



**FIRE**RESCUE**FITNESS**

## ULTIMATE 9/11 TRIBUTE CHALLENGE WORKOUT





## The FRF Ultimate 9/11 Tribute Challenge Workout

This “tribute” workout is difficult but has a great significance to September 11th. The goal is to complete the run or step intervals and all 343 reps. You can choose to run, walk, or climb steps between exercises. You can break the reps into sets. It may take you 5 sets of 10 reps or as you get more fit, 2 sets of 25 reps. Start with the active warm-ups and foam rolling... then get after it. This workout is similar to [the FRF 5K virtual event](#) and will prepare you for your “virtual workout event day.”

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

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

Hips, low back	Y squat	10x	0	2 circuits	Perform the warm-up exercises in a circuit. You only need to perform them 2x each, go right from one exercise to the next.
Hamstrings, calves	Step forward reach	5 each	0	2 circuits	
Hips, legs	Inverted Hamstrings	5 each	0	2 circuits	
Total body	Spidermans	5 each	0	2 circuits	
Chest, shoulders	Knees side (feet up)	5 each	30 sec	2 circuits	
Any	<a href="#">Foam Roll (trouble spots)</a>	10x/ spot	Hit the quads, glutes, calves, and hamstrings...		

### Strength Exercises







Weight (if any)	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Prisoner Squats	50	minimal		Perform all the reps of these exercises then run, jog, walk, climb stairs, or jump rope (for 2 minutes). You can break the reps up into different sets. It may take 5 sets of 10 reps the first couple times, then go to 2 sets of 25 as your fitness improves. Choose the activity (run, steps, walk) based on your level of fitness and/or available equipment. The goal is to complete all the all reps and run/ step intervals fastest time possible.
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Body Rows	50	minimal		
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Push-ups	50			
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Plank Pulses	50	minimal		
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Lunges	50	minimal		
	Run, jog, or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Bent-over Y raises	50	minimal		
	Run, jog or climb stairs, jump rope (for 2 minutes)	Up to 2 minutes	minimal		
	Burpees	43	minimal		



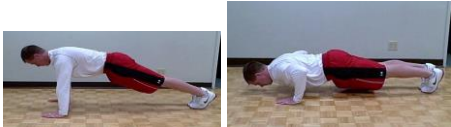
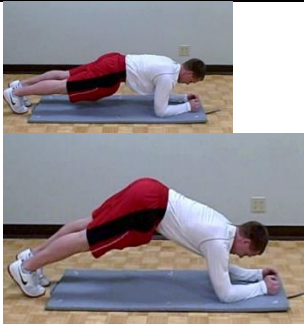
Do not forget to record your total time and try to improve from workout to workout...

Variations: You can vary the workout based on your available equipment—run bleachers or do step ups or go for a walk or run. You may also want to cut the reps in half and perform half of time for the run/ walk or steps. I encourage you to make the workout significant to yourself, your crew, your department. This is a great way to honor and remember those that sacrificed on this day.


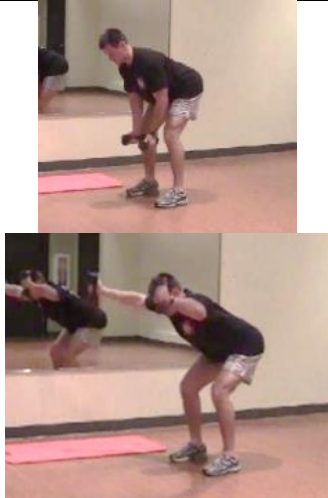

Finish with the FRF 4-minute Stretch Routine

You must perform 2 rounds of these exercises before you begin with the 343 reps.

<p><a href="#"><u>Arms Up Squats</u></a> (10 reps)</p>	<p><b>Coaching Tips:</b> Stand with your feet shoulder-width apart then raise your hands wider than shoulder width above your head. Keep your neck and shoulders relaxed, 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. Pause, then push yourself back up to the start. Be sure to stand up straight between reps.</p>	
<p><a href="#"><u>Step Forward Toe Touch</u></a> (5 reps each side)</p>	<p><b>Coaching Tips:</b> Start in a standing position, head and shoulders back, abs tight. Step forward with one leg (the further you step the more stretch you get) bend forward at the waist and reach both arms toward the forward foot. Be sure to keep your back straight (do not round your back), core "tight" and front knee slightly bent. Hold the stretch for 2-3 seconds then return to the standing position. Repeat the other leg.</p>	
<p><a href="#"><u>Inverted Hamstring</u></a> (5 reps each side)</p>	<p><b>Coaching Tips:</b> 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. Try not to let the foot hit the floor between reps. Perform all reps on one leg then repeat with the other leg.</p>	
<p><a href="#"><u>Spiderman's</u></a> (5 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="#"><u>Knees Side to Side</u></a> (5 reps 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. Do not force or bounce into the stretch. Repeat as directed.</p>	
<p><a href="#"><u>Foam Roll</u></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 is a good hurt.</p>	

