



FIRERESCUE**FITNESS**

Recovery Workout

Perform this routine after a long shift or on days you want a less intense workout option. This routine will improve your mobility, reduce your chances of injury, and improve mental health and mood.



[Click here for a follow along video of the FRF Recovery Workout](#)

FRF Recovery Workout

Functional mobility is the key to movement whether it be on the fireground or at home. This routine will help improve your mobility, increase strength, and even help with mental health and clarity. If you are feeling tired and run-down substitute this workout for other more intense ones. Perform the Recovery Warm-up Circuit 2x then move to the Mobility Exercises and perform that circuit 2x. Each circuit has 10 exercises that you will perform for 30 seconds. You can follow the video or perform on your own by setting an interval timer for 10 minutes, changing every 30 seconds. Move from one exercise to the next and repeat the circuit 2x. Feel free to add more time to the foam rolling at the end. Take deep breathes and enjoy!

Recovery Warm-up Exercise Circuit

Exercise	Reps/ Time	Notes
Wall Squats (arms down)	30 seconds	Have toes point out slightly about 3 inches from the wall. Lower your arms and squat down.
Inverted hamstrings (alternate legs)	30 seconds	Alternate legs every rep.
Step Back Reaches (alternate legs)	30 seconds	Alternate legs every rep.
(On floor) knees side to side feet up	30 seconds	Keep arms out, palms up. Rotate side to side.
Knees In and out (on back)	30 seconds	Keep legs hip width apart
Straight leg raises	30 seconds	Flex toes to the floor to get more stretch, alternate legs
Side Leg Raises	30 seconds	Perform all reps on one side
Other Side Leg Raises	30 seconds	Perform all reps on other side
Supermans (prone)	30 seconds	Hold feet up and keep arms parallel to floor
Bird Dogs	30 seconds	Alternate sides

Repeat the above circuit 2x (takes 10 minutes). If you are using an interval timer you will set 20 rounds for 30 seconds of work. After completing 2 circuits proceed on to the static stretching/ yoga portion.

Mobility/ Yoga Exercises

Exercise	Reps/ Time	Notes
Standing Forward Bend	30 seconds	Breath and reach down
Downward Dog	30 seconds	Push heels to floor
Childs Pose	30 seconds	Breath and relax to the floor
Kickstand	30 seconds	Move back and forth to find tight spots
Kickstand	30 seconds	Move back and forth to find tight spots
Forward Lunge Reach	30 seconds	Reach high for better stretch
Forward Lunge Reach	30 seconds	Reach high for better stretch
Sitting Piriformis Stretch	30 seconds	Relax upper body and breath
Sitting Piriformis Stretch	30 seconds	Relax your upper body and breath
Bear Plank	30 seconds	Hold the position, take deep breaths

Repeat the above circuit 2x (takes 10 minutes). If you are using an interval timer you will set 20 rounds for 30 seconds of work. After completing 2 circuits proceed to the foam rolling.

Foam Roll	5 mins (every 30 seconds) – focus on quads, hamstrings, glutes, and upper back/ chest	Instead of rolling the foam roller over your muscle, you want to “search and destroy” the tender spots in your muscles and <i>hold</i> (not roll) that pressure for a minimum of 30 seconds.
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Recovery Warm-up Exercise Circuit

Wall Squats



Coaching Tips- Stand facing a wall with your feet shoulder-width apart and toes 2 to 3 inches from the base and slightly turned out. Squat down as low as you can keeping your feet flat, chest up and back naturally arched. Do not let any part of your body touch the wall. Repeat slowly for 30 seconds.

Inverted Hamstrings (movement prep)



Coaching Tips: Stand up straight with one foot slightly off the floor. Make sure to keep your head back and abs tight. Balance on one foot, pivot at the hips and slowly bring your upper body forward and the other leg back. At the same time slowly raise your arms with thumbs up. Bring your body parallel to the floor, pause then slowly return to the starting position. Perform the movement on the other side. Alternate legs for 30 seconds.



Step Back Reach

Coaching Tips: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with both arms. Keep your stepped back position and try to reach as high as you can. Hold for 2-3 seconds then slowly return to the starting position. Make sure your abs are tight through the entire motion. Alternate legs and repeat for 30 seconds.

