30sec	0											
	Run stairs or sprints		1 min											
<b>Notes:</b>														
<b><i>Rest 1 minute and repeat the progressive circuit...</i></b>														
	Burpees	5x	0											
	Pull ups or Body Rows	10x	0											
	Push ups	15x	0											
	Prisoner Squats	20x	0											
	Bikers	25e	0											
	Plank (holds0	30sec	0											
	Run stairs or sprints		1 min											
<b>Notes:</b>														
Record the total time it took for the progressive portion of the workout (minus time for warm-up)					<i>Time</i>					<i>Time</i>				<i>Time</i>
<b><i>Complete the workout then stretch 4 minutes and foam roll...</i></b>														





## Foam Rolling Positions

Foam Roller Basics: Use the roller to search for tender areas or trigger points and to roll these areas to decrease density and over-activity of the muscle. The best areas to roll depend on each person. Perform each foam rolling exercise for 20-30 seconds. Roll for longer at points of major discomfort. Try to get in the habit of foam rolling at the beginning of your shifts, in addition to the Get FRF Workouts. I guarantee it will help insure you are “Fit for Duty.” [Click here for a video overview on foam rolling.](#)

Here are the muscle groups you should focus on with foam rolling:

Glutes



Quads



Low Back



Hamstrings



Calves



It Band



Upper Back



Groin



Lats



Chest



# 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 you're 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	

Please Note: If you like doing the Crew or Fireground Intervals, you can perform those instead of the regular cardio intervals. You can also use the cardio interval days to just run a 5k or train for an event. Another option is to run hills or stairs.

**You may use these sheets to take note of the exercises and reps performed on the cardio interval workout days. **													
Cardio Interval workouts	Date:			Date:		Date:		Date:		Date:		Date:	
Perform each exercise with great form, posture and intensity!	Workout Day 2			Workout Day 9		Workout Day 16		Workout Day 23					
	Actual Workout Results												
	Time	Level/Reps		Time	Level/Reps		Time	Level/Reps		Time	Level/Reps		Time
Interval Summary													
Progress at your own pace....	Warm up Exercise												
	#1 Interval Exercise												
	Go #1												
	Rest #1												
	#2 Interval Exercise												
	Go #2												
	Rest #2												
	#3 Interval Exercise												
	Go #3												
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	Rest #8												
	#9 Interval Exercise												
	Go #9												
	Rest #9												
	#10 Interval Exercise												
	Go #10												
	Rest #10												
	Cool Down Exercise												
	Workout Notes												

## FRF 28-day FRF QuickStart 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 3<sup>rd</sup> or 4<sup>th</sup> 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 ( <a href="#">Click Here for a video overview of the active warm-up</a> )					
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 ( <a href="#">Click Here for a video overview of the core circuit</a> )					
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 <sup>nd</sup> 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 ( <a href="#">Click Here for a video overview of the Strength Exercises</a> )					
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. Complete 1-2 sets of each exercise resting for 30-45 seconds then perform a 3 <sup>rd</sup> 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 <a href="#">tempo</a> and <a href="#">rest intervals</a> .
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)	
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 if the calendar indicates then stretch and foam roll.




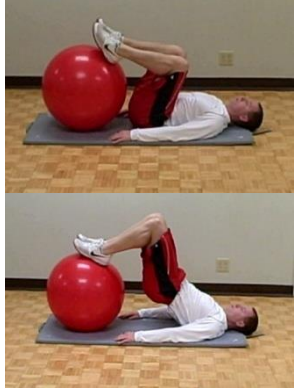


## FRF 28-day Workout #2- Active Warm-up Exercises

**Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or "tight" from a previous shift or workout.**



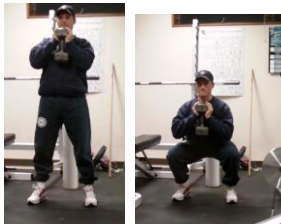
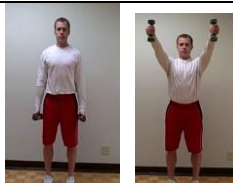




<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Knees side to side (feet up)</a></p> <p>(5-6 each side)</p>	<p><b>Coaching Tips:</b> Lie on your back with your feet up (shins parallel to the floor), knees up and together. Have your arms outstretched with your palms up. 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.</p>	
<p><a href="#">Straight Leg Raises</a></p> <p>(5-6 each side)</p>	<p><b>Coaching Tips:</b> Lay flat on your back with your palms and toes pointed toward the ceiling. Be sure to tighten the abs and glutes. Start the movement by slowly straightening one leg and lifting towards the ceiling. Ease into the stretch, flex your foot so your toes point towards your nose, pause for 2-4 seconds, then return to the starting position. Repeat on the other side. Keep your shoulders and head flat on the floor for the entire motion. Repeat as directed.</p>	
<p><a href="#">Hip Cross-overs</a></p> <p>(5-6 each side)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p><a href="#">Step Back, Reach &amp; Twist</a></p> <p>(5-6 each side)</p>	<p><b>Coaching Tips:</b> Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with the arm on the same side. Keep your stepped back position slowly twist towards the opposite shoulder. Hold for 2-3 seconds then slowly return to the starting position. Make sure your abs are tight through the entire motion. Repeat on the other side as directed.</p>	
<p><a href="#">Foam Roll</a></p> <p>(10x over trouble spots)</p>	<p><b>Coaching Tips:</b> Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.</p>	

## FRF 28-day Workout #2- Core Exercises

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

<p><a href="#"><u>Ball Squeeze Crunch</u></a></p> <p>(15-20 reps)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p><a href="#"><u>Bridges- feet on ball</u></a></p> <p>(12-20 reps)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p><a href="#"><u>Oblique Twist (feet up knees up)</u></a></p> <p>(10-15 reps each side)</p>	<p><b>Coaching Tips</b> 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.</p>	
<p><a href="#"><u>Side Planks (hold)</u></a></p> <p>(15-30 seconds each side)</p>	<p><b>Coaching Tips:</b> 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.</p>	

## FRF 28-day Workout #2- Exercises

Perform the first exercise with strict form, after completing the suggested reps, follow the suggested rest (use more time if needed) then repeat with the second set, etc. You will circuit your last set. The difficult part of this workout is staying on-track with the rest intervals.		
<a href="#">DB Alternate Arm Chest Press</a> (10-12 reps, 5-6 each arm)	<b>Coaching Tips:</b> 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 stabile. 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.	
<a href="#">One Arm DB Rows</a> (10-12 each arm)	<b>Coaching Tips:</b> 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.	
<a href="#">Goblet Squats</a> (10-12 reps)	<b>Coaching Tips:</b> 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.	
<a href="#">Arm Raises V-scaption (thumbs up)</a> (10-12 reps)	<b>Coaching Tips:</b> 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.	
<a href="#">Lat Pulldown -reverse Grip</a> (10-12 reps)	<b>Coaching Tips:</b> 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.	
<a href="#">Step-ups</a> (8-10 each leg)	<b>Coaching Tips:</b> 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.	
<a href="#">Standing DB Hammer Curls</a> (10-12 reps)	<b>Coaching Tips:</b> 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.	
<a href="#">Triceps Pushdown-rope</a> (10-12 reps)	<b>Coaching Tips:</b> 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.	

