



MFD BODYWEIGHT WORKOUT #1

GET FRF Bodyweight Workout #1

Here you go, workout #1. Please note you should either perform this workout or the Dumbbell Workout #1, not both for the day. Start with the active warm-up movements the proceed to the core/prehab exercises. After you complete 2 circuits of each, move to the bodyweight strength exercises. Perform 1 to 3 circuits of the strength exercises, depending on your level of fitness. Finish with the afterburner (5-minutes of Hell Challenge) and stretch routine. YOU GOT THIS!

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups and Core Exercises					
Start with a 5-10-minute walk, jog, elliptical or bike (optional)					
Hips, Glutes	Step back reach and twists	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	Spidermans	6 each	0	2 circuits	
Hips, Legs	Thoracic Rotations	6 each	0	2 circuits	
Core Exercises					
Core	Dead-bugs	6 each	0	2 circuits	Foam roll at the end of the 2 nd circuit of the core exercises if you have one.
Core, glutes	Bridges (2 legs)	10-15 reps	0	2 circuits	
Upper Back	Prone Y's	10-15 reps	0	2 circuits	
Any	Foam Roll (trouble spots)	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	Prisoner Squats	AMAP in 1-minute	none	1-3 circuits	Perform as many reps of each exercise in a minute. You can stop and rest at any time during the minute if needed. Try to push yourself to improve the number of reps from workout to workout. As soon as you complete one exercise (minute), move to the next. The entire circuit will take 8 minutes. If you are more advanced, you can repeat the circuit another time or 2 (2 -3 circuits). Use good form and control each rep. After you complete your last circuit, perform the 5 minutes of Hell challenge.
2	Step Back Lunges (alternating legs)	AMAP in 1-minute	none	1-3 circuits	
3	Off set Push-ups	AMAP in 1-minute	none	1-3 circuits	
4	Blanket Rows or Broomstick rows	AMAP in 1-minute	none	1-3 circuits	
5	Blanket Bicep Curls or Broomstick Curls	AMAP in 1-minute	none	1-3 circuits	
6	Couch/ Chair Tricep Extensions	AMAP in 1-minute	none	1-3 circuits	
7	Back Widows	AMAP in 1-minute	none	1-3 circuits	
8	Rotational Planks (lateral raises)	AMAP in 1-minute	none	1-3 circuits	
Afterburner					
5 Minutes of Hell Interval Challenge- Perform these 5 exercises for 30 seconds in a circuit. Repeat the circuit 2x with no rest between. Total time is 5 minutes. Try these exercises: crawls, side-to-side toe touches, mountain climbers, burpees, squat (holds). *(You can also choose your own exercises based on your preferences and available equipment, see other options below) **					
Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs (Stretch #1)					

GET FRF Bodyweight Workout #1- Active Warm-ups

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.

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

Step back reach and twists

(6 reps each)

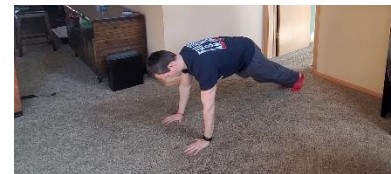
Coaching Tips: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with the arm on the same side. Keep your stepped back position slowly twist towards the opposite shoulder. Hold for 2-3 seconds then slowly return to the starting position.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



Spiderman's

(6 each side)

Coaching Tips: 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.



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

Thoracic rotations

(6 each side)

Coaching Tips: 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.



GET FRF Bodyweight 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.

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

[Dead Bugs](#)

6-10 each side

Coaching Ques: This is a great core exercise. Lay on your back with your arms and legs extended toward the ceiling. Draw the belly button in towards the spine then SLOWLY lower your left leg and right arm towards the floor (at the same time). Keep your right leg and left arm straight and pointed toward the ceiling. Guide your arm and leg to a position about 3-6 inches from the floor, pause, then slowly return to the starting position. Pause at the starting point then repeat on the other side. Remember to keep this a slow motion...

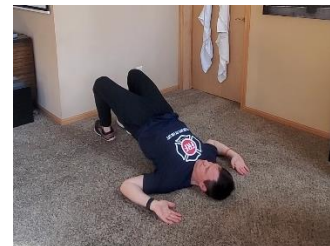
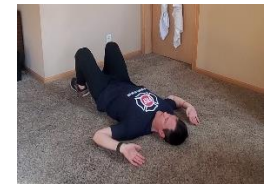


Click on the "blue" exercise for a video of it in action.

[Glute Bridges](#)

10-15 reps

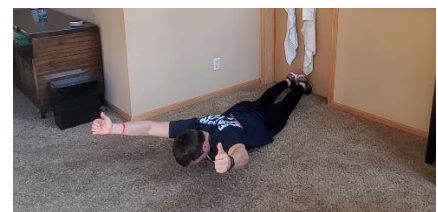
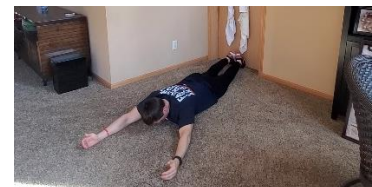
Coaching Tips: Lay on your back with the knees bent 90 degrees. Find a neutral spine position and draw your abs in. Next, perform a full double leg bridge and hold in a tabletop position (hops up). Push through your heels and raise your hips. Hold for a second and return to the starting position.



