

# Fire Rescue Fitness



## 28-DAY GET FRF WORKOUT PROGRAM

GET FIT FOR DUTY IN 28 DAYS

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

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This information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my experiences as well as my interpretations of the current research and resources available. You must get your physician's approval before beginning this exercise program. This program is designed for healthy individuals 18 years and older only. The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Please be sure that any equipment that you use is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. You should consult your physician to insure tips given in this course are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

By

Aaron Zamzow

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# FIRE**RESCUE** FITNESS

**To All Firefighters, EMTs and Paramedics,**

**The time is now to make a positive change in our industry. Eat right, exercise and set an example for your department and your community. This program is over 20 years in the making, I know it will help you obtain a higher level of fitness and GET you “FRF” (Fire Rescue Fit).**

**Stay Safe and “Train like a life depends on it.”**

**-Aaron Zamzow**

## **Time to Get FRF**



FRF 28 day QS program overview.

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## **The 6 Steps to Successfully Completing the FRF 28-day Workout**

**Step 1. Decide to succeed!** You purchased The FRF 28-day QS Program for a reason. Now, decide to make the necessary changes and the sacrifices to succeed and accomplish your goals. This sounds like an easy and minor step, but it's the most important! **Decide that you will do the workouts, you will eat healthy, and you will kick your excuses to the side and ...succeed!**

**Step 2. Start your Workout with the FRF Self-Assessments.** Before we get to the workouts and nutrition guidelines, I want you to evaluate your current level of health and fitness. Please do not skip this step. Perform the self-evaluation questionnaire (see below), take some measurements and complete the goal setting sheets. Take the time to set your goal and dig deep to find out what truly motivates you.

**Step 3. Focus on nutrition.** Eating healthy is a challenge. It is also one of the biggest reasons you will see results in the next 28-days. Make sure you download and read through the 5 steps to better nutrition. I recommend cleaning out the fridge and cupboards to get rid of highly processed and sugary foods. Start to get familiar with reading labels. And, prepare your food for the week. THIS IS HUGE! One day each week has no workout, so you can focus on preparing good nutrition. Go to the store and get healthy snacks and plan your meals. Finally, start hydrating! Water can put out fires in your nutrition (like that pun). Stay hydrated and you will move better, have more energy, and avoid getting those stomach "pangs" (lack of hydration can be mistaken for hunger).

**Step 4. Read through the FRF Workouts 101 and the Workouts.** There are workout options for each day (except for the nutrition prep days, no workout these days). Use your goal and level of fitness determine which workout to do. I am taking all the excuses out of your workouts. There are options for each level of fitness and options that don't require any equipment at all. The workouts section has all the various workouts that you can download and save to your phone. I also included log sheets and gym companions that you download, print out and take with you to the gym. And, there are exercise substitution options (at the end of the document), so you can adapt your workout to what you have available... No Excuses.

**Step 5. [Click here to get access to the FRF \(Fire Rescue Fitness\) Facebook Group.](#)** This is a group where you can connect directly to me and to the other athletes using FRF Workout Programs. I am posting and answering questions daily. Don't have Facebook? Well, you can join for free and I will also be sending an email each week with highlights and special things to focus on for the week. Make sure my emails are not sent to your spam folder. You can also [email me](#) anytime with questions.

**Step 6. Commit to the Program for the next 28-days!** Follow the workout calendar, utilize the nutrition resources, connect with me on Facebook (and other social media outlets), and...SUCCEED.

That's it. Dig in to the resources and let me know how I can help. See you in the Group...

Let's Get FRF!

Aaron Zamzow



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 Workout 1 or Progressive Bodyweight Workout (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	Weight Workout 2 or 500 Workout (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	Weight Workout 1 or Progressive Bodyweight Workout (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	OFF (Rest)

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>
	Weight Workout 2 or 500 Workout (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	Weight Workout 1 or Progressive Bodyweight Workout (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	Weight Workout 2 or 500 Workout (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	OFF (Rest)

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 Workout 1 or Progressive Bodyweight Workout (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	Weight Workout 2 or 500 Workout (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	Weight Workout 1 or Progressive Bodyweight Workout (stretch and foam roll)	Run/ Walk 5K or Bike/ Climb stairs 30 mins (stretch and foam roll)	OFF (Rest)

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>
	Weight Workout 2 or 500 Workout (stretch and foam roll)	Cardio Interval Workout (stretch and foam roll)	Weight Workout 1 or Progressive Bodyweight Workout (stretch and foam roll)	Crew/ Fireground Workout (6 x 4) (stretch and foam roll)	Weight Workout 2 or 500 Workout (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. Continue to commit to the challenge.

***This is a snapshot of what each week will look like. Small steps make for big results. Failure is Not an Option.***





## **FRF 28-day Program Self Evaluation.**

**You must start from somewhere. Take some time to evaluate your current level of fitness. Take some measurements, perform the evaluation then set some goals. Make the commitment, see the results...**

### **You, evaluated (continued)**

Before you begin the program, I want you to do a little self- evaluation to rate: your current level of fitness, satisfaction with your level of health and appearance, body weight, strength, balance, and flexibility. This process will give you benchmark to measure improvement as you follow the program. You should fill this out on Day 1 and on Day 28 of the FRF 28-day workout to document your progress.

Please rate yourself in the following categories:

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

<b>Body Composition (1= flabby, 5= lean)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Bodyweight (1= very overweight, 5= right where you want to be)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Motivation to get and stay fit</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Daily Nutrition (1= eat healthy most times, 5= not much)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Overall healthy lifestyle</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Shoulder Pain (1= lots of pain, debilitating, 5= all good)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Back Pain (1= lots of pain, debilitating, 5= all good)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Knee Pain (1= lots of pain, debilitating, 5= all good)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Recovery on the Fireground (1= not good, 5= FRF)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Performance on Fire/ Rescue ground (1= not good, 5= FRF)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

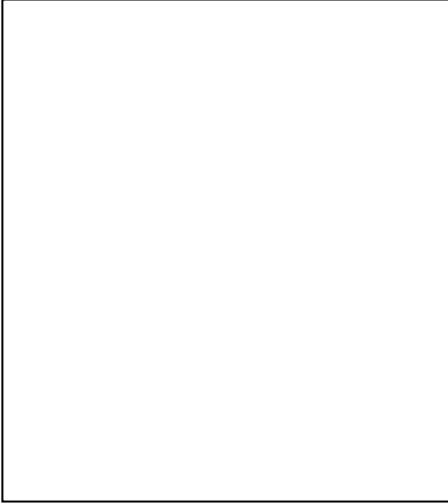
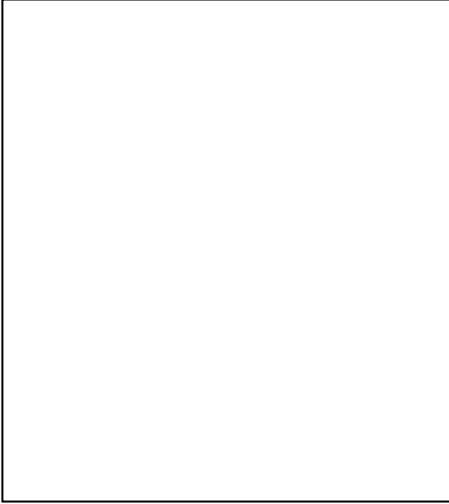
Add the total of all numbers; take this evaluation once before you start the program, and once at the end. You will see a difference in your scores.