Workout #2		Week 1			Date:	Date:	Date:	Date:	Date:					
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Actual Workout Results									
					Week 2		Week 2		Week 3		Week 4		Week 4	
					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													
	Knees side to side	5-6	0											
	Straight Leg Raises	5-6	0											
	Hip Cross-overs	5-6	0											
	Step Back, Reach & Twist	5-6	30s											
	Foam Roll (trouble spots)	10x	3-5min											
Core Exercises														
Core Exercises	Core Circuit #1													
	Ball Squeeze Crunch	15-20	0											
	Bridge-feet on ball	12-20	0											
	Oblique twist (feet up)	10-15e	0											
	Side Planks (hold)	15-30s	30s											
	Core Circuit #2													
	Ball Squeeze Crunch	15-20	0											
	Bridge-feet on ball	12-20	0											
	Oblique twist (feet up)	10-15e	0											
	Side Planks (hold)	15-30s	30s											
Strength Exercises														
Set #	Perform each exercise with great form, posture and intensity!	Week 1			Actual Workout Results									
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps
					Week 2		Week 2		Week 3		Week 4		Week 4	
1	DB Alt Arm Chest Pres	5-6e	30-45s											
2	DB Alt Arm Chest Pres	5-6e	30-45s											
1	One Arm DB Rows	10-12e	30-45s											
2	One Arm DB Rows	10-12e	30-45s											
1	Goblet Squats	10-12	30-45s											
2	Goblet Squats	10-12	30-45s											
1	Arm Raises V-scap (up)	10-12	30-45s											
2	Arm Raises V-scap (up)	10-12	30-45s											
1	Lat Pulls (reverse grip)	10-12	30-45s											
2	Lat Pulls (reverse grip)	10-12	30-45s											
1	Step UPs	8-10ea	30-45s											
2	Step UPs	8-10ea	30-45s											
1	Stand DB Hammer	10-12	30-45s											
2	Stand DB Hammer	10-12	30-45s											
1	Triceps Push (rope)	10-12	30-45s											
2	Triceps Push (rope)	10-12	30-45s											
Circuit the final set	DB Alt Arm Chest Pres													
	One Arm DB Rows													
	Goblet Squats													
	Arm Raises V-scap (up)													
	Lat Pulls (reverse grip)													
	Step UPs													
	Stand DB Hammer													
	Triceps Push (rope)													
Workout Notes <u>Workout Notes</u> (You can write what you did for the 10-minute interval overhauls, exercise substitutions, etc. here)														



## FRF 28-day QS Bodyweight Challenge Workout- 500

Here is a great Challenge workout; it requires minimal weight and maximal effort. Try to rest as little as possible. All you need for this challenge workout is a towel or some webbing (or squat rack) to do the rows. The object of the workout is to complete the suggested reps of each exercise in order (500 total) as quickly as possible. There is a catch of course, each rep must be performed in a controlled manner and bad reps don't count. Safety first, form is your biggest focus. Perform the active warm-ups and core exercises first.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups and Prehab					
Start with a 5-10-minute walk, jog, elliptical or bike (optional)					
Hips, Glutes	Knees side to side	6 each	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Move from one exercise to the next with minimal rest.
Hamstrings	Straight Leg Raises	6 each	0	2 circuits	
Full body	X-overs	6 each	0	2 circuits	
Legs, Quads, Hips	Step back reach & twist	6 each	0	2 circuits	Foam roll at the end of the 2 <sup>nd</sup> circuit.
Any	<a href="#">Foam Roll (trouble spots)</a>	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		

### Strength Exercises

Order	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
1	Burpees	25	minimal	na	Complete 50 (or 25 if marked) 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 50 reps of each exercise (with good form) in as short of time possible.  **For more of a challenge do not skip exercises, you can only progress to the next exercise after ALL reps are finished. For example, you must do all burpees before going to pull up...
2	Prisoner Squats	25	minimal	na	
3	Marching Bridges	25 each (50)	minimal	na	
4	Walking Push-ups (offset)	25 each (50)	minimal	na	
5	50 Towel Rows (or body rows)	50	minimal	na	
6	Plank Pulses	50	minimal	na	
7	Biker Crunch	50 (25 each side)	minimal	na	
8	Mountain Climbers	50 each	minimal	na	
9	Bent-over y raises	50	minimal	na	
10	Prisoner Lunges	50 (25 each)	minimal	na	
11	Narrow Push-ups	25	minimal	na	
12	Burpees	25	minimal	na	

Remember to record your total time.

### Cardio Challenge- BONUS

Follow up the workout with a 10-minute stair interval. Run steps or sprints for 30 seconds as fast as you can, rest for 30 seconds then repeat for a total of 10 minutes.

**Complete the workout by stretching for 4 minutes and foam rolling.**

## FRF 28-day 500 Rep Bodyweight Challenge Workout -Active Warm up

Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or "tight" from a previous shift or workout.

### Knees side to side

(6 each side)

**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.



### Straight Leg Raises

(6 each side)

**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.



### X-overs

(6 each side)

*Click on the "blue" exercise for a video of it 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 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.



### Step Back Reach and Twist (6 each leg)

*Click on the "blue" exercise for a video of it in action.*

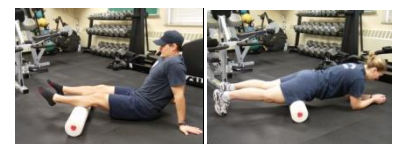
**Coaching Tips:** Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with the arm on the same side. Keep your stepped back position slowly twist towards the opposite shoulder. Hold for 2-3 seconds then slowly return to the starting position. Make sure your abs are tight through the entire motion. Repeat on the other side as directed.



### Foam Roll


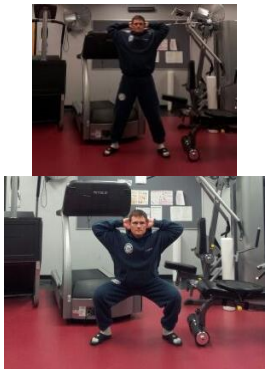

(10x over trouble spots)

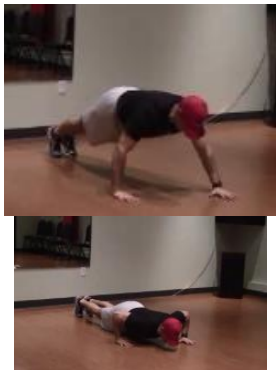


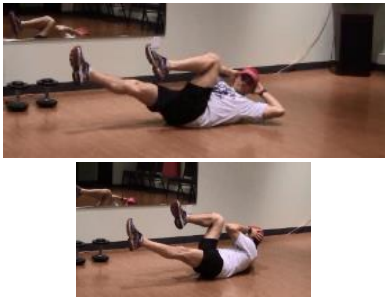

**Coaching Tips:** Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.







## FRF 28-day 500 Rep Bodyweight Challenge Workout - Exercises

Here is a great Challenge workout; it requires minimal weight and maximal effort. Try to rest as little as possible. All you need for this challenge workout is a towel or some webbing (or squat rack) to do the rows. The object of the workout is to complete the suggested reps of each exercise in order (500 total) as quickly as possible. There is a catch of course, each rep must be performed in a controlled manner and bad reps don't count. Safety first, form is your biggest focus. Perform the active warm-ups and core exercises first.

