



EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE
BEST VERSION OF YOU

WWW.FIRERESCUEFITNESS.COM

MFD DUMBBELL/ PLATE WORKOUT #1

GET FRF Dumbbell Workout #1

Here you go, workout #1. Please note you should either perform this workout or the Bodyweight 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 or 3 circuits of each, move to the dumbbell exercises. For the DB exercises you will need a stopwatch or an interval timer. Set the timer to 30 or 40 seconds of work based on your level of fitness and rest for 30 or 20 seconds. You will perform all 9 exercises in a circuit and repeat it 2 or 3 times total (3 times if you are advanced). 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	DB Front Squats	AMAP in 30-	30 seconds	1-3 circuits	Perform as many reps of each exercise in 30 seconds, rest 30 seconds and then move to the next exercise. Try to push yourself to improve the number of reps you get in the 30 seconds. If you are using heavy weights set the interval for 20 seconds work and 40 seconds rest. If you are using lighter weights, try to push for 40 seconds of work and 20 seconds rest. The entire circuit will take 9 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	Bent over DB Rows	AMAP in 30-	30 seconds	1-3 circuits	
3	Chest Crushers	AMAP in 30-	30 seconds	1-3 circuits	
4	Alternate Arm Bicep Curls	AMAP in 30-	30 seconds	1-3 circuits	
5	Alternate Arm Shoulder Presses	AMAP in 30-	30 seconds	1-3 circuits	
6	Lunges (alternate legs) -hold dumbbells	AMAP in 30-	30 seconds	1-3 circuits	
7	Standing Overhead Tricep Extensions	AMAP in 30-	30 seconds	1-3 circuits	
8	Dumbbell Swings	AMAP in 30-	30 seconds	1-3 circuits	
9	DB Halos	AMAP in 30-	30 seconds		

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 DB/ Plate Workout #1- Active Warm-up Exercises

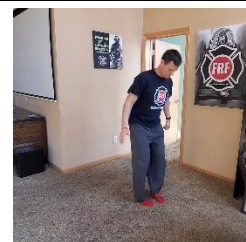
Perform the warm-up exercises in a circuit, no rest between exercises; follow the suggested reps for each. Repeat the warm-up (total of 2 circuits) if you are very inflexible or "tight" from a previous shift or workout.

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

Step back reach and twists

(6 reps each)

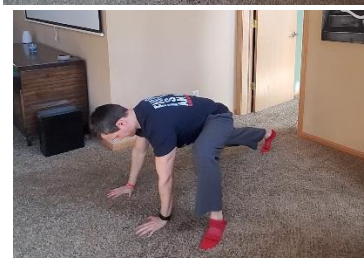
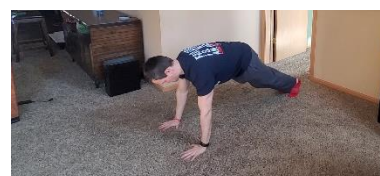
Coaching Tips: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with the arm on the same side. Keep your stepped back position slowly twist towards the opposite shoulder. Hold for 2-3 seconds then slowly return to the starting position. 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 DB/ Plate Workout #1- Core Exercises

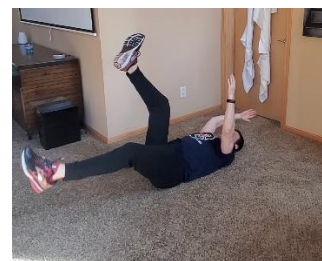
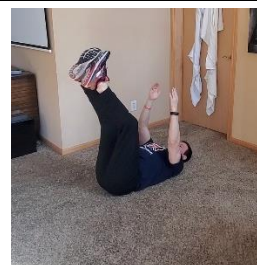
Perform the core exercises in a circuit. Move from one exercise to the next with limited rest; follow the suggested range or reps. Repeat the circuit 2x, rest 30 seconds between circuits.

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

[Dead Bugs](#)

(8-10 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)

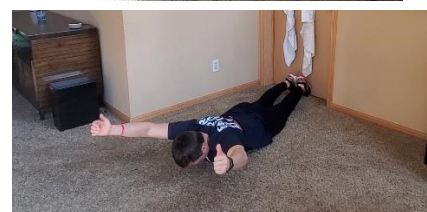
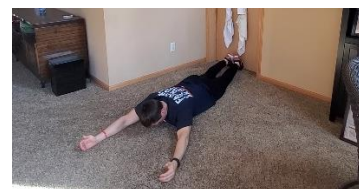
Coaching Tips: Lay on your back with the knees bent 90 degrees. Find a neutral spine position and draw your abs in. Next, perform a full double leg bridge and hold in a tabletop position (hops up). Push through your heels and raise your hips. Hold for a second and return to the starting position.



[Prone Y's](#)

(15-30 seconds each side)

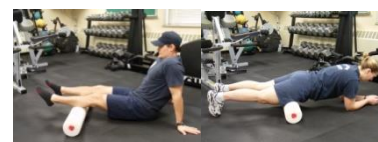
Coaching Tips: Lie on your stomach with your hands and arms stretched straight overhead. Point your thumbs toward the ceiling and raise your arms as high as you can. You can also raise your feet to engage your glutes and hamstrings. Hold for 1-2 seconds and return to the starting position.