Beginning Score: \_\_\_\_\_ End Score: \_\_\_\_\_



### **"Before" And "After" Measurements & Photo Tips**

Ove the next 28 days, you will see some changes. The workouts are designed to get you leaner, stronger and moving better. I always encourage “before and after” measurements and even photos. When you are seeing yourself every day, sometimes it’s hard to identify these positive changes. Record your measurement data in the spaces provided below.

	<b><u>Before</u></b>	<b><u>After</u></b>
<b>Pictures</b>		
<b>Body Composition</b>		
<a href="#"><u>Click here to find out how to take your body composition</u></a>		
<b>Weight</b>		
<b>Chest</b>		
<b>Hips</b>		
<b>Waist</b>		
<b>Right Arm</b> (Flexed, measured at peak of bicep)		
<b>Left Arm</b> (Flexed, measured at peak of bicep)		
<b>Right Thigh</b> (Measured at mid-point of thigh)		
<b>Left Thigh</b> (Measured at mid-point of thigh)		

Take your measurements on day 1 and 28 to compare...



## **What You Need to Think**

I don't care where you are with your current level of fitness. (I will care 4-weeks from now.) The problem with most workout programs is that you end up hitting a wall quickly. You fall into a workout rut, doing the same exercises and failing to challenge your body further. Admit it- you've cut or ripped those programs out of your favorite magazines or printed those so-called "secret workouts" from the internet, only to look for something different after a week or two. I've done it, to my disappointment hundreds of times. Many people limit themselves before they even begin a program. They think they can only be so strong or so lean. People are very good at perfecting the art of self-sabotage.

What is important? I know you downloaded this program to get more in-shape, right? To get anything from this program (or any other program), you need to commit. So, dig deep and look beyond just the superficial and/ or financial reasons of reading this... Look at your health, happiness, your energy, confidence, and internal health. These components are also very important, even more important than simply how you look on the outside. This program can give you both, health, and the strong, lean look. But, you need to commit to it!

Before we get into the "details" of all the training techniques for getting more fit for duty, I want you to know the biggest reason why people fail to ever achieve their fitness goal. If you ignore this starting point; you are more likely to fail than see the fitness results that you're looking for. This explains why so many people struggle and yo-yo back and forth with their fitness for years and years.

The #1 reason a person fails to achieve their fitness goals is procrastination, laziness, and poor mental attitude about what they BELIEVE they can actually achieve. (On a side note, the #2 reason for failing to get a stronger and leaner body is ineffective training routines and poor dietary habits.) Of course, we will cover all you need to know in the rest of the manual... but this topic needs to be

addressed first. The reason I put “What Should I Think” in front of the actual details of program is because your mental status is the true starting point for success in anything.

I know you are committed to wanting more; a stronger, leaner body and better life to go with it. How do I know? You are reading this now, which says you do. I know you are committed to reaching new heights .... right?

Before you continue with the program I need you to; decide exactly what you want (how you want your body to look, and feel, how much energy you want, etc), understand why you want it, write it down, believe you can do it, and then, take action to do it.

To be successful at anything, all excuses need to go out the window... there is no such thing as “poor genetics,” no such thing as "not enough time", no such thing as "it's just too hard"... no excuses at all for not achieving what you set out to achieve. Don't tell me you are incapable. I will break down the program into easy to use applications and focus on building your nutrition and body from the inside out. Remember Yoda: “Do or Do Not, There is No Try.” I will show you how. You just must commit and believe you can do it.

Many fitness programs don't raise the bar high enough. Instead of setting specific goals, they come up with something that is blah. Blah is not measurable, not emotional, and not personal. Blah is “I want to lean up” or “I want to get strong.” Don't get me wrong; those are still worthy aspirations, ones that will be achieved with the FRF 28-day QS Program. I've found however that if people don't set specific goals, they don't maximize their results. Once they lose a few pounds or get in a little better shape, it gets easy to justify missing a workout or eating poorly.

This also speaks to the issue of time. Everyone struggles to find enough time to work out. But what if you had more defined goals to serve as motivation?

Do you need to change your answers above? Make them personal, measurable and honest.



*That's the goal of the next 28-days...*

## FRF 28-day Workout Goals.

To help you fulfill your goal, I want you to answer these 3 questions. Answer honestly and then print this out and look at it for motivation through the 6-weeks.

1. Why did you download the FRF 28-day Workout (to get leaner, stronger, for help)?

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2. How will you know this program is successful (make it measurable like; I will be able to fit into 33 uniform pants, or I will be at XX% body fat, or I will lose weight, or I will score higher on the FRF test or I will workout 12 times)?

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The FRF 28-day program will help transform the answers above into goals by giving them a deadline... 28 days. And, by making you write the goals you are far more likely to achieve them.

The challenge isn't knowing that you need to exercise and eat healthy; it's having the focus and right mental state to **make** you exercise and eat healthy. Unless you transform your beliefs and conditioning, you will only see temporary, short-term results. You must get your head, heart and life right to make lasting healthy change. Change your mind first, and then your body.

One final step before we get to the details of getting the healthy, lean and strong body you have always wanted. I need you to sign your dedication on the dotted line.

I dedicated to you by giving you this program. Now, return the favor and dedicate to your health, fitness, and this program for the next 28-days.

### **You Choose (print this out)**

The purpose of this program is to help you improve your life, career, and body, by being a Stronger and Leaner Fire Rescue Athlete. My research and experiences have been aimed at creating a program to assist you in reaching your goals. Regardless of your fitness background, the FRF 28-day QS Program is designed to provide you with the proper means to achieve your desired results. I have poured my heart and soul into this book and this program and have very high expectations that it can help thousands of people. With that said, I stress that YOU are ultimately responsible for your own health. Therefore, while you are engaged in the FRF 28-day QS Program, I urge YOU to follow the program with maximum effort, form, persistence, consistency and enjoyment. Results aren't guaranteed; they're earned. To be sure you get most out of your the FRF 28-day QS Program, I ask that you sign this statement that YOU are committed to accomplishing your goal(s) and are willing to give maximum effort.

### **Failure is not an option.**

Your signature: \_\_\_\_\_

Thank you for making and taking the steps to improve your health. I congratulate you on your choice and am honored that you trust me to help. It's Time to Get FRF!