<p><a href="#">Burpees</a> 25 reps</p>	<p><b>Coaching Tips:</b> Begin standing on both legs in good postural alignment, wider than hip width with arms at your sides. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place, pull legs forward OUTSIDE your body (to protect your knees) to return your feet to the starting position. Rise up to original standing posture, raise arms overhead and balance on your toes. Lower arms and return to starting position. Repeat as directed. Add a jump at the end to make the exercise more challenging.</p>	
<p><a href="#">Prisoner Squats</a> 25 reps</p>	<p><b>Coaching Tips:</b> Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Focus on keeping your elbows pulled back and your chest up. Pause, then push yourself back up to the start. Be sure to stand up straight between reps.</p>	
<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><a href="#">Glute Bridge Marching</a> 25 each leg (50 total)</p>	<p><b>Coaching Tips:</b> Lay on your back with the knees bent 90 degrees. Find a neutral spine position and draw your abs in. Next, perform a full double leg bridge and hold in a table top position (hops up). The goal is to keep your pelvis level at all times. Now slowly extend one knee, pause at full extension and then return to double leg support. Repeat on the other side. Maintain a tight core and avoid collapsing into a pelvic tilt during the isometric hold. Discontinue the exercise (rest or regress it) if form is lost and cannot be corrected with adjustment.</p>	

<p><a href="#"><u>Walking Push-ups</u></a> 25 each (50 total)</p>	<p><b>Coaching Tips:</b> 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. Draw your abdomen inward toward your spine and tighten your glutes. Move one hand forward of your shoulder and the other a bit behind your shoulder. From this staggered stance, slowly lower yourself until your chest almost meets the ground and pause, then slowly raise your upper body to the starting position. Reverse the hand positions after each rep by walking your hands and feet forward one step.</p>	
<p><a href="#"><u>Towel or Body Rows</u></a> 50 reps</p> <p><a href="#"><u>You can also use a doorway and towel or TRX to substitute for the body row (click here for other great options)</u></a></p>	<p><b>Coaching Ques:</b> Adjust the bar to mid-thigh height. Grab the smith bar (be sure the bar is locked in place). Draw your abdominal muscles tight and squeeze the glutes. Pull your chest up towards the bar keeping your traps as relaxed as possible. Keep the abs tight, head up as you pull. Don't let your legs push you up, pull yourself, pause at the top of the motion, then slowly lower back to the starting position. Be sure to keep your glutes and abs tight and shoulders down throughout the motion. Repeat as directed.</p>	
<p><a href="#"><u>Prone Plank Pulses</u></a> 50 reps</p>	<p><b>Coaching Tips:</b> Lie on the floor with elbows/forearms under your shoulders. Tighten your abs and glutes then lift your body off the floor, your toes and forearms should be holding you up. Keep abs tight and head in proper alignment then push hips toward the ceiling. Hold at the top of the motion for a moment then return to the starting position. Repeat as directed.</p>	
<p><a href="#"><u>Biker Crunches</u></a> 25 each side (50)</p>	<p><b>Coaching Tips:</b> Lay flat on floor with legs extended to 45 degrees from the floor. Place hands under neck to support the head. Activate core and glutes by drawing in navel towards the spine and squeezing the glutes. Lift one shoulder off the floor and rotate your shoulder/ elbow, bring the opposite knee toward that elbow. Bring the elbow and knee together then pause momentarily and slowly return to the starting position. Repeat on the other side. Only lift as far as you feel comfortable, don't strain. Quality is far more important than quantity, so once form has diminished discontinue the exercise.</p>	
<p><a href="#"><u>Mountain Climbers</u></a> 25 each side (50)</p>	<p><b>Coaching Ques:</b> Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg in toward your chest. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. Keep repeating...</p>	



<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><a href="#">Bent over Y-raises</a> (50 reps)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p><a href="#">Prisoner Lunges</a> (50 reps, 25 each leg)</p>	<p><b>Coaching Tips:</b> 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. Step forward with your right leg, taking a slightly larger than normal step. Be sure to keep your left toe on the ground and use it to help keep your balance, and also bend your right knee. Continue to lower your body until your front thigh is parallel to the ground. Keep your upper body upright throughout the entire movement. Hold the position for 2-3 seconds. Push with your front (right) leg to return to the starting position and swap legs.</p>	
<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><a href="#">Narrow Push-ups</a> 25 reps</p>	<p><b>Coaching Tips:</b> Lie on the floor with your body weight supported by your hands. Hand should be you at shoulder width or narrower. Tighten your abs and glutes then slowly lower your upper body towards the floor. Your elbows should be outside your body. Lower till your chest is almost touching the floor, pause, and then push your upper body back to the starting position. Make sure your hips do not sink or elevate, keep your torso straight. Be sure to go slowly and keep the head up and back and your abs tight. Repeat as directed.</p>	
<p><a href="#">Burpees</a> 25 reps</p>	<p><b>Coaching Tips:</b> Begin standing on both legs in good postural alignment, wider than hip width with arms at your sides. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place, pull legs forward OUTSIDE your body (to protect your knees) to return your feet to the starting position. Rise up to original standing posture, raise arms overhead and balance on your toes. Lower arms and return to starting position. Repeat as directed. Add a jump at the end to make the exercise more challenging.</p>	



# FRF 28-day 500 Rep Bodyweight Challenge Workout-Log Sheet


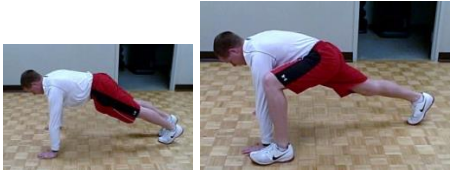
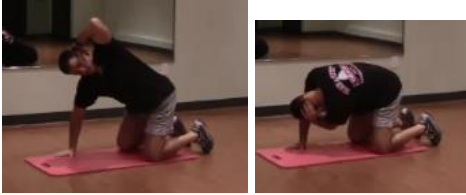


500 Challenge Workout		Week 1/ Day 3			Date:	Date:	Date:	Date:	Date:				
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Day: 8	Day: 12	Day: 17	Day: 22	Day: 26				
					Actual Workout Results								
					Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	
Warm-up (Repeat Circuit 2x if needed, 1x is mandatory)													
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up												
	Knees side to side	6 each	0										
	Straight Leg Raise	6 each	0										
	X-overs	6 each	0										
	Step back reach	6 each	0										
	Foam Roll	10x/spot	5 mins	Roll over trouble spots									
Challenge Exercises													
Set #	Perform each exercise with great form, posture and intensity!	Week 1/ Day 3			Actual Workout Results								
		Reps	Rest	Weight	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	Weight (lbs)	Reps	
					Day: 8	Day: 12	Day: 17	Day: 22	Day: 26				
1	Burpees	25	minima 										
2	Prisoner Squats	25	minima 										
3	Marching Bridges	25 each (50)	minima 										
4	Walking Off-set Push-ups	25 each (50)	minima 										
5	Towel Rows or Body Rows	50	minima 										
6	Plank Pulses	50	minima 										
7	Biker Crunch	25 each leg (50 total)	minima 										
8	Mountain Climbers	25 each leg (50 total)	minima 										
9	Bent-over Y raises	50	minima 										
10	Prisoner Lunges	25 each leg (50 total)	minima 										
11	Narrow Push-ups	25	minima 										
12	Burpees	25	minima 										
Total Workout Time													
<p align="center"><b>Cardio Challenge- BONUS</b></p> <p align="center">Follow up the workout with a 10-minute stair interval. Run steps or sprints for 30 seconds as fast as you can, rest for 30 seconds then repeat for a total of 10 minutes.</p> <p align="center"><i>Complete the workout by stretching for 4 minutes and foam rolling.</i></p>													