[Foam Roll](#)

(10x over trouble spots)

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



GET FRF DB/ Plate Workout #1- Strength Exercises

Perform as many reps of each exercise in 30 seconds, rest 30 seconds and then move to the next exercise. Try to push yourself to improve the number of reps you get in the 30 seconds. If you are using heavy weights set the interval for 20 seconds work and 40 seconds rest. If you are using lighter weights, try to push for 40 seconds of work and 20 seconds rest. The entire circuit will take 9 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.

DB Front Squats

Perform 30 seconds of work/
30 seconds of rest

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



Bent over DB Rows

Perform 30 seconds of work/
30 seconds of rest

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

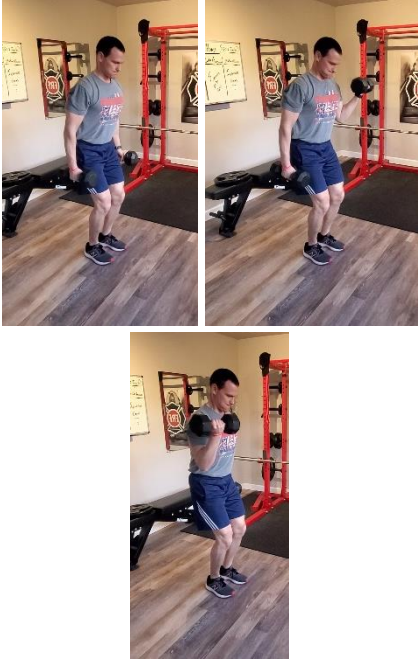
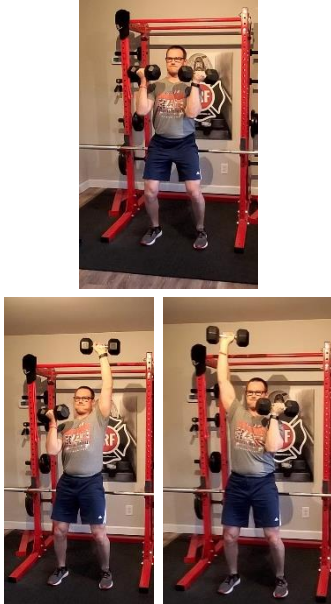






Chest Crushers

Perform 30 seconds of work/
30 seconds of rest

Coaching Tips: Pick up the dumbbells off the floor using a neutral grip (palms facing in). Position the ends of the dumbbells in your hip crease and sit down on the bench or floor. To get into position, lay back and keep the weights close to your chest. Once you are in position, take a deep breath, crush the dumbbells together, then press them to lockout at the top. Continue to push the dumbbells together while lowering them under control as far as comfortably possible. Once the dumbbells touch your chest, push them back to the starting position. Repeat for the desired number of repetitions.



<p><u>Alternate Arm Bicep Curls</u></p> <p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>Coaching Tips: In a standing position, hold dumbbells at your side and place legs less than hip width apart. Draw your abs tight and squeeze the glutes. Perform a bicep curl by flexing the elbow while keeping the palms so that they face the side of the body (hammer grip) at chest level. Keep shoulder blades in neutral throughout the exercise. Pause on the top of the movement, slowly lower the dumbbells back to the side of the body by extending the elbows straight. Pause at the bottom briefly, and then repeat with the other arm. Maintain a slow, controlled pace. Make sure to keep your shoulder and head in proper alignment; do not use momentum to assist you.</p>	
<p><u>Alternate Arm Shoulder Presses</u></p> <p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>Coaching Tips: Standing with feet shoulder width apart, hold dumbbells at your shoulder's 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. Press one arm up towards the ceiling do not hyperextend the elbow. Pause and slowly lower the dumbbell back to the starting position. At the same time press the other arm toward the ceiling. Keep alternating until time is up or the suggested reps are met. If you have any shoulder impingement, restrict the motion to accommodate or find an alternative exercise.</p>	
<p><u>Lunges (alternate legs) -hold dumbbells</u></p> <p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>Coaching Tips: Grasp dumbbells, one in each hand with palms facing in. Draw the abs tight and slowly step back bending at the hip, knee and ankle. Drop the back knee toward the ground but do not let it touch. Pause for a second and push through the planted foot to return to the starting position. Keep your shoulders and head back, do not get your weight too far forward. Repeat on the other leg. Perform reps as directed.</p>	