Aaron Zamzow



## **About Aaron Zamzow & this 28-day FRF Quickstart Program...**

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

First and foremost, I am a firefighter/EMT and have been for over 15 years. I have also been working in the fitness industry as a Personal Trainer and author for over 25 years. I've been fortunate to train with elite athletes for the NBA, NHL, and NFL and have studied under some of the top trainers in the world. I created the Fire Rescue Fitness because I was discouraged by all the programs on the market claiming to be geared toward firefighters. In most of these cases programs were written by trainers and not by firefighters. I guarantee that this FRF 28-day workout program will help you improve every aspect of your fitness (conditioning, strength, and power). The workouts are very practical and will make you stronger, leaner, and more efficient on and off the fireground. My mission is to help over 100,000 firefighters, EMTs and medics transform, educate and motivate their fitness and get more "fit for duty." Thanks for trusting me with your fitness.



Let's Get FRF (Fire Rescue Fit)...

A handwritten signature in blue ink that reads 'Zamzow'.

Aaron Zamzow

Firefighter/EMT, BS, NSCA-Certified Strength and Conditioning Specialist and NASM/ ACE-Certified Personal Trainer

## **Thanks for downloading the 28-day FRF Quickstart Program.**

This program was created to help get Firefighters, EMTs, and Paramedics get and stay “fit for duty.” We all know that firefighting can be an exhausting physical activity. Unlike the in-season athlete, we aren’t told ahead of time when we will need to compete. It’s too bad we don’t get advanced warning of our fire runs: “Hey guys, Mr. Davis just called to tell us his house is going to catch fire tomorrow at 5 pm or that he is going to need a transport to the hospital.” So, in the absence of prior warnings, we (as Fire Rescue Athletes) need to be well-prepared and ready to roll at a moment’s notice.

Performance Enhancement and Injury Prevention are the goals of all elite athletes and should be for firefighters, EMTs, and medics also. Performance enhancement allows us to just plain be better... win... save lives in this case. Injury Prevention allows us to do the job without injuring ourselves or others.

Ask yourself the following questions: What efforts do you consistently make to improve your overall health? Are your choices helping or hurting your performance at the emergency scene? If company assignments were done like picking teams in gym class, would you be the first or last one picked?

If you’ve been training sparingly or need to get back into shape, this program is for



you. If you’ve been doing the traditional bodybuilding/ body part training (which don’t help your performance on the fire ground), then, this program will help you.

Maybe you’ve been following other fitness programs and have noticed that your efforts haven’t transferred to the fire ground, then...this program is for you. Essentially this program is for any fire rescue athlete that wants to

improve their level of fitness, reduce chances of injury (especially of the shoulders, knees, and back), and ultimately get stronger and leaner.

## **Introduction (How, Why and What)**

Welcome to the 28-day FRF (Fire Rescue Fit) Quickstart Program from Aaron Zamzow and Fire Rescue Fitness... First, you're probably wondering, "What exactly is this program and how is it different from other Firefighter themed workouts?" The short answer to these questions (as you will see) is that this program is an intensive, scientifically based fitness workout that will take your level of fitness to that of a professional athlete. Athlete? Yes, athlete.

Firefighters, EMTs and paramedics are the ultimate occupational athletes and the thing that sets this program apart from the others is that I (being a firefighter and trainer for over 20 years) understand the principles needed to not only train athletes but fire rescue athletes. NFL, NBA, and NHL athletes and trainers look at all aspects of their game and try to improve the athletic traits that will improve performance. Likewise, this 28-day workout program looks at the needed physical attributes of firefighters, EMTs, and paramedics and improves on them with specialized workouts and exercises.

The program consists of 4-weeks of workouts that include: active warm-ups, and core/ prehab exercises designed to increase flexibility and prolong your career. The workouts also include strength and power exercises that will take your fitness to the next level. The 28-day FRF QS Program also creatively uses intervals (interval overhauls) and skill training that increases cardiovascular fitness, which will improve your ability to produce work in a fatigued state.

I also included a challenge workout. This is a fun workout that has a twofold purpose. For one, it gives you an awesome workout and, in addition, it will help monitor your progress. Your goal is to continually improve your time with the challenge workouts...taking your fitness level higher. How high is up to YOU!

This program is more than just another workout. A big part of achieving fitness success is nutrition and recovery. So, to insure your fitness success, I included some snack options, some eating guidelines, and some information on foam rolling. Following these

eating suggestions and using the foam roller can prolong your career and are paramount to your fitness success.

Now, if you are like me, you like to log your progress. Another "bonus" of this program is the 28-day FRF QS Gym Companion and Log Sheets. This is a printable manual that you can use as logs and exercise references to take to the gym. Most fire rescue athletes print the workouts and use their phone or tablet to link to the exercise videos if needed. If you did not download some of these bonuses, please log-in to the portal and check them out.

## **The Workout**

This program is just a taste of what you will get from one of our Fire Rescue Fitness workout programs. After you complete the four weeks you can repeat it again or move right into one of our other FRF Workout Programs ([like the FRF Ultimate Fire Athlete](#)). I feel that you will get an incredible value from this program and will see great results. So, why give this workout away for such a discounted price? Because I feel that you will get results from just these few workouts. **And, you will help me work toward my mission of helping 100,000 firefighters, EMTs and medics get "fit for duty."** This program and FRF (Fire Rescue Fitness) has been 15 years in the making; through hundreds of client sessions, thousands of hours, numerous seminars and hours of education. All combined, have allowed me to come to this point. Everything about this program is based on tried-and-true principles which have been precisely formulated to help stimulate and increase muscle, as well as burn body fat and ultimately allow you to perform the most demanding job in the world with more efficiency. You quickly find that this program doesn't take time, it creates time. The workouts are quick, focused, and efficient and ultimately will give you more energy to fit more into your personal and professional life. Performing this unique type of exercise program regularly can even extend the active, enjoyable, and rewarding years of your life and your career. In that way, it doesn't only

help you create a few extra hours a week, it can literally add active years to your time in the fire service and in this world. So, let's look at why this program is effective.

## **Active Warm-up**

Each one of the resistance training workouts will start with a short cardiovascular exercise followed by specific active stretching movements. In the past, you may have skipped this part, but I assure you these exercises will

help strengthen and even tone your body. In fact, if you were to incorporate just one element of this program into your current workout routine, I'd want it to be the warm-ups. *Nothing else provides so much value in so little time.* The warm-ups prepare the body for movement, boosts heart rate, increases blood flow to the muscles, and raises core temperature. These movements also improve the function of your nervous system. Think of this component as taking a few minutes to warm-up an engine that has been sitting outside in cold temperatures all night. The main goal of this component is to improve the long-term mobility and flexibility of your muscles. By doing these exercises, you will be able to increase your strength, and flexibility, which as you know can prolong your career as a Fire Rescue Athlete.