Knees side to side (feet up)



Coaching Tips: Lie on your back with your feet up (shins parallel to the floor), knees up and together. Have your arms outstretched with your palms up. Draw your abs tight and squeeze the glutes, then slowly let your knees drop to one side. Allow them to fall as far as you can but you must keep both shoulder blades and arms flat on the floor. Hold the stretched position for a few seconds and return knees to the starting position. Keep the abs and glutes tight and let the knees drop to the opposite side. Do not force or bounce into the stretch, ease into it. Repeat as directed.

Knees In and out (on back)



Coaching Tips: Lie on your back with your feet flat on the floor hip width apart with your knees up. Drop your knees to one side at the same time. Try to get both knees flat on the floor (or as close to the floor as you can) and hold for a couple of seconds. Return to the starting position and repeat to the other side. You should feel this loosen the muscles of the hips. Do not force or bounce into the stretch, ease into it. Keep moving the knees back and forth for 30-seconds.

Straight Leg Raises



Coaching Tips: Lay flat on your back with your palms and toes pointed toward the ceiling. Be sure to tighten the abs and glutes. Start the movement by slowly straightening one leg and lifting towards the ceiling. Ease into the stretch, flex your foot so your toes point towards your nose, pause for 2-4 seconds, then return to the starting position. Repeat on the other side. Keep your shoulders and head flat on the floor for the entire motion. Alternate legs for 30 seconds.

Side Leg Raises



Coaching Tips: Lie down on your left side on a mat or the floor. Your body should be in a straight line with your legs extended and feet stacked on top of each other. Place your arm straight on the floor under your head or bend your elbow and cradle your head for support. As you exhale, gently raise your right leg off the lower leg. Stop raising your leg when you feel your hips shifting forward or back to get more range. Inhale and lower the leg back down to the starting position. Repeat the motion on the same side for 30 seconds. Maintain a slow and controlled pace. Remember to keep good posture and keep your hip pointed straight towards the ceiling.

Side Leg Raises (other leg)



Coaching Tips: Lie down on your right side on a mat or the floor. Your body should be in a straight line with your legs extended and feet stacked on top of each other. Place your arm straight on the floor under your head or bend your elbow and cradle your head for support. As you exhale, gently raise your left leg off the lower leg. Stop raising your leg when you feel your hips shifting forward or back to get more range. Inhale and lower the leg back down to the starting position. Repeat the motion on the same side for 30 seconds. Maintain a slow and controlled pace. Remember to keep good posture and keep your hip pointed straight towards the ceiling.

Superman (arm extensions)



Coaching Tips- Lie face down on the floor with your arms extended in front of you and your legs extended behind you. In one movement, engage your glutes and lower back to raise your arms, legs, and chest off the floor. Hold this position and glide your arms and hands back to your shoulders. Your forearms should be just off the floor. Pause and then return to the starting position. The goal is to hold your feet and arms off the floor (moving your arms back and forth) for the entire 30 seconds...

Bird Dogs



Coaching Tips: Start in a quadruped position on all fours. Have both your hands and feet in contact with the floor. Draw the abs tight and slowly raise one leg toward the ceiling. 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

Perform the circuit 2x for a total of 10 minutes and then proceed to the Mobility/ Yoga Exercises.

Mobility/ Yoga Exercises

Standing Forward Bend



Coaching Tips- Stand with your feet hip width distance apart and fold over your legs. Allow your knees to bend enough so you do not feel any tension in your lower back and take any arm variation you would like (reach for opposite elbows, interlace hands behind your neck, or reach hold of your feet). Let your head and neck completely go and if it feels right, gently nod your head yes and no to further release tension in the neck.

Downward Dog



Coaching Tips: The body is positioned in an inverted "V" with the palms and feet rooted into the floor and sits bones lifted toward the sky. The arms and legs are straight. The weight of the body is equally distributed between the hands and the feet. Shoulders are squared to the floor and rotated back, down, and inward. The neck is relaxed, and the crown of the head is toward the floor. The gaze is down and slightly forward.