## Crew/ Fireground Interval Workout

The Crew/ Fireground Interval workout is a perfect option for the firehouse to do with (or without) your crew. Working out on-shift is a major concern, you want to make sure you keep your body in good "fit for duty" condition but also want to make sure you have enough "left in the tank" to respond and perform in an actual response. Over the last couple of years, I have toyed with various workouts on shift; high intensity, heavy lifting, stretching only, and even some yoga. I have found that these crew interval workouts are not only very effective but a great way to incorporate fire ground movements and good for camaraderie. Start with the active Warm-up then choose your exercises and perform the circuit.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups					
Start with a 5-10-minute walk, jog, elliptical or bike (optional)					
Hips, Glutes, back	Chops	6x	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Move from one exercise to the next with minimal rest.  Foam roll at the end of the 2 <sup>nd</sup> circuit.
Glutes, legs	Stand Knee Hug to lunge	6 each	0	2 circuits	
Hip flexor, hamstrings	Spidermans	6 each	0	2 circuits	
Hips, back	Knees side to side	6 each	0	2 circuits	
Low back	Thoracic Rotations	6 each	0	2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		
Create the Circuit...					
Directions for Circuit				Exercises to choose from	
<p>Step #1 Choose either 6 exercises and perform 4 rounds or Choose 8 exercises for 3 rounds (see options in the next column)</p> <p>Step #2 Choose your work interval and rest interval times Depending on your available time and your level of fitness. Common work/rest interval times are: (30 seconds work/ 30 seconds rest) (30 seconds work/ 20 seconds rest) (40 seconds work/ 20 seconds rest)</p> <p>Step #3 <u>Stretch for 4 minutes and Foam Roll</u></p>				<ul style="list-style-type: none"><li>• Bear Crawls,</li><li>• Dumbbell Crawls,<ul style="list-style-type: none"><li>• Stairs,</li></ul></li><li>• Jacobs Ladder (if you have access to one),<ul style="list-style-type: none"><li>• Crawl up stairs,<ul style="list-style-type: none"><li>• Drags,</li></ul></li></ul></li><li>• Tire or sled push (power sled),<ul style="list-style-type: none"><li>• Plate Pushes,</li></ul></li><li>• Carries- single hand or double hand, or Foam Bucket Carry (side or overhead),<ul style="list-style-type: none"><li>• Sledges on a Tire,<ul style="list-style-type: none"><li>• Tire Flips,</li><li>• Sprints,</li></ul></li></ul></li><li>• Medicine Ball Slams,</li><li>• Medicine Ball Wall Throws,<ul style="list-style-type: none"><li>• Battling Hoselines,<ul style="list-style-type: none"><li>• BURPEES,</li></ul></li></ul></li><li>• Mountain Climbers,<ul style="list-style-type: none"><li>• Jump Rope,</li><li>• Squat Jumps,</li></ul></li><li>• Thrusters (modified squat to press),<ul style="list-style-type: none"><li>• Running Hills,</li><li>• Punching Bag,</li><li>• Side to side shuffles,</li><li>• Side to Side Lunges,</li></ul></li><li>• Any Core Exercise- Plank, rotational plank, side plank, bird dogs, etc.</li></ul>	

**Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or “tight” from a previous shift or workout.**

<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Chops</a></p> <p>(6 reps)</p>	<p><b>Coaching Tips:</b> Begin by standing with feet double hip width apart. Stand up straight and extend your arms straight up toward the sky. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Slowly bend forward at your waist and lower your arms toward the floor. Reach your arms back (between your legs) as far as you can, pause for a moment then raise your body and arms back to the starting position. Progressively make your reps faster as you warm-up.</p>	
<p><a href="#">Stand Knee Hug to Lunge</a></p> <p>(6 reps each leg)</p>	<p><b>Coaching Tips:</b> Start in a standing position, head and shoulders back, abs tight. Draw your belly button inward toward your spine. Bring one knee up towards your chest. Stand straight, do NOT Round your back. Hug your knee with both arms and slowly pull the knee up and towards your chest. Hold your balance and this stretch position for 1-2 seconds then slowly step forward with the same leg. Bend the back knee and perform a lunge. Bring your hands up and maintain your balance. Push off with the front foot and return to the standing position. Repeat with the other leg.</p>	
<p><a href="#">Spiderman's</a></p> <p>(6 reps each side)</p>	<p><b>Coaching Tips:</b> Start in a push-up position, take one large step forward with your foot, aiming for the outside of your hand. Make sure the head and shoulders stay straight and be sure to not force the movement, let your leg swing as far as it comfortably can, pause for a couple of seconds and return to the starting position. Repeat on the other side. You should alternate between sides.</p>	
<p><a href="#">Thoracic Rotation</a></p> <p>(6 reps each side)</p>	<p><b>Coaching Tips:</b> Start on all fours with your hands directly below your shoulders. Place your hand behind your head, do not pull on the back of your head. Draw your belly button inward toward your spine. Keep your head back in proper alignment and raise your left elbow toward the ceiling by rotating your head and upper back up and to the left as far as possible. Pause on top then rotate your upper back downward so your elbow is pointed down and to your right. Complete the prescribed number of reps, then do the same number on your right side. Try to keep your hips stable throughout the entire range of motion. Repeat as directed.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Knees Side to Side</a></p> <p>(6 reps each side)</p>	<p><b>Coaching Tips:</b> 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. Do not force or bounce into the stretch, ease into it. Repeat as directed.</p>	
<p><a href="#">Foam Roll</a></p> <p>(10x over trouble spots)</p>	<p><b>Coaching Tips:</b> Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots: quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.</p>	

**Choose either 6 exercises listed below and perform 4 rounds or Choose 8 exercises for 3 rounds. Then, choose your work interval and rest interval times. Common work/rest interval times are: 30 seconds work/ 30 seconds rest, 30 seconds work/ 20 seconds rest, or 40 seconds work/ 20 seconds rest. Perform one of the 4-minute stretch and Foam Rolling programs at the end of the workout.**

### **Bear Crawls (Crawling)**

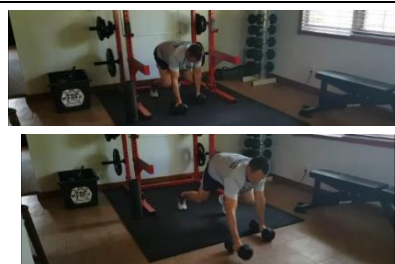
**Coaching Ques:** Crawling is a great exercise to work core stability, strengthen the shoulder girdle plus it can help improve your coordination. Crawling can be a pretty intense workout! I recommend using a variety of directions and positions (forward, lateral, pulling objects). Focus on keeping hands under your shoulders to avoid shoulder impingement and be sure to tighten core muscles during the exercise.



[Click here for a demo on how to use crawling in your workout.](#)

### **Dumbbell Crawls**

**Coaching Ques:** You'll need some open floor space for this exercise - preferably where you have about 10 to 15 feet of unobstructed space to move. Set the dumbbells on the floor then get down in a crawling position. Your hands will be on the handles of the dumbbells and you'll be up on your toes (not kneeling). Now, crawl forward in that position...move the RIGHT dumbbell forward a few inches and step your LEFT foot forward a few inches. Crawl about 10 or 15 feet, then crawl backwards back to where you began. Choose a weight that you can control.



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

### **Run Stairs**

**Coaching Ques:** Running stairs is a great way to improve your running economy as well as strengthening your overall leg strength. Focus on each step as you run up for either time or for a distance (top of bleachers or stairwell). Use caution and make sure you are properly warmed up and have proper footwear.



### **Jacobs Ladder**

**Coaching Ques:** This is a great machine to simulate climbing a ladder. Use the machine according to the manufacturer's instructions. Make sure you are familiar with the motion and operation before progressing to higher intensities.



### **Crawling Upstairs**

**Coaching Ques:** Crawling upstairs is a great way to simulate climbing the aerial. Perform this exercise the same way you would crawl on a flat surface, just be sure to protect your knees from hitting the steps. Make sure to use a clear stairway. Focus on keeping hands under your shoulders to avoid shoulder impingement and be sure to tighten core muscles during the exercise. Walk down the stairs upon reaching your destination





## Drags

**Coaching Ques:** How and what to drag depends on the room and objects you have available. One of the easiest things to drag (and most common) are large tires. You can also change the direction and angle of your drags, forward, backward, and sideways, which challenges your muscles in different planes of motion (like that on the fireground). I recommend dragging a mid-size tractor tire (100 to 250 pounds) over a short distance. You can easily tie some webbing around the tire to use as handles/ harness or just take the edge of a sledge (see picture). The biggest point to remember when performing a drag is to maintain good posture and focus on engaging the muscle of the core.



## Push (sled push)

**Coaching Ques:** How and what to push depends on the room and objects you have available. One of the safest things to push (and most common) are power sleds. Load your pushing sled with the desired weight. Start light, you can always add more. Then, take an athletic posture, leaning into the sled with your arms comfortably flexed, grasping the handles. Push the sled as fast as possible, focusing on extending your hips and knees to strengthen your posterior chain.