How do you do the movement? Rather than have you hold your stretches, as in traditional stretching, you move your body into position just for a few seconds and then go back to your starting position. The warm-up routine wakes up your muscles and not just for your workout, they remain flexible for the rest of the day. Generally, we will do 5 to 10 repetitions of each of the warm-up exercises; not only will it feel like part of your workout, at first it might feel like a workout itself. Don't worry, your body will quickly condition itself to the exercises, and when you're done, you'll feel warmed up, rather than worn down. And, you'll be better prepared for not only your workout but for whatever challenges your daily activities bring.



Active warm-up exercises like the "spiderman" increase blood flow and flexibility of your muscles.



## **Core Training**

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

Core strength consists of hip, shoulder, and trunk stability. It is the foundation of efficient movement and vital to optimizing performance and health. During the 28-day FRF QS Program, you will perform the core routine after the warm-ups on resistance training days three times a week. Aside from the exercises involving a stability ball, and some additional resistance (a plate or dumbbell) these exercises require limited equipment.

## **Strength Training**

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

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

So, this brings us to the one thing that irritates the crap out of me. In every firehouse and gym in America there are Firefighters, EMTs and Paramedics who stand around lifting separate muscle groups and resting, resting, resting. When on a scene or in the middle of fire operations, is there standing around and/or isolating muscles? When we are needed to perform, we must perform. We as Fire Rescue Athletes need to challenge our bodies, our hearts, our personal will, and be efficient in the gym just like we need to be on a scene. This program utilizes exercises that do just that; they will challenge every muscle in your body including the most important...your heart.

The exercises are specifically chosen to challenge both your major muscles and your smaller stabilizing muscles. This way you recruit more muscles, improve your coordination, and burn more calories while you're at it. You'll certainly increase the strength of your muscles and challenge your balance, flexibility, and joint stability. Contrast that to the average muscle building routines that you've done and that most of the people in your health club do. They look at their bodies as separate compartments as in training chest and triceps one day, back and biceps the next, then legs and sparingly throw in some abs. *Our bodies don't function that way on the fireground, so they shouldn't function that way in the gym either.* The strength exercises will include some familiar exercises, like dumbbell chest presses but will also include exercises that will really challenge total body strength (squat, press, one arm row, pull-up, etc). There is a substitution list available (in the portal for download) if you lack some of the equipment needed for one exercise, you can substitute it out.

To gain a better knowledge of the strength training workouts, let's look at the variables utilized for each exercise.

## **Rest**

Rest is the amount of time taken between exercises or sets of an exercise. The Strength workouts program gives you specific rest guidelines for each workout. These rest intervals are short and challenging- to burn fat, build muscle, and work on recovery! Get a stopwatch (or use your phone) and abide by the rest guidelines. I see so many people resting too much. Get going and stay going but remember, form is the ultimate factor, if you cannot keep your form, stop and rest or reduce your resistance.

## **Tempo**

Tempo is the pace at which you execute an exercise. Most of the workouts in the 28-day FRF QS Program uses a moderate 2-0-2 pace (unless the exercise calls for jumping or plyometrics). Here is an easy way to remember the 2-0-2 tempo. Use a cadence of 2 seconds (say to yourself, "Time to get Fire Rescue Fit") as you lower your weight, then repeat ("Getting Fire Rescue Fit") as you raise it back up. It's important to use this moderate pace, it allows for more muscle development and insures control of the weight. If an exercise calls for power like slamming or jumping, then lift the weight (bodyweight) as explosively as possible and lower it under control. It is especially important to remember that with any movement if you start to lose form, you're done, stop and rest.

## **Reps**

Reps are the number of times you repeat a given exercise or movement in a set. The rep ranges progressively change with each exercise and workout. The workout sheets usually give a safety range of reps for each exercise that can will be explained in the next section. For some exercises however, there is only one suggested number of reps, choose a resistance that is obtainable yet very challenging for that number of reps.

## **Intensity (Resistance)**

Intensity is generally recorded as a percentage of your one-rep max (the maximum amount of weight that you could lift for a particular exercise). To simplify this concept, I use a safety rep range for each exercise. You'll notice two numbers prescribed in the reps area. You should choose a resistance that you know you can perform, with good form,

within that range. For example, the squat to press exercise may call for 8-12 reps. I know I can safely perform 40 pounds for 10 reps. I start my first set with 40 and complete 11, rest for the prescribed amount of time and can only do 9 on my second set. If the exercise called for a third set, I would stay with the 40 pounders and have to push to get the 8 reps. The rest intervals make it very challenging to keep your resistance the same for every set, that's part of the challenge. If you can't complete the number of reps in the given safety range, you have to decrease your weight (intensity). Conversely, if you can perform the top number of reps with good form, move your weight up.

### **Sets**

Sets are the completion of the prescribed number or reps for a given exercise. If you have an exercise that is performed on each side, like a single arm row for instance- perform the given number of reps on each side of your body--that's one set. Like the reps, you'll notice two numbers in the sets column, such as 1-3. This is the safety range of sets or circuits, depending on your current level of fitness. Beginners should begin the program by performing the lower number of sets of the exercise. As you progress from workout to workout, you can increase the number of sets (or circuits) as you feel you can tolerate. You'll know to increase the number of sets or circuits when you begin your next workout and are not sore or tired. Intermediate and advanced exercisers should start with the middle to higher number of prescribed sets or circuits.

You should always feel as if you can do better than the previous workout either with the number of reps, resistance (weight), or the number of sets (provided you are following the prescribed rest interval). That is the point; to get stronger and more fit; you must push yourself to new limits. I suggest that you use the gym companion and log sheets to keep track from workout to workout; that way you can constantly monitor your progress.

## **10 -Minute Interval Overhauls**

Now, as you probably know from reading my [blog](#) posts that I think that interval training is very applicable to what we do on the fireground. One of the unique components of the program is the 10-minute Interval Overhauls. These interval Overhauls are a combination of exercises that challenges the total body, allows you to work on firefighter skills, and simulates work on the fireground. And they can really "jack-up" your metabolism too! You'll discover these Overhauls can more realistically simulate the exhaustions felt on the fireground and rescue scene.

You should choose between one of these three Overhauls after each strength training workout. There are thousands of options for these Overhauls (which I blog about often). If you create your own, I would like to know about it so please [email me](#) your ideas.

### **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, in order 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 (step off side while letting treadmill keep running)
- 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.

### **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 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.

### **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. This is simply a 10-station circuit. You will perform 5 different exercises 2 times each. 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 should set-up 5 different stations (which you will repeat 2x each). 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).

You can add any fire ground exercises you wish: crawls, stairs, sledges, drags, pushing, carries, core...be creative. Enjoy!

Again, you can create your own by setting up 5 stations or even 10 different stations. Be creative and have fun with them...

## **Cardio Interval Training**

I heard someone once say running long and slow teaches your body one thing, how to run long and slow. If that's all you're after, you can stop reading; I don't want you to be late for your water aerobics class. But, in our profession, you need to move quickly and with purpose. I'm not saying that long and slow cardio is totally worthless, I'm saying it has its place. In fact, I recommend performing a lower intensity, longer cardio workout at least once a week to flush the muscles. But, what I am talking about here is training your body and your heart to function under higher intensity. The cardio intervals not only prepare you for the fireground but also blast away a lot of calories and body fat (as a bonus).