<p><u>Standing Overhead Tricep Extensions</u></p> <p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>Coaching Tips: Stand with your feet slightly wider than your hips. Hold a plate or dumbbell with your arms straight overhead (as shown). Draw your abs tight and squeeze the glutes. Slowly lower the weight behind your head. Try to keep your elbows pointed toward the ceiling. Inhale as you perform this movement and pause when your triceps are fully stretched (weight on the bottom). Return to the starting position by flexing your triceps as you breathe out. Do not let your head jut forward, keep good posture.</p>	
<p><u>Dumbbell Swings</u></p> <p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>Coaching Tips: Grab a dumbbell with both hands and stand with your feet wider than hip width apart. Draw your navel towards your spine and squeeze your glutes for spinal stabilization. Squat down until your thighs are nearly parallel to the floor. Immediately stand and swing the dumbbell up to shoulder height, keeping your arms extended. As the dumbbell begins to swing back down, bend your knees and squat, swinging the dumbbell between your legs, that's one rep. Do not allow your head to "jut" forward as you raise the dumbbells. Maintain good posture and control the Return to the starting position for a moment (do not lean forward or back to use momentum) then repeat.</p>	
<p><u>DB Halos</u></p> <p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>Coaching Tips: Stand in proper alignment with a dumbbell at eye level in front of you. Draw your lower abdomen inward toward your spine (activating the deep stabilizing mechanism). Rotate the dumbbell clockwise around your head; keep your core tight; go slowly as to not hit your head with the dumbbell. Perform all repetitions in one direction then perform the same number in the other direction. Be sure to keep your head and body straight. Move the dumbbell around your head not your head and body around the dumbbell.</p>	

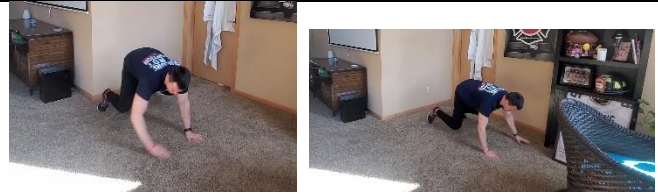
5-minutes of Hell Afterburner for Workout #1

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.

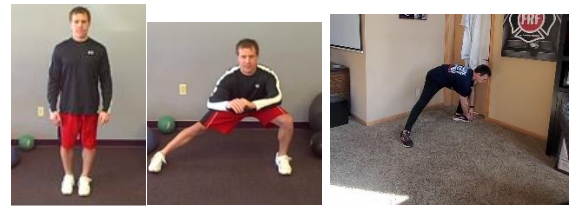
Crawling- Use a variety of directions and positions (forward, lateral, pulling objects). Focus on keeping hands under your shoulders to avoid shoulder impingement and be sure to tighten core muscles during the exercise.



[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 the other side/ leg. For intervals and afterburners this should be a fast (yet controlled) motion.

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



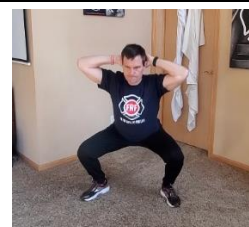
Mountain Climbers: Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg in toward your chest. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. Keep repeating...



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.



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.



FRF Foundations Stretch Routine #1

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.

Downward Dog

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.



Right Kickstand Stretch

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.



Left Kickstand Stretch

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.



Childs Pose

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.



Childs Pose

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.



Childs Pose











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.



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	

GET FRF DB #1				Workout Day										
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	1	2	3	4	5	6	7	8	9		
				Reps	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 Rotations	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	3 mins											
Strength Exercises														
Set #	Perform each exercise with great form, posture and intensity!	Workout Plan			Actual Workout Results									
		Reps	Rest		Reps/weight	Reps/weight	Reps/weight	Reps/weight	Reps/weight	Reps/weight	Reps/weight	Reps/weight	Reps/weight	
1	DB Front Squats	30 sec	30s											
2	Bent over DB Rows	30 sec	30s											
3	Chest Crushers	30 sec	30s											
4	Alternate Arm Bicep	30 sec	30s											
5	Alternate Arm	30 sec	30s											
6	Lunges (alternate	30 sec	30s											
7	Standing Overhead	30 sec	30s											
8	Dumbbell Swings	30 sec	30s											
9	DB Halos	30 sec	30s											
1	DB Front Squats	30 sec	30s											
2	Bent over DB Rows	30 sec	30s											
3	Chest Crushers	30 sec	30s											
4	Alternate Arm Bicep	30 sec	30s											
5	Alternate Arm	30 sec	30s											
6	Lunges (alternate	30 sec	30s											
7	Standing Overhead	30 sec	30s											
8	Dumbbell Swings	30 sec	30s											
9	DB Halos	30 sec	30s											
1	DB Front Squats	30 sec	30s											
2	Bent over DB Rows	30 sec	30s											
3	Chest Crushers	30 sec	30s											
4	Alternate Arm Bicep	30 sec	30s											
5	Alternate Arm	30 sec	30s											
6	Lunges (alternate	30 sec	30s											
7	Standing Overhead	30 sec	30s											
8	Dumbbell Swings	30 sec	30s											
9	DB Halos	30 sec	30s											
<p align="center"><u>Afterburner</u></p> <p align="center">The 5 Minutes of Hell Interval Challenge – Crawls- side step- climbers- burpee- squat hold</p> <p align="center">*(You can also choose your own exercises based on your preferences and available equipment, see other options below) **</p> <p align="center"><u>Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs (Stretch #1)</u></p>														