[Click here for a video tutorial of sled pushes](#)



## Plate Pushes

**Coaching Ques:** This exercise is like the power sled push but forces you to get lower to the ground and use more of your core and quads. Place the plate on the smooth side of any surface you are using. Place your hands in a comfortable position on the sides, behind the mid-line of the plate. Get low in a sprinter's start position. Position yourself behind the plate with your arms locked out and your shoulders behind, not over, the plate. Contract your core by engaging in a draw-in technique. Drive your knees and have quick feet.

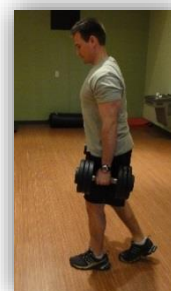
[Click here for a video tutorial of this exercise.](#)



## Carries

**Coaching Ques:** The "carry" (farmers and other carry variations) engages the core, improves balance and at the same time improves grip strength. Grab some fairly heavy objects, engage the core by bracing your abs and slowly walk (chest up, good posture). The longer and heavier you go the more you challenge the core and your grip. Do carries at any point in your workout, I especially like to do them at the end when fatigued. Use good posture and push yourself.

[Click here for a video tutorial of this exercise.](#)



## Sledges on a Tire

**Coaching Ques:** To get started, you'll need a sledgehammer (check out the various sizes in the store and handle each one; a sixteen pounder should be enough for anyone, and less fit people might want to start with ten or twelve pounds) and access to a surface that can withstand repeated and protracted bashings. You generally want to avoid hitting concrete or your living room floor with these things. Huge tractor or truck tires are the industry standard. I went to Costco's automotive department and they just gave me a bunch of old ones for free. There are a couple different ways to sledge. The Diagonal Swing- This is the basic sledgehammer swing. Stand in front of the tire, about two feet away from it. If you're swinging from your right side, your left foot should be closer to the tire. Grip the sledgehammer. Your left hand should be at the bottom of the handle, and your right hand should be choking up closer to the head. As you bring the sledge up, your right-hand slides toward the head; as you swing down, your right hand will slide down to join your left hand. Slam it down as hard as you can against the tire. It will bounce upon impact, but you must control this. In fact, controlling the bounce is half the workout. Repeat on the other side.

**The Overhead Swing-** Both hands remain in place for this one, and there is no switching of sides (do switch your hands from time to time, though). Grip the sledgehammer with both hands at the bottom of the shaft and stand a bit further back from the tire. Center yourself – no staggered feet this time. Bring the sledge directly overhead and then slam it down. Repeat until you can't maintain proper form.



## Tire Flips

**Coaching Ques:** There are hundreds of different tire sizes. Get one that is challenging but not too heavy you cannot move it. Here are some great tips on how to flip it. Start strong. Start with your feet and hips shoulder-width apart. Push your hips back to get in the starting position, making sure to keep your back flat and your core engaged.

Watch your hands. Make sure as you underhand grip the tire, you place your hands onto the treads. Putting them in the space between the treads could cause you to hyperextend your fingers or, even worse, tear your biceps.

Power is key. This is an explosive lift, so drive up through your hips. Once the tire is almost vertical, catch it overhand and push it so it topples over onto the floor. Repeat as directed.



[Click here for a great tutorial on tire flips.](#)

## Medicine Ball Slams

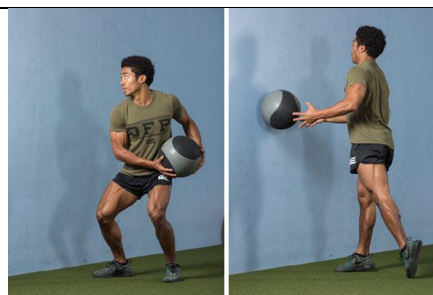
**Coaching Ques:** Assume a ready position, feet a little wider than shoulders width. Grab a medicine ball between your hands (make sure it is bounce-able). Draw your abdomen inward toward your spine and tighten your glutes. Raise the med ball above your head then...Forcefully drive the ball towards the floor in front of you. Use caution, make sure the ball does not slam back into your body or face. Grab the ball in mid-air and repeat. This is a power movement which means you forcefully and quickly perform each rep. Remember to use good posture and keep core engaged. You can vary the weight of the ball to give you more of a challenge...



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

## Medicine Ball Wall Throws

**Coaching Ques:** Assume a ready position, feet a little wider than shoulders width. Grab a medicine ball between your hands (make sure it is bounce-able). Draw your abdomen inward toward your spine and tighten your glutes. Keep the med ball on one side of your body by your hips. Forcefully throw the ball sideways toward a wall (or hard surface). You may want to let the ball bounce off the wall and floor before catching and repeating. You can alternate sides between throws or perform all on one side then repeat the same reps on the other. Use caution, make sure the ball does not slam back into your body or face. Grab the ball in mid-air and repeat. This is a power movement which means you forcefully and quickly perform each rep.



[Click here for a video tutorial on side medicine ball throws.](#)

## Battling Hoselines (or Ropes)

**Coaching Ques:** This is a great option for old hoselines. It really helps to build grip and upper body endurance. There are a lot of options but let's keep it simple. Here are 3 exercises for battling hoselines. **Waves:** Probably the most common battle rope swing, the standard wave is a great way to focus on your biceps. Tuck your elbows into your sides and alternate pumping your arms up and down, creating alternate waves in the rope. When you're ready to step up the difficulty, switch to a double wave, where your arms move in tandem. **Slams:** Lift both ends of the hoseline or rope overhead, and then slam the rope down with full force onto the ground. Make sure to maintain good posture. This move engages your shoulders, arms, back, and core, especially your abs. **Circles:** Move each arm in independent circles in front of you. You can rotate each arm outward (left counterclockwise, right clockwise) or inward (left clockwise, right counterclockwise). It's a great way to focus on your shoulders. You can also hold both hands together and make a single circle with both ends of the rope—start moving clockwise, and then switch to counterclockwise halfway through the set.



[Here is a video demonstration of exercises \(sub hoseline for the rope\).](#)

## Any Core Exercise

**Coaching Ques:** Plank, bird dog, rotational plank, etc. With every crew interval, I like to integrate a core exercise or variation of a core exercise.

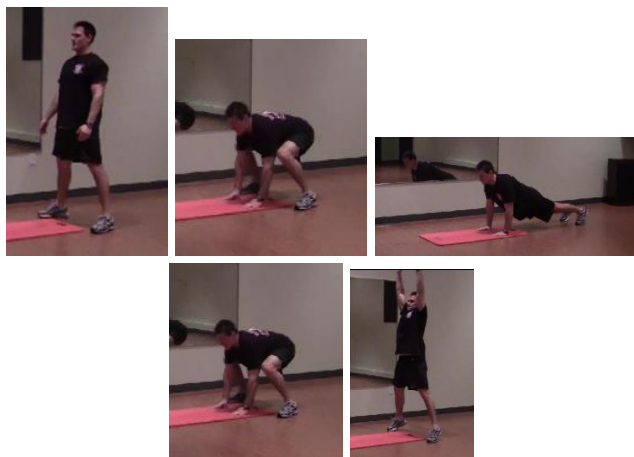




## Burpees

**Coaching Tips:** Begin standing on both legs in good postural alignment, wider than hip width with arms at your sides. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While holding upper body in place, kick legs back. Land on forefeet with body in straight, plank position. Keeping upper body in place, pull legs forward OUTSIDE your body (to protect your knees) to return your feet to the starting position. Rise up to original standing posture, raise arms overhead and balance on your toes. Lower arms and return to starting position. Repeat as directed.

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



## Mountain Climbers

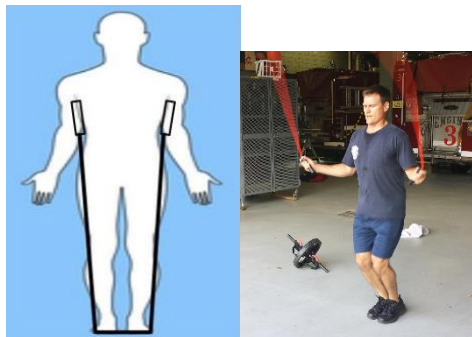
**Coaching Ques:** Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg in toward your chest. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. Repeat in an alternating fashion.