The purpose of any firefighter's cardiovascular program is to help them work more efficiently under the stresses encountered every day on the job, be it on the fire or rescue ground. Intervals raise our maximal oxygen uptake (VO<sub>2</sub> max), which, simply put, is the greatest amount of oxygen our bodies can use during maximum aerobic effort. Firefighters who can work longer before they reach their VO<sub>2</sub> max will be able to accomplish more on the fireground. Intervals also help the body to more efficiently flush

muscles of lactic acid. We develop a build-up of lactic acid and hydrogen ions that are associated with the burning sensation we feel in our muscles when under heavy physical stress. It has been shown that trained individuals will clear lactate faster than those who aren't trained and will therefore feel less pain when undergoing physical exertion. The bottom line: We want to build a cardiovascular training program that enables us to work longer and harder with less physical pain when it really counts.

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

As you read the workouts below, you may notice I don't talk about strict percentages like 80% maximum heart rate or at RPE (rate of perceived exertion). I do however list some guidelines in the summary chart to use as a guide. It's not that I am opposed to using heart rate or RPE as a guide; it's just that sometimes we get wrapped up at looking at our certain percentages we forget how to truly listen to our bodies and "push it." A quick note on RPE, I like to use the 1 to 10 scale which basically says that at a 1 effort you are lying in bed watching TV and at a level of 10 you are working so hard you're ready to hurl.

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

### **Beginner Interval Workout:**

Start with 10 minutes at whatever you consider a moderate exercise and pace (bike, stairs, run, walk). You should be able to talk in short bursts, but not carry on a normal conversation. As soon as the 10 minutes are up, move (increase speed or level) as

fast and furiously as you can for 60 seconds. When the 60 seconds are up, drop your intensity down to a manageable pace (or level) for another 60 seconds, and then take off again. Do this five times.

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

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

### **Intermediate to Advanced Interval Workout:**

When you're ready to progress from the beginner workout, try this on. 10 minutes at your moderate pace. As soon as the 10 minutes are up, increase intensity for 90-seconds. Follow the 90-second high intensity with 30 seconds of recovery (easy) pace. Repeat this 2-minute interval combination for a minimum of 5 times. Try to add one more interval each time, work up to a max of 10 intervals. When your five (or more) sets are over, do another 10 minutes at your moderate pace. Total workout time is at a minimum of 30 minutes with a max of 40 minutes.

### **Crew/ Fireground Interval Workouts**

Let's face it, working on your cardiovascular conditioning can be very boring. Personally, I suffer from workout ADD, I constantly like to change things up to keep me interested in the workouts. The Crew/ Fireground Interval workout day is a great way to incorporate different exercises to keep you interested and can be fun (yep, working out can be fun). We already touched on intervals, for this workout you have a couple of options. You can set-up 6 different exercises and perform them 4 rounds, or 8 exercises for 3 rounds. The exercises you choose will be based on what equipment you have available and personal preference. When beginning these intervals, I would recommend starting with 30 seconds of work and 30 seconds of rest for each set. As your fitness levels progress you can decrease the rest and increase the work times.

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.

As you read through the FRF 28-day QS Workout you will see that I list how to create these workouts for yourself. Here is an example of a workout that I did with my crew. I like to set the interval timer for 35 seconds of work with 25 seconds of rest. If you are just beginning intervals you may want to set the timer for 30 seconds of work with 30 seconds of rest. For this workout, we choose to perform 6 exercises for 4 circuits (total of 24 minutes). These exercises can be anything you want (fire ground related). Here are some examples:

1. Aerodyne (if you don't have an aerodyne you can use row machine or battling hose lines)
2. Weighted Jump Rope
3. Stair Crawling (bear crawl up the stairs then run back down)
4. Sledges on a tire (overhead and side sledges)
5. Core Exercise (plank, bird-dog)
6. Mountain Climbers (or burpees)



We performed an active warm-up and foam rolled to prep for the workout and finished with one of the 4 minutes of foam rolling and stretching. The total workout time was a little over just 30 minutes (quick and easy). This is just an example, you can choose different exercises and change the times.



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

## **A Note on Recovery**

People tend to measure how effectively they've worked out by how sore they are the following days. Let me ask you: How good is a workout that leaves you so sore that you can't workout for the next 3 days? One of the essential components ([click here for the other 4 components](#)) of a fire rescue workout is a strategic plan. An essential part of that plan must address not only how-to workout but how to recover. Over the 20+ years of training clients and athletes I've learned two very important lessons about recovery. These lessons will help you see and feel the best results.

Lesson #1. Recovery is Essential for Progress. I know that many firefighters, EMTs and paramedics like to challenge themselves during a workout, but it's the ability to recover afterwards that leads to a greater result. Did you know... your body changes after a workout, when your body rests – not during? Making the time to rest between strength workouts (or after a tough shift) is when your body begins the repair and recovery process. This is when the body increases lean muscle, making you stronger, and in the long run leaner. Recovery can be accelerated by choosing a good post-workout meal and taking the time to stretch and foam roll major muscle groups. Skipping recovery will not only diminish fitness results but will also lead to burn out and over-training injuries. **As a fire rescue athlete, you must take time to recover.**

Lesson #2. More is NOT Better – Better is Better. The workouts that I create (like those in the [Get FRF Workout Program](#)) are short and effective because they take less than 50 minutes. Now, because they are less than an hour (or less than 35-minutes on cardio days), some fire rescue athletes are skeptical that they will be effective and will sometimes try to add exercises or even double up on workouts. Remember, intensity, is the key to making good fitness gains. Doing more sometimes will only delay or prevent results. Trying to do more will diminish the intensity – hence, diminish results. My advice to you is to remember that the best results are achieved when you get your body to work FOR you rather than always having to work against your body. Besides, your workouts should leave you feeling ENERGIZED, not exhausted. At first you may challenge that last statement, but as you get into FRF shape I believe you will understand what I mean.

### **Foam Rolling for Better Fitness and Recovery** [\(Click here for a video overview\)](#)

You will notice that there are a few places where foam rolling is listed as an exercise. First, you should foam roll for a couple of minutes after the active warm-ups to help prepare your muscles for the workout. The second place you should do some foam rolling is at the very end of your workouts in conjunction with some stretching. I know what you may be thinking: “What exactly is a foam roller and why should I be doing this?”

A foam roller is a compact tube of foam that can be used as an inexpensive self-massager that can help heal aching and damaged muscles. The idea behind the foam roller is that you roll your body weight along the foam roller, massaging through restrictions (adhesions) that may occur in your muscles (especially those of the back). This causes the nerves in your muscles to relax and loosen which allows blood to flow more freely through them, accelerating the healing and repairing process. The exercise physiology geeks (peer fitness trainers) refer to this concept as "Self-Myofascial Release".