[Prone Y's](#)

10-15 reps

Coaching Tips: Lie on your stomach with your hands and arms stretched straight overhead. Point your thumbs toward the ceiling and raise your arms as high as you can. You can also raise your feet to engage your glutes and hamstrings. Hold for 1-2 seconds and return to the starting position.



[Foam Roll](#)




Coaching Tips: Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots;










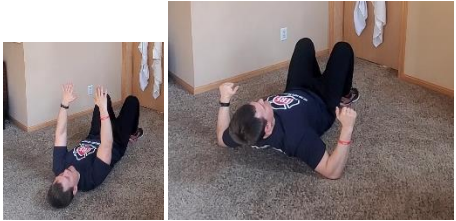
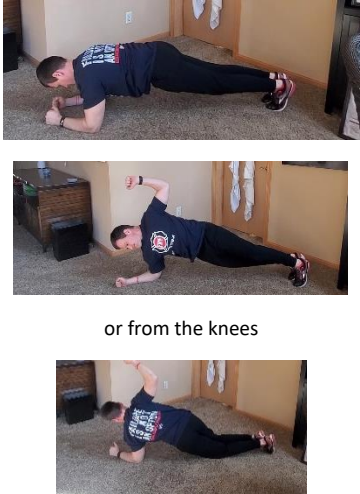
(10x over trouble spots)	quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.	
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GET FRF Bodyweight Workout #1- Strength Exercises

Perform the first exercise with strict form, after completing as many reps as you can in one minute. Rest and pause when needed. After the first minute, repeat with the next exercise. Proceed to perform as many reps as you can for each exercise for one minute. Repeat 2 or 3 times depending on your level of fitness. Use good form and control each rep.

Prisoner Squats As many as you can in 1 minute	Coaching Tips: Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Focus on keeping your elbows pulled back and your chest up. Pause, then push yourself back up to the start. Be sure to stand up straight between reps.	
Prisoner Lunges As many as you can in 1 minute	Coaching Tips: Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. 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.	
Off set Push-ups As many as you can in 1 minute	Coaching Tips: 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>Body Rows</p> <p>As many as you can in 1 minute</p>	<p>Coaching Ques: 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. You can use the sheets or broom handle and some chairs for support.</p>	  
<p>Couch/ Chair Tricep Extensions</p> <p>As many as you can in 1 minute</p>	<p>Coaching Tips: Place your hands on the back of a couch or a chair. Move your feet away from the back of the chair, the further away the more resistance. Lower your head towards your hands and pause for a second. Straighten your arms and return to the starting position. Keep your torso rigid and control your reps</p>	 
<p>Bicep Curls (blanket or broom handle)</p> <p>As many as you can in 1 minute</p>	<p>Coaching Ques: Place the tied blankets over the door and close. Make sure that any equipment is secure and safe. Grab the stick or the blankets and pull your hands toward your head using your feet as a pivot. You can use the blankets or the broom handle to perform this exercise.</p>	 <p>or</p> 

<p><u>Back Widow</u></p> <p>As many as you can in 1 minute</p>	<p>Coaching Tips: Lay on your back with your arms extended straight toward the ceiling. Slowly bend your arms and drive your elbows to and through the floor to raise your upper body off the floor. Push through your elbows to raise your body as high as you can. Pause then slowly lower your body to the starting position. Make sure to maintain control of this exercise. You should feel this in the upper back and shoulders.</p>	
<p><u>Rotational Plank/ Lateral raises</u></p> <p>As many as you can in 1 minute</p>	<p>Coaching Tips: Assume a prone position with elbows bent and closed fists positioned under your shoulders. Draw your abdomen inward toward your spine. For optimal postural alignment tighten glutes and lift one arm off the floor and rotate it toward the ceiling. Rotate your feet and body to the side plank position. While maintaining the abdominal draw-in contraction, hold the side plank for 2 seconds then return to the starting position. Repeat the rotation on the other side. Remember, Form is more important than speed. Perform each rep slowly with good control, go too fast and you could over-rotate.</p>	 <p>or from the knees</p>

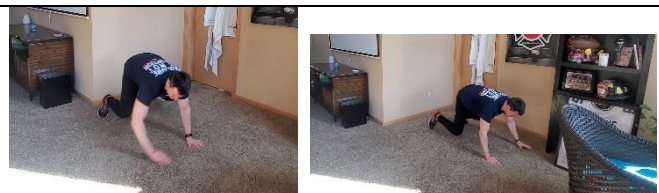
5-minutes of Hell Afterburner for Workout #1

Following the FRF workouts you should complete one of the suggested afterburners. I've simplified this process by choosing some for you already. Try to follow this afterburner. You can substitute any of the exercises if you wish. Push yourself to try to complete the 5 minutes without rest. YOU GOT THIS!