## Jump Rope

**Coaching Ques:** The first step toward successful rope jumping is choosing the correct rope. Ropes come in speed, beaded and cloth styles. Choose one that feels comfortable in your hands and that isn't too heavy. Make sure the rope is the proper length by stepping on the middle of it and bringing the handles to chest level. The rope should be straight and taut. Some ropes can be customized to individual height levels by shortening the rope length. Your hands should be at your sides, with your wrists and forearms making small circles when turning the rope. Try not to let the arms extend too far from the body or create tension in the upper body. Your shoulders should remain down and relaxed. When jumping, the goal is to have one jump per turn. A small extra hop can be used in the beginning while getting used to the jump rope. As time progresses and technique improves, try to remove this extra hop and increase speed.

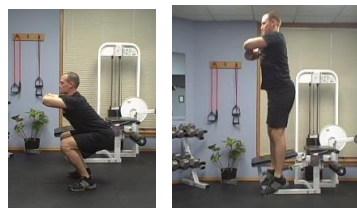
### Measure a Rope



## Squat Jumps

**Coaching Ques:** Start with your arms folded in front of you, chest high. Lower your body to a squat position and hold. Draw your abs tight, keep your head straight then push through your feet and jump as high as you can. Land with your feet in the same position and slowly lower back to the starting squat position. Go as low as you comfortably can to start. Do not lean forward or let your knees swing in or out. This is a fast power movement, stay as controlled as you can. Repeat as directed.

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





## **DB Thrusters (modified squat to press)**

**Coaching Ques:** Standing with feet shoulder width apart, hold dumbbells at your shoulders palms facing in slightly. Be sure to have your head in proper alignment (not jutting forward or back). While keeping the dumbbells at your shoulders, bend your knees to about  $\frac{3}{4}$  squat. Explosively push up with your legs as you press the weights straight over your shoulders. Slowly lower the dumbbells back to the starting position. If you have any shoulder impingement, restrict the motion to accommodate or find an alternative exercise. This is explosive but needs to be controlled.

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



Bend your knees to begin the movement, power your arms ups...

## **Running Hills**

**Coaching Ques:** This is a fun, yet difficult exercise. Find a hill that takes between 20 to 60 seconds to run. Make sure to run with upright form with good shoes. You can run for reps (up and down 5 or 10 times) or for time (run for 30 seconds, walk back down for 30 seconds then repeat).



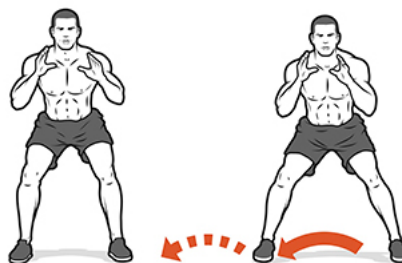
## **Punching Bags**

**Coaching Ques:** You may be fortunate to have a punching bag in your firehouse or home. You can use it (with gloves) to do punching combinations for intervals. You should seek help from a trained boxer or coach to show you how to throw safe and effective punches. If you know how and are trained this is a great option.



## **Side to Side Shuffles**

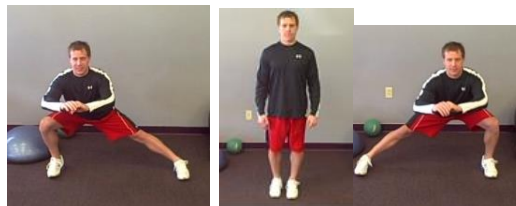
**Coaching Ques:** Choose a distance, 10 to 20 feet usually works great. Master the movement by going slowly at first, instead of reinforcing improper techniques. Make a choppy, lateral step to the right with your right foot. Carry your left foot to where your right foot was. As your left foot comes down, again move your right foot further right. Again, carry your left foot over to where your right foot was. When you have covered enough distance, switch back and go the other way. Avoid injury by firmly planting your feet before moving and survey your terrain for obstacles.



## **Side to Side Lunges**

**Coaching Ques:** Stand up straight with your head looking straight forward and your feet hip width apart. Step to one side fast yet under control, bend your leg and shift your weight to one side. Extend the opposite leg straight. Raise your arms in front to shoulder height to help maintain balance. Push through your heel to straighten your leg and return to the starting position. Repeat on the other side/ leg. For intervals and afterburners this should be a fast (yet controlled) motion. Be sure your abs are tight through the entire motion.

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



## Crew/ Fireground Interval Workout (6 exercise)

Step #1 Choose any 6 exercises (listed below) and perform 4 rounds. Step #2 Choose your work interval and rest interval times. Depending on your available time and your level of fitness. Common work/rest interval times are: (30 seconds work/ 30 seconds rest), (30 seconds work/ 20 seconds rest), (40 seconds work/ 20 seconds rest). Step #3 Perform a 4-minute stretch and Foam Rolling. You may print this out 4 times.

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

Start with a 5-10-minute walk, jog, elliptical or bike (optional)

Hips, Glutes, back	Chops	6x	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Move from one exercise to the next with minimal rest.  Foam roll at the end of the 2 <sup>nd</sup> circuit.
Glutes, legs	Stand Knee Hug to lunge	6 each	0	2 circuits	
Hip flexor, hamstrings	Spidermans	6 each	0	2 circuits	
Hips, back	Knees side to side	6 each	0	2 circuits	
Low back	Thoracic Rotations	6 each	0	2 circuits	
Any	<a href="#">Foam Roll (trouble spots)</a>	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		

### Create the Circuit...

Circuit Worksheet			Exercises to choose from
Exercise	Work Time	Rest Time	
1. _____	_____	_____	Bear Crawls Dumbbell Crawls Stairs Jacobs Ladder (if you have access to one) Crawl up stairs Drags Tire or sled push (power sled) Plate Pushes Carries- single hand or double hand, or Foam Bucket Carry (side or overhead) Sledges on a Tire Tire Flips Sprints Medicine Ball Slams Medicine Ball Wall Throws Battling Hoselines BURPEES Mountain Climbers Jump Rope Squat Jumps Thrusters (modified squat to press) Running Hills Punching Bag Side to side shuffles Side to Side Lunges Any Core Exercise- Plank, rotational plank, side plank, bird dogs, etc.
2. _____	_____	_____	
3. _____	_____	_____	
4. _____	_____	_____	
5. _____	_____	_____	
6. _____	_____	_____	
Perform this circuit for 4 rounds then stretch for 4 minutes and foam roll.			
*You will have to make a sheet for each workout (day 4, day 11, day 18, day 25)			

# 10-minute Interval Overhauls

Intervals are not complicated (and shouldn't be) as you can see from above. Once you've been doing it for a while 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."

## Interval Overhaul Option #1

**Incline Treadmill**- This is a great overall Interval Overhaul, it may not have a fire ground skill but can help you become efficient climbing. (If you really want to challenge yourself you can try to perform this with a weighted vest or SCBA). I start the treadmill and walk for 2 minutes to get my body ready for the motion, then I set the pace to about 4.0 mph, and the incline to 6.0 incline. This is my starting point, which I'll increase the incline level as the workout goes on. I mix in 30 second rest periods where I step off the sides of the treadmill during this workout, to make the intensity levels more varied and higher intensity during the work intervals.

Here's how I do this:

- First 1 minute (after 2 min warm-up): speed 4.0, incline 6.0
- 30 second rest (I step off side while letting treadmill keep running at same speed and incline)
- Next minute: speed 4.0, incline 7.0
- 30 second rest (step off side while letting treadmill keep running)
- Next minute: speed 4.0, incline 8.0
- 30 second rest (step off side while letting treadmill keep running)
- Next 1 minute: speed 4.0, incline 9.0
- 30 second rest (step off side while letting treadmill keep running)
- Next 1 minute: speed 4.0, incline 10.0
- Last minute bring treadmill back to 3.5 mph and 0 incline

Total of 10 minutes....and a lot of sweat.