You will probably love and hate the foam roller. I encourage you to try it more than a week before formulating an opinion on its effectiveness. Just like a massage, there will be some discomfort when you hit the right spot. Over time, the foam roller will get easier. Your muscles will be healthier and have less adhesions (knots) making your body and back feel better.

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. Start with rolling your glutes, quads, low back, hamstrings and calves then slowly move to other parts of your body. There are some great foam rolling positions and instructions listed in the “Exercises” section of the book. I find that foam rolling helps reduce stress, gets the blood flowing, and re-aligns my body. Personally, I use the foam roller anytime my muscles (especially my back) feel tight and sore. 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.”

Stretching along with foam rolling (recovery) helps get the blood flowing, drives nutrients into your muscles (which is why it’s so important to eat right), and accelerates the recovery process. All the FRF 28-day QS Workouts suggest that you take the last few minutes of a workout to stretch and foam roll. Unlike the active warm-ups where you only hold for 2-3 seconds, stretches at the end of a workout should be held for 20 -30 seconds. You can perform the same movements that you did at the start, just hold these longer. For example, if you perform the Spiderman stretch in the beginning of the workout you step and hold only for 2-3 seconds. Then, at the end you can just hold that position for 20-30 seconds. The stretching and foam rolling will really accelerate the recovery process and at the same time increase your muscular flexibility.

On the following pages you will find a workout schedule on how to set-up your workouts. You can start on any day of the week you want, use the workout schedule as a guide. You will also see the different workouts that you will follow, there are a couple of options for the strength training days. You can choose your workout based on available

equipment. I encourage you to look at each exercise, utilize the coaching sheets and the video links to watch the exercises in motion. I recommend that you take the first week to get acclimated to the new exercises, focus on form, and really try to stick with the suggested rest times. You will notice that the 10-minute Overhauls are not incorporated in the program until the second week. As stated above I really want you to emphasize the quality of the exercises and focus on form. On weeks two, three and four however, kick it in gear and make tons of progress.

I listed the workouts and calendar below to give you a brief overview and snapshot of the next 4 weeks. To dig in and see each exercise in more detail, along with video links to the exercises in motion, I also included a separate download with the Gym Companion and Log Sheets, you can print these out and take to the gym.



# **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 Workouts***

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 Workout 1 or <u>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 Workout 1 or <u>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 Workout 1 or <u>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 Workout 1 or <u>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 Workout 1 or <u>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 Workout 1 or <u>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...

***This is a snapshot of what each week will look like. Small steps make for big results. Failure is Not an Option.***

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






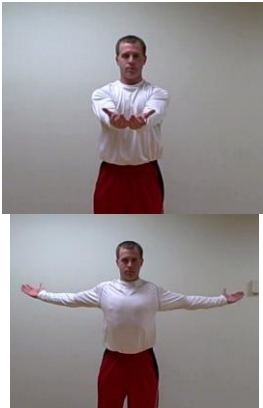
# FRF 28-day QuickStart Workout #1

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
<b>Warm-ups (<a href="#">Click Here for a video overview of the active warm-up</a>)</b>					
Start with a 5-10-minute jog, elliptical or bike session					
Hips, low back	<b>Knees side to side</b>	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	<b>Waiters bow</b>	10x	0	1 circuit	
Hips, legs	<b>Spiderman's</b>	5-6 each	0	1 circuit	
Chest, shoulders	<b>Chest hugs</b>	20	30 secs	1 circuit	
<b>Core Exercises (<a href="#">Click Here for a video overview of the core circuit</a>)</b>					
Core	<b>Ball Crunches (hold a weight)</b>	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	<b>Hip Extension feet on Stability Ball</b>	12-15	0	2 circuits	
Core	<b>Prone planks (hold)</b>	20-45 sec	0	2 circuits	
Shoulders, Low back	<b>Opposite Arm/Leg raise on Ball</b>	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)		
<b>Strength Exercises (<a href="#">Click Here for a video overview of the Strength Exercises</a>)</b>					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest, shoulders	<b>Incline DB Chest Press</b>	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	<b>Smith Bar Body Rows</b>	10-12	30-45 sec	2 to 3	
Total body	<b>Squat with Press</b>	10-12	30-45 sec	2 to 3	
Back	<b>Seated Cable Row</b>	10-12	30-45 sec	2 to 3	
Arms, hips	<b>Captain Morgan Curls</b>	6-8 each leg	30-45 sec	2 to 3	
Legs	<b>Walking Lunges-hold weights</b>	6-8 each leg	30-45 sec	2 to 3	
Triceps	<b>Triceps Cable Pushdowns</b>	10-12	30-45 sec	2 to 3	
???	<b>Your Choice Exercise</b>	10-12	30-45 sec	2 to 3	
After you complete the strength training portion, perform one of the <u>10-minute Interval Overhauls</u> if the calendar indicates then stretch and foam roll.					




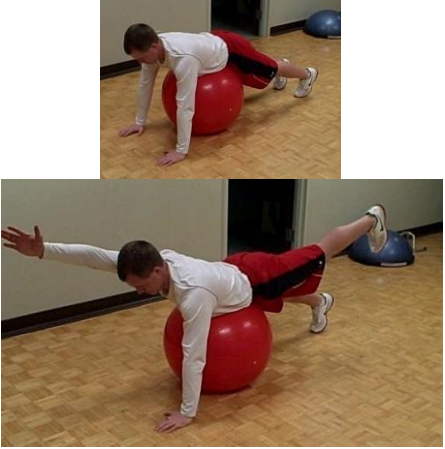

**FRF 28-day QS #1- Active Warm-up**

***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><i>Click on the "blue" exercise for a video of it in action.</i></b></p> <p><a href="#"><u>Knees Side to Side</u></a></p> <p>(6 reps each side)</p>	<p><b><u>Coaching Tips:</u></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="#"><u>Waiters Bow</u></a></p> <p>(10 reps each arm)</p>	<p><b><u>Coaching Tips</u></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="#"><u>Spiderman's</u></a></p> <p>(6 each side)</p>	<p><b><u>Coaching Tips:</u></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="#"><u>Chest Hugs</u></a></p> <p>(6 each side)</p>	<p><b><u>Coaching Tips:</u></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	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	Core Circuit #1													
	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												
	Core Circuit #2													
	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	Weight (lbs)	Reps
					Week 1	Week 2	Week 3	Week 3	Week 4					
1	Incline DB Chest Press	10-	30-45s											
2	Incline DB Chest Press	10-	30-45s											
3	Incline DB Chest Press	10-	30-45s											
1	Smith Bar Body Rows	10-	30-45s											
2	Smith Bar Body Rows	10-	30-45s											
3	Smith Bar Body Rows	10-	30-45s											
1	Squat with Press	10-	30-45s											
2	Squat with Press	10-	30-45s											
3	Squat with Press	10-	30-45s											
1	Seated Row	10-	30-45s											
2	Seated Row	10-	30-45s											
3	Seated Row	10-	30-45s											
1	Captain Morgan Curls	6-	30-45s											
2	Captain Morgan Curls	6-	30-45s											
3	Captain Morgan Curls	6-	30-45s											
1	Walking Lunges	6-	30-45s											
2	Walking Lunges	6-	30-45s											
3	Walking Lunges	6-	30-45s											
1	Triceps Cable	10-	30-45s											
2	Triceps Cable	10-	30-45s											
3	Triceps Cable	10-	30-45s											
1	Your Choice-	10-	30-45s											
2	Your Choice-	10-	30-45s											
3	Your Choice-	10-	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	
<b>Core Exercises</b>					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).					