The 5 minutes of Hell Interval Challenge [\(click here for video\)](#) –

Start the interval timer and perform the first exercise crawls as fast as you can for 30 seconds. After the first 30 seconds, switch to side to side shuffles or toe touches for the next 30 seconds; continue then with mountain climbers, burpees and then perform the wall sit (or plank). After the wall sit, repeat a second time. Just go from one to the next every 30 seconds until the 5 minutes is up. Try to make it all 5 -minutes without stopping. As mentioned above, you can change these exercises to meet your personal preferences and equipment available.






Crawling- Use 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.](#)

Side to side lunges, shuffles or toe touches- 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 and then extend them to touch your toes. Push through your heel to straighten your leg and return to the starting position. Repeat on

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

<p>the other side/ leg. For intervals and afterburners this should be a fast (yet controlled) motion.</p>	
<p>Mountain Climbers: 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>Burpees or U-Downs: 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... or add a jump.</p>	
<p>Squat (HOLDS)- 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. Stop and hold there for as long as directed.</p>	
<h2 style="text-align: center;">FRF Foundations Stretch Routine #1</h2>	
<p>Hold each stretch for 20 seconds then move to the next. Repeat the routine 2x (4-minutes total). Foam roll after the 4-minutes if time permits.</p>	
<h3 style="text-align: center; color: red;">Downward Dog</h3>	
<p>Coaching Ques: Start on your hands and knees; straighten your arms, but don't lock your elbows. As you exhale, lift and straighten (but don't lock) your knees. Press your heels toward the floor and your head toward your feet. Hold this position for the prescribed amount of time.</p>	
<h3 style="text-align: center; color: red;">Right Kickstand Stretch</h3>	











<p>Coaching Ques: Kickstand stretch- Extend your right leg out to a comfortable position. Move forward and back slowly until you find the area of most stretch. Follow guidelines for safe stretching, don't stretch too far and breathe easy. Make sure to stretch both legs.</p>	
<p>Left Kickstand Stretch</p>	
<p>Coaching Ques: Kickstand stretch- Extend your left leg out to a comfortable position. Move forward and back slowly until you find the area of most stretch. Follow guidelines for safe stretching, don't stretch too far and breathe easy. Make sure to stretch both legs.</p>	
<p>Childs Pose</p>	
<p>Coaching Ques: Start in a kneeling position. Drop your butt toward your heels as you stretch the rest of your body down and forward. You should feel a mild stretch in your shoulders and buttocks and down the length of your spine and arms.</p>	
<p>Childs Pose</p>	
<p>Coaching Ques: Lay flat on your back with your palms and toes pointed toward the ceiling. Start the movement by slowly straightening your right leg and swinging across your body toward the opposite hand. Ease into the stretch and hold. Follow guidelines for safe stretching, don't stretch too far and breathe easy.</p>	
<p>Childs Pose</p>	
<p>Coaching Ques: Lay flat on your back with your palms and toes pointed toward the ceiling. Start the movement by slowly straightening your left leg and swinging across your body toward the opposite hand. Ease into the stretch and hold. Follow guidelines for safe stretching, don't stretch too far and breathe easy.</p>	

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 FRF Foundations 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 Use caution with this position. Avoid if you have any spinal injuries.		Hamstrings	
Calves		It Band	
Upper Back		Groin	
Lats		Chest	

[illegible]

	Perform each exercise with great form, posture and intensity!			Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	
Warm-up													
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up												
	Step back reach and twists	6 each	0										
	Spidermans	6 each	0										
	Thoracic	6 each	0										
Core Exercises													
Core Exercises	Core Circuit #1												
	Dead-bugs	6 each	0										
	Bridges (2 legs)	10-15	0										
	Prone Y's	10-15	30s										
	Core Circuit #2												
	Dead-bugs	6 each	0										
	Bridges (2 legs)	10-15	0										
	Prone Y's	10-15	30s										
Foam Roll (trouble spots)	10x/spot	5											
Strength Exercises													
Set #	Perform each exercise with great form, posture and intensity!	Workout Plan		Actual Workout Results									
		Reps	Rest	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
1	Prisoner Squats	1 min	0										
2	Step Back Lunges	1 min	0										
3	Off set Push-ups	1 min	0										
4	Blanket Rows or	1 min	0										
5	Blanket Bicep Curls	1 min	0										
6	Couch/ Chair Tricep	1 min	0										
7	Back Widows	1 min	0										
8	Rotational Planks	1 min	0										
1	Prisoner Squats	1 min	0										
2	Step Back Lunges	1 min	0										
3	Off set Push-ups	1 min	0										
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5	Blanket Bicep Curls	1 min	0										
6	Couch/ Chair Tricep	1 min	0										
7	Back Widows	1 min	0										
8	Rotational Planks	1 min	0										
Afterburner													
The 5 Minutes of Hell Interval Challenge – Crawls- side step- climbers- burpee- squat hold													
*(You can also choose your own exercises based on your preferences and available equipment, see other options below) **													
Additional Notes													

Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs (Stretch #1)