Progression: on the next time I do this workout, I'll try to increase the incline level a bit more on each interval. Each time I try this, I'll include some sort of progression by doing a higher incline or slightly higher speed.

## Interval Overhaul Option #2

### **Stairs (can also be used with a Stairmaster set to a challenging pace)**

This is a challenging "finisher" that works your climbing skills and throws in a little upper body core work as rest.

Find a set of stairs and an interval timer set to 30 (or 45 for more challenge) seconds of work and 30 (or 15 for more challenge) seconds of rest for 10 intervals (10 minutes total time).

For the first 30 (or 45) seconds run as many stairs as possible, then hit the floor and hold a push up position for the next 30 seconds (really focus on bringing your heart rate down during this active rest). Repeat these 9 more times. If you really want a challenge, try this finisher in full turnout gear. Enjoy!

## Interval Overhaul Option #3

### Own it!

This is one of my favorite “afterburners”. You create your own by choosing 5 exercises. Personally, if I am at the firehouse I will try to do this part in gear with a more fireground movement focus. You will perform 5 different exercises 2 times each (Choose any 5 of the exercises listed below). If you are just starting out or are tired from the workout you can set the intervals for 30 seconds of work and 30 seconds of rest (10 minutes total).

Here is an example of one I just did at the firehouse:

For this afterburner, you need a sledge (the heavier, the harder), an old tire, some old fire- hose, steps (or something to step-up on) and an interval timer set to 30 seconds of work and 30 seconds of rest for 10 intervals (10 minutes total time). You can do them in any order: sledges on the tire (overhead and side), run steps (you can carry equipment or weights to make it more challenging), crawls (like you are searching for a victim), battling hose-lines (see picture), and a core exercise (we like to add a plank).

Here are the Exercise options to use for the afterburners and interval overhauls (there are pictures and video links of each exercise found in the Gym Companion and Log Sheets download.

Bear Crawls, Dumbbell Crawls, Stairs, Jacobs Ladder (if you have access to one), Crawl up stairs, Drags, Tire or sled push (power sled), Plate Pushes, Carries- single hand or double hand, or Foam Bucket Carry ( side or overhead), Sledges on a Tire, Tire Flips, Sprints, Medicine Ball Slams, Medicine Ball Wall Throws, Battling Hoselines, BURPEES, Mountain Climbers, Jump Rope, Squat Jumps, Thrusters (modified squat to press), Running Hills, Punching Bag, Side to side shuffles, Side to Side Lunges, Any Core Exercise- Plank, rotational plank, side plank, bird dogs, etc.





**\*\*You may use these sheets to take note of the exercises and reps performed on the Interval Overhauls. \*\***

Interval Overhaul(s)	Workout Plan			Date:	Date:	Date:	Date:	Date:			
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 8	Workout Day 10	Workout Day 12	Workout Day 15	Workout Day 17			
				Actual Workout Results							
				Time	Level/Reps	Time	Level/Reps	Time	Level/Reps	Time	Level/Reps

### Warm-up

You should be warm-up from completing the strength portion of your workout

### Interval Overhaul

Progress at your own pace....

Exercise													
#1 Interval Exercise													
Go #1													
Rest #1													
#2 Interval Exercise													
Go #2													
Rest #2													
#3 Interval Exercise													
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Go #8													
Rest #8													
#9 Interval Exercise													
Go #9													
Rest #9													
#10 Interval Exercise													
Go #10													
Rest #10													

Cool down for 2-5 minutes

Workout Notes

**\*\*You may use these sheets to take note of the exercises and reps performed on the Interval Overhauls. \*\***

Interval Overhaul(s)	Workout Plan			Date:	Date:	Date:	Date:	Date:
Perform each exercise with great form, posture and intensity!	Time	Level	Weight	Workout Day 19	Workout Day 22	Workout Day 24	Workout Day 26	
				Actual Workout Results				
				Time	Level/Reps	Time	Level/Reps	Time

### Warm-up

You should be warm-up from completing the strength portion of your workout

### Interval Overhaul

Progress at your own pace....	Exercise												
	#1 Interval Exercise												
	Go #1												
	Rest #1												
	#2 Interval Exercise												
	Go #2												
	Rest #2												
	#3 Interval Exercise												
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	Go #9												
	Rest #9												
	#10 Interval Exercise												
	Go #10												
	Rest #10												

Cool down for 2-5 minutes

Workout Notes

## Exercise Substitutions for FRF 28-day QuickStart Program

The truth is that sometimes you just will not have the equipment, space, or strength to do some exercises in the FRF28-day QS Program. Fortunately, there is GREAT news about that, almost every single exercise can be substituted by an equally amazing and effective exercise.

Here is a list of exercises that you can substitute for each of the workouts. Exercises highlighted in blue link to videos demonstrating them. Remember regardless of the exercise, you must control the motion of the exercise, along with your posture and engage your core throughout the range of motion.

Always try to perform the original exercises as directed in the FRF 28-day QS Workout. Only when necessary due to not having the equipment available OR any physical or medical reason should you substitute the listed exercises (which is the original exercises in the program). You can see video demonstrations of each exercise by clicking on it (if it is in blue).

If you cannot find an alternative exercise to substitute, email me at [Zamzowfitness@gmail.com](mailto:Zamzowfitness@gmail.com)

If you do not have access to a gym, most of the listed exercises can be substituted with an adjustable dumbbell set, flat bench, door frame chin-up bar or Olympic bar (with plate weights).

Please [email me](#) if you have further questions.

Stay Safe and Healthy,

Aaron Zamzow

### Here are some substitution suggestions for the FRF 28-day QS Workouts.

Active Warm-ups (Substitution options)
All the active warm-up exercises do not required equipment. You may inter-change some exercises based on personal preference but try to follow the suggested active warm-up exercises. A 5 or 10-minute jog, elliptical, step mill or walk are suggested before the active warm-up exercise. You can skip this 5-10-minute portion but must complete at least 2 circuits of the prescribed warm-up exercises.

Core Exercises (Substitution options)
Most of the core exercises are inter-changeable. If you do not have a stability ball, I would highly recommend one, they are great not only for developing core strength but also for fire rescue functional balance. You can get one here <a href="#">(click here for options)</a> .
For any stability ball exercise, you can perform the same or similar exercise without the ball. For example, you can substitute ball crunch for a regular crunch, or a knee tuck push-up can be for a regular or feet elevated push-up.