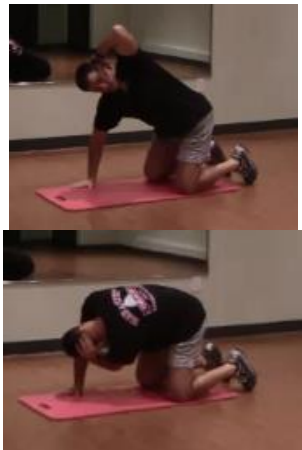


**\*\*Rest 1 minute (or don't) and repeat 4 more times (for a total of 5)- record the total time it takes to finish 5 rounds and try to improve next workout. \*\***

**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.

<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Glute Bridge (single leg)</a></p> <p>(6 reps each leg)</p>	<p><b>Coaching Tips:</b> 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.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p><a href="#">Prone Stick-ups</a></p> <p>(10 reps)</p>	<p><b>Coaching Tips:</b> 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</p>	
<p><a href="#">Side Plank (hold)</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>	
<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 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.</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	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	10x/spot	5 min													
<b>Progressive Challenge Exercises</b>															
Set #	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><u>Rest 1 minute and repeat the progressive circuit...</u></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><u>Rest 1 minute and repeat the progressive circuit...</u></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												





## 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	Level/Reps	Time	Level/Reps		
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													
	Rest #3													
	#4 Interval Exercise													
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	Rest #6													
	#7 Interval Exercise													
	Go #7													
	Rest #7													
	#8 Interval Exercise													
	Go #8													
	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
<b>Warm-ups (<a href="#">Click Here for a video overview of the active warm-up</a>)</b>					
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	
<b>Core Exercises (<a href="#">Click Here for a video overview of the core circuit</a>)</b>					
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	
<b>Strength Exercises (<a href="#">Click Here for a video overview of the Strength Exercises</a>)</b>					
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-scapion (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 <a href="#">10-minute Interval Overhauls</a> if the calendar indicates then stretch and foam roll.					


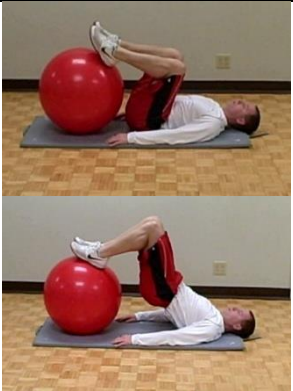


## FRF 28-day Workout #2- Active Warm-up Exercises

**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



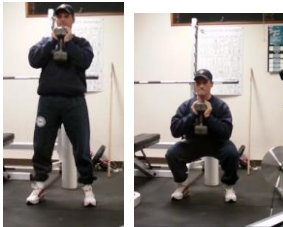
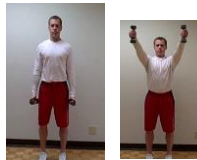



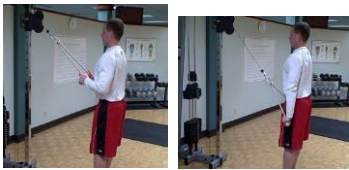
Perform the core exercises in a circuit. Move from one exercise to the next with limited rest; follow the suggested range or reps. Repeat the circuit 2x, rest 30 seconds between circuits.

<p><a href="#"><u>Ball Squeeze Crunch</u></a> (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> (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> (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> (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.

<p><a href="#"><u>DB Alternate Arm Chest Press</u></a> (10-12 reps, 5-6 each arm)</p>	<p><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 stable. Slowly bring the first dumbbell back to the starting position and repeat on the other side. It is very important to maintain a slow pace. Be sure to pause at the top of the motion to stay in control.</p>	
<p><a href="#"><u>One Arm DB Rows</u></a> (10-12 each arm)</p>	<p><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.</p>	
<p><a href="#"><u>Goblet Squats</u></a> (10-12 reps)</p>	<p><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.</p>	
<p><a href="#"><u>Arm Raises V-scaption (thumbs up)</u></a> (10-12 reps)</p>	<p><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.</p>	
<p><a href="#"><u>Lat Pulldown -reverse Grip</u></a> (10-12 reps)</p>	<p><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.</p>	
<p><a href="#"><u>Step-ups</u></a> (8-10 each leg)</p>	<p><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.</p>	
<p><a href="#"><u>Standing DB Hammer Curls</u></a> (10-12 reps)</p>	<p><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.</p>	
<p><a href="#"><u>Triceps Pushdown-rope</u></a> (10-12 reps)</p>	<p><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.</p>	



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	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
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	10-12	30-45s											
2	Arm Raises V-scap	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													
	Lat Pulls (reverse grip)													
	Step UPs													
	Stand DB Hammer													
	Triceps Push (rope)													
Workout Notes Workout Notes (You can write what you did for the 10-minute interval overhauls, exercise substitutions, etc. <u>here</u> )														

## 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.




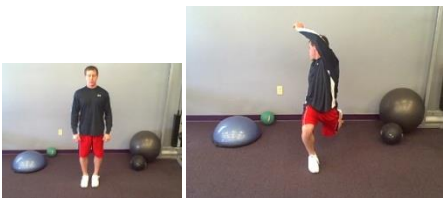

### Cardio Challenge- BONUS

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.**


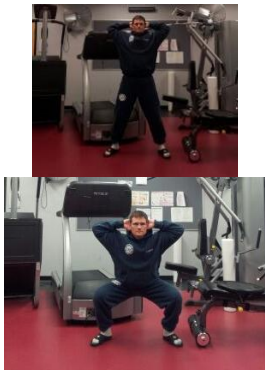

## FRF 28-day 500 Rep Bodyweight Challenge Workout -Active Warm up

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.