Childs Pose



Coaching Tips: Start on your knees, spread wide with most of the weight of the body on the heels of the feet. The forehead rests softly onto the mat. The arms extend to the front with the fingers spread wide. The gaze is down and inward.

Kickstand Stretch



Coaching Tips: Extend your right leg out to a comfortable position. Move forward and back slowly until you find the area of most stretch. Do not stretch too far and breathe easy. Hold the stretch for 30 seconds and then switch legs.

Kickstand Stretch



Coaching Tips: Extend your left leg out to a comfortable position. Move forward and back slowly until you find the area of most stretch. Do not stretch too far and breathe easy. Hold the stretch for 30 seconds. Make sure you are staying relaxed through your neck and shoulders.

Lunge with Reach



Coaching Tips: Start in a lunge position with one leg in front and the other on the floor. The further your stride the more the stretch. Brace your abs and squeeze your glutes as you raise both arms toward the ceiling. Hold this position for 30 seconds and then repeat with the other leg forward (see below).

Lunge with Reach



Coaching Tips: Start in a lunge position with one leg in front and the other on the floor. The further your stride the more the stretch. Brace your abs and squeeze your glutes as you raise both arms toward the ceiling. Hold this position for 30 seconds and then repeat with the other leg forward (see below). Really try to extend your arms and get a stretch in your lats and shoulders.

Sitting Piriformis Stretch



Coaching Tips: Sit upright with both legs extended in front of you. Bend one knee and cross that lower extremity over the other, placing the foot on the floor next to the opposite knee. Wrap your opposite arm around the bent knee and turn your body to look behind you. You can grab the knee or use a straight arm (whichever is more comfortable). Hold this position, taking deep breaths. You should feel this in your glutes. Hold for 30 seconds and then repeat on the other leg (see below).

Sitting Piriformis Stretch



Coaching Tips: Sit upright with both legs extended in front of you. Bend one knee and cross that lower extremity over the other, placing the foot on the floor next to the opposite knee. Wrap your opposite arm around the bent knee and turn your body to look behind you. You can grab the knee or use a straight arm (whichever is more comfortable). Hold this position, taking deep breaths. You should feel this in your glutes. Hold for 30 seconds.

Bear Plank













Coaching Tips: Get in a tabletop position on all fours, with wrists under your shoulders, knees under your hips, and your back flat. This is also called quadruped position since you are set up for the exercise on all fours. Engage your core (think belly button to spine) to keep the back flat, push the palms into the floor, and lift your knees three to six inches off the floor. Your hips will be level with the shoulders. Hold the bear plank position for 30 seconds. Make sure to breathe, focusing on a deep and slow inhale and exhale pattern. If you feel your back dip or your core weaken, it is time to set your knees on the floor, rest, and start over.

Perform the circuit 2x for a total of 10 minutes and then proceed to the Foam Rolling Exercises

Foam Roll for the last 5 minutes of the Recovery Workout

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 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	

[You can also use a percussion/ massage gun. Click here for a good option.](#)



Fire Rescue Fitness Programs Work!

FRF was created to help first responders train like athletes- Gain strength, lose weight and improve performance.



Patrick Mullally

Patrick used FRF to get control of his fitness again. He used the FRF Ultimate Fire Athlete Workout program to lose over 30 pounds and over 4 inches off his waist. He also gained strength and muscle and is moving better on the fire ground. Congrats Patrick, YOU ARE FRF!



Sara Cassese

Sara lost 30 pounds and 5 inches off her waist. She has conquered fitness plateaus and discovered fitness can be fun. The eating guide and recipes helped her get control of her nutrition and the workouts kicked her into shape. Congrats Sara, YOU ARE FRF!



Doug Franklin

Doug lost 28 pounds and almost 4 inches off his waist. He was able to gain strength and rehab from injury using the FRF Ultimate Fire Athlete Workout Program. Congrats Doug, YOU ARE FRF!



Lisa Charbonneau

Lisa the FRF Ultimate Fire Athlete Workout to lose body fat and gain functional muscle. She can feel the difference in her added strength and stamina both on and off the fire ground. Congrats LISA, YOU ARE FRF!

[Click here to take the FRF Workout Quiz and find the BEST FRF program for your goal and fitness level.](#)