Exercise from Workout #1	Substitution #1	Substitution #2	Substitution #3
<a href="#">Incline DB Chest Press</a>	<a href="#">DB Chest Press</a>	<a href="#">Feet Elevated Push-ups</a>	<a href="#">Suspension chest press</a>
<a href="#">Smith Bar Body Rows</a>	Pull-ups	<a href="#">Suspension Rows</a>	<a href="#">Here are some other options (click here)</a>
<a href="#">Squat with Press</a>	Burpee	<a href="#">Plate- floor to ceilings</a>	<a href="#">Push press</a>
<a href="#">Seated Cable Row</a>	<a href="#">DB Two Arm Rows</a>	<a href="#">Body Rows</a>	Pull-ups or <a href="#">Suspension Pulls</a>
<a href="#">Captain Morgan Curls</a>	<a href="#">Bar curls</a>	<a href="#">Reverse grip pull-ups</a>	<a href="#">Suspension Bicep Curls</a>
<a href="#">Walking Lunges- hold weights</a>	<a href="#">Single leg squat touchdowns</a>	<a href="#">Prisoner Squats</a>	You can use a foam bucket for weight for lunges
<a href="#">Triceps Cable Pushdowns</a>	<a href="#">DB Tricep Skulls</a>	<a href="#">Push-up (narrow grip)</a>	<a href="#">Bench Dips</a>
Your Choice Exercise			

Exercise from Progressive Bodyweight Workout	Substitution #1	Substitution #2	Substitution #3
<a href="#">Burpees</a>	<a href="#">Full body extensions</a>	<a href="#">Squat Jumps</a>	<a href="#">Step up jumps</a>
<a href="#">Pull up</a>	<a href="#">Spider Push ups</a>	<a href="#">Bench Press</a>	<a href="#">Suspension chest press</a>
<a href="#">Prisoner Squats</a>	<a href="#">Goblet Squats</a>	<a href="#">Suspension Rows</a>	<a href="#">Here are some other options (click here)</a>
<a href="#">Biker crunches</a>	<a href="#">Oblique Crunch on ball</a>	<a href="#">Seated Ab Crunch</a>	<a href="#">Prone Plank Pulses (on ball)</a>
<a href="#">Planks</a>	<a href="#">Prone plank pulses</a>	<a href="#">Side planks</a>	<a href="#">Stir the pots</a>
<a href="#">Run Stairs</a>	<a href="#">Sprints</a>	<a href="#">Mountain Climbers</a>	<a href="#">Tire Flips</a>

Exercise from Workout #2	Substitution #1	Substitution #2	Substitution #3
<a href="#">DB Alternate Arm Chest Press</a>	<a href="#">Spider Push ups</a>	<a href="#">Bench Press</a>	<a href="#">Suspension chest press</a>



<a href="#">One Arm DB Rows</a>	<a href="#">Bent Over DB Row (staggered stance)</a>	<a href="#">Pull up</a>	<a href="#">Here are some bodyweight alternatives</a>
<a href="#">Goblet Squats</a>	<a href="#">Bar Deadlift</a>	<a href="#">Prisoner Squats</a>	<a href="#">Step back lunges</a>
<a href="#">Arm Raises V-scaption (thumbs up)</a>	<a href="#">Bent over T's and Y's</a>	<a href="#">DB Front to Lateral raises</a>	<a href="#">Here are bodyweight shoulder exercises</a>
<a href="#">Lat Pulldown -reverse Grip</a>	<a href="#">Bent Over DB Row (staggered stance)</a>	<a href="#">Pull up</a>	<a href="#">Suspension Pulls</a>
<a href="#">Step-ups</a>	Can do this exercise with or without weight		<a href="#">Bench single leg squats</a>
<a href="#">Standing DB Hammer Curls</a>	<a href="#">Captain Morgan Curls</a>	<a href="#">Incline DB Curls</a>	<a href="#">Pull up (palms face you)</a>
<a href="#">Triceps Pushdown- rope</a>	<a href="#">One arm DB overhead tricep extensions</a>	<a href="#">DB Tricep Skulls</a>	<a href="#">Push-up (narrow grip)</a>

<b>Exercise from the FRF Bodyweight 500 Challenge Workout</b>	Substitution #1	Substitution #2	Substitution #3
<a href="#">Burpees</a>	<a href="#">Full body extensions</a>		
<a href="#">Marching Bridges</a>	<a href="#">DB Tricep Skulls</a>	<a href="#">Push-up (narrow grip)</a>	
<a href="#">Prisoner Squats</a>	<a href="#">Prisoner Lunges</a>	<a href="#">Step back lunges</a>	<a href="#">Single leg squat touchdowns</a>
Walking Push-ups (offset)	<a href="#">Regular Push-ups</a>	<a href="#">Feet on ball push-ups</a>	<a href="#">Alternate Arm DB Chest Press</a>
<a href="#">Towel Rows or body rows</a>	<a href="#">DB Two Arm Rows</a>	<a href="#">Low Cable Rows</a>	<a href="#">Suspension rows</a>
<a href="#">Prone plank pulses</a>	<a href="#">Ball Stir the Pot</a>	<a href="#">Marching Planks</a>	<a href="#">Superman Plank</a>
<a href="#">Biker Crunches</a>	<a href="#">In/out crunches</a>	<a href="#">Hanging Leg Raises</a>	<a href="#">Prone Plank Pulses</a>
Mountain Climbers	<a href="#">In/out crunches</a>	<a href="#">Biker crunches</a>	<a href="#">Hanging Leg Raises</a>
Bent Over Y-raises	<a href="#">V- raises (on one leg)</a>	<a href="#">Plate Shoulder Raises</a>	<a href="#">Bent over T's and Y's</a>
<a href="#">Prisoner Lunges</a>	This is a bodyweight exercise, you can perform prisoner squats instead.		
<a href="#">Narrow grip push-ups)</a>	<a href="#">Hands on ball Push ups</a>	<a href="#">Feet Elevated Push-ups</a>	<a href="#">Suspension chest press</a>
<a href="#">Burpees</a>	<a href="#">Full body extensions</a>		

### Crew/ Fireground Workout

For the crew/ fireground workouts you can choose 6 or 8 exercises from the list (on the workout sheet). You can also create your own exercises based on what equipment you have. You can also perform these workouts in Gear or with weighted vests to make them more applicable. Here are a couple of options as an example. Remember to always perform the active warm-up and stretch following.

Option #1 (6 exercise)	Option #2 (6 exercise)	Option #3 (8 exercise)	Option #4 (8 exercise)
Burpee	Row machine	DB Crawling	Burpee
Crawling	Run sprints in parking lot	Stairs	Side to side shuffles
Sledges on a tire	Tire flips	Jump Rope	Battling Hoseline
Run stairs	Tire Drags (use an axe head to pull)	Battling Hoseline	Sledges on Tire
Rotational Planks	Plank Pulses	Super Planks	Rotational Planks
Battling Hoselines	Med ball Slams	Body Rows	Stairs
		DB Thrusters	Plate Pushes
		Plank (hold)	Hold a squat


You can substitute any of these exercises, these are just examples. Make these fun and challenge yourself!

Here are some exercise examples to choose from: Bear Crawls - Dumbbell Crawls - Stairs - Jacobs Ladder (if you have access to one) - Crawl up stairs - Drags - Tire or sled push (power sled) - Plate Pushes - Carries- single hand or double hand, or Foam Bucket Carry ( side or overhead) -Sledges on a Tire - Tire Flips - Sprints - Medicine Ball Slams - Medicine Ball Wall Throws - Battling Hoselines - BURPEES - Mountain Climbers - Jump Rope - Squat Jumps - Thrusters (modified squat to press) - Running Hills - Punching Bag - Side to side shuffles - Side to Side Lunges - Any Core Exercise- Plank, rotational plank, side plank, bird dogs, etc.

### Interval Overhaul Exercises

You can use any combination of these exercises for your interval overhauls (at the end of your workouts). The idea behind these is to boost metabolism and give you a chance to work fire ground movements. Perform 10 minutes of (30 seconds of work to 30 seconds of rest, the more in-shape you get the longer you can make the work segments...i.e. 35 seconds work/ 20 seconds rest).

<a href="#">Run Stairs</a>	<a href="#">Burpees</a>	<a href="#">Tire Flips</a>	<a href="#">Med ball Slams</a>
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<a href="#">Crawling</a>	<a href="#">Battling Hoselines</a>	<a href="#">Mountain Climbers</a>	<a href="#">Dummy or Hose line Drags</a>
Ladder presses 	<a href="#">Lateral Shuffle</a>	Plank or any core exercise	<a href="#">Rowing</a>
<a href="#">Step up jumps</a>	<a href="#">Sledges on Tire</a>	<a href="#">Incline Walks or Run</a>	<a href="#">Sprints</a>
You can also perform any exercise from the crew/ fireground workout list.			

Please [email me](#) if you have further questions.

Stay Safe and Healthy,



Aaron Zamzow

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workout program? Click  
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