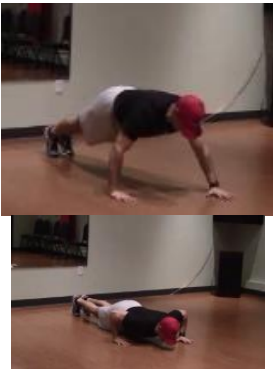


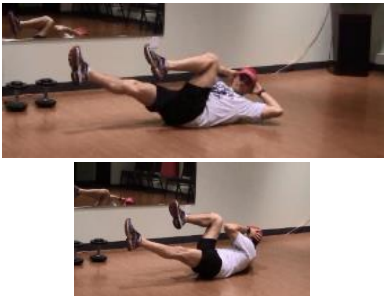

<p><a href="#">Knees side to side</a> (6 each side)</p>	<p><b>Coaching Tips:</b> Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. 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="#">Straight Leg Raises</a> (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="#">X-overs</a> (6 each side)</p> <p><i>Click on the "blue" exercise for a video of it in action.</i></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 and Twist</a> (6 each leg)</p> <p><i>Click on the "blue" exercise for a video of it in action.</i></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> (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 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>Click on the "blue" exercise for a video of it in action.</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	
<b>Warm-up (Repeat Circuit 2x if needed, 1x is mandatory)</b>													
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/spo	5 mins	Roll over trouble spots									
<b>Challenge Exercises</b>													
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													
<b>Cardio Challenge- BONUS</b>													
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.													
<u>Complete the workout by stretching for 4 minutes and foam rolling.</u>													

## 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)**

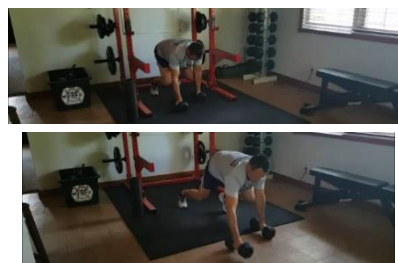
**Coaching Ques:** Crawling is a great exercise to work core stability, strengthen the shoulder girdle plus it can help improve your coordination. Crawling can be a pretty intense workout! I recommend using a variety of directions and positions (forward, lateral, pulling objects). Focus on keeping hands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



**Crew/ Fireground Interval Workout and Afterburners Exercises**



## 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.

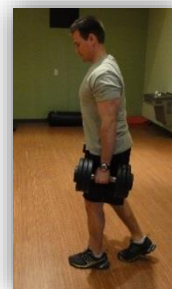
[Click here for a video tutorial of this exercise.](#)



## 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

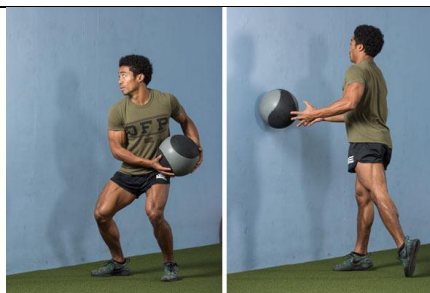
**Coaching Ques:** Assume a ready position, feet a little wider than shoulders width. Grab a medicine ball between your hands (make sure it is bounce-able). Draw your abdomen inward toward your spine and tighten your glutes. Raise the med ball above your head then...Forcefully drive the ball towards 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.

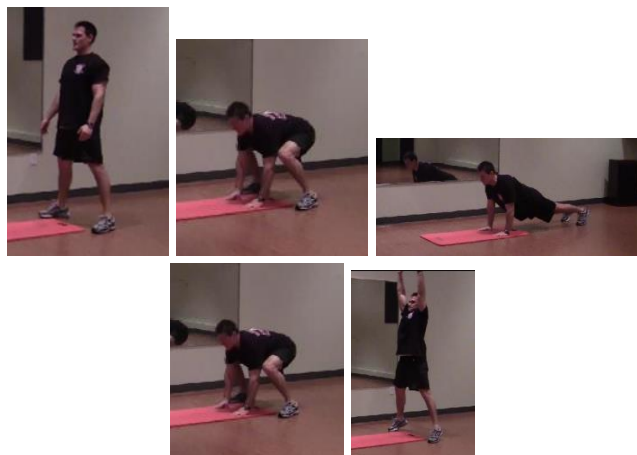




## Burpees

**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

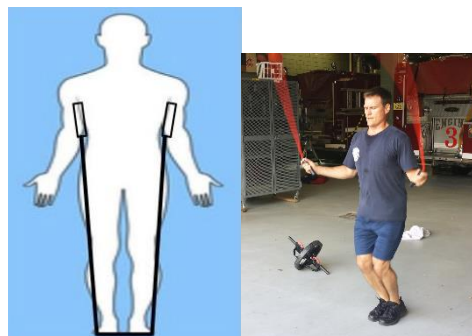
**Coaching Ques:** Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg in toward your chest. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other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



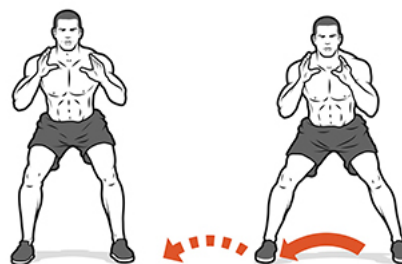
## Punching Bags

**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

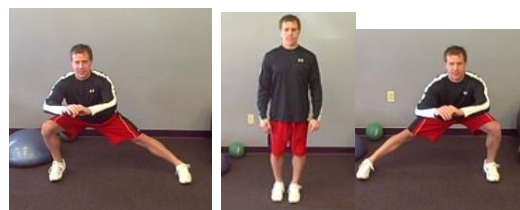
**Coaching Ques:** Choose a distance, 10 to 20 feet usually works great. Master the movement by going slowly at first, instead of reinforcing improper techniques. Make a choppy, lateral step to the right with your right foot. Carry your left foot to where your right foot was. As your left foot comes 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
<b>Active Warm-ups</b>					
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
2. _____	_____	_____	Dumbbell Crawls
3. _____	_____	_____	Stairs
4. _____	_____	_____	Jacobs Ladder (if you have access to one)
5. _____	_____	_____	Crawl up stairs
6. _____	_____	_____	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.
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												
	Go #3												
	Rest #3												
	#4 Interval Exercise												
	Go #4												
	Rest #4												
	#5 Interval Exercise												
	Go #5												
	Rest #5												
	#6 Interval Exercise												
	Go #6												
	Rest #6												
	#7 Interval Exercise												
	Go #7												
	Rest #7												
	#8 Interval Exercise												
	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												
	Go #3												
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	Rest #8												
	#9 Interval Exercise												
	Go #9												
	Rest #9												
	#10 Interval Exercise												
	Go #10												
	Rest #10												

Cool down for 2-5 minutes

Workout Notes



# Need a different exercise for the workout? Check out the Exercise Substitution List (Below)

## 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>

Exercise from the FRF Bodyweight 500 Challenge Workout	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="#"><u>Run Stairs</u></a>	<a href="#"><u>Burpees</u></a>	<a href="#"><u>Tire Flips</u></a>	<a href="#"><u>Med ball Slams</u></a>
<a href="#"><u>Crawling</u></a>	<a href="#"><u>Battling Hoselines</u></a>	<a href="#"><u>Mountain Climbers</u></a>	<a href="#"><u>Dummy or Hose line Drags</u></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

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

*See Results*

*Have a Stronger Core*

*Have More Energy*

*Prolong Your Career*

*Look.....and Be Fit for Duty*