Perform all the reps of these exercises then run the stairs (1 or 2 flights) based on your level of fitness. The goal is to complete all the stairs and all reps of the exercises in the fastest time possible.		
<a href="#">Prisoner Squats</a> 50 reps	<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.	
Perform all the reps of this exercise then run, jog, walk, climb stairs, or jump rope (for 2 minutes).		
Click on the "blue" exercise for a video of it in action.  <a href="#">Body Rows</a> (50 reps)	<b>Coaching Tips:</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. Do not let your legs push you up, pull yourself, pause at the top of the motion, then slowly lower back to the starting position.	
Perform all the reps of this exercise then run, jog, walk, climb stairs, or jump rope (for 2 minutes).		
<a href="#">Push ups</a> (50 reps)	<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. 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	
Perform all the reps of this exercise then run, jog, walk, climb stairs, or jump rope (for 2 minutes).		
Click on the "blue" exercise for a video of it in action.  <a href="#">Prone Plank Pulses</a> (25 reps)	<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.	
Perform all the reps of this exercise then run, jog, walk, climb stairs, or jump rope (for 2 minutes).		



<p><u>Prisoner Lunges</u> (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><b>Perform all the reps of this exercise then run, jog, walk, climb stairs, or jump rope (for 2 minutes).</b></p>		
<p><u>Bent over Y raises</u> (50 reps)</p> <p>Do not use weights, just your arms...</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. Bring the weights parallel to the floor, pause, then return to the starting position for a moment.</p>	
<p><b>Perform all the reps of this exercise then run, jog, walk, climb stairs, or jump rope (for 2 minutes).</b></p>		
<p><u>Burpees</u> 43 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... or add a jump.</p>	

**FINISH WITH THE FRF STRETCH ROUTINE**

## FRF Stretch Routine

**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.**

### Step Back Right Leg (arms up)

**Coaching Ques:** Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with both arms. Squeeze your glutes and keep your hips level. You should feel a stretch in the front of your hips. The further back your leg, the more the stretch. Hold this position for the desired time then return to your starting position.



### Step Back Left Leg (arms up)

**Coaching Ques:** Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with both arms. Squeeze your glutes and keep your hips level. You should feel a stretch in the front of your hips. The further back your leg, the more the stretch. Hold this position for the desired time then return to your starting position.



### Standing Quad Stretch (right)

**Coaching Ques:** Stand up straight and brace your abs. Grab your right ankle with your right arm and slowly bring your foot back towards your right glute. Try to pull your foot and knee back past your standing leg. Maintain balance and a straight upright position.



### Standing Quad Stretch (left)

**Coaching Ques:** Stand up straight and brace your abs. Grab your left ankle with your left arm and slowly bring your foot back towards your right glute. Try to pull your foot and knee back past your standing leg. Maintain balance and a straight upright position.



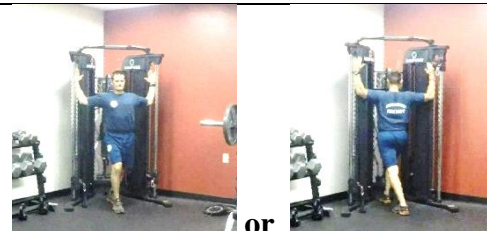
### Groin Sprawl

**Coaching Ques:** Start on your hands and knees, and gradually spread your knees further apart while dropping your hips back toward your heels until you feel a good stretch in your big adductor or groin muscles on both legs. Try to maintain good spinal and pelvic alignment and be careful not to bounce or strain



### Corner Chest Stretch

**Coaching Ques:** Find a corner in your room where 2 walls come together. Stand facing the corner and put your arms up on the walls at a ninety-degree angle, elbows just a little lower than your shoulders. Exhale and take a step forward with one foot. Lift your chest and keep your head straight up as you bring your body forward through your arms.



or

**IF YOU LOVE THIS WORKOUT, PLEASE SHARE AND CONSIDER ENTERING THE 5K THE FRF WAY VIRTUAL WORKOUT EVENT TO BENEFIT THE NATIONAL FALLEN FIREFIGHTERS' FOUNDATION.**

## ***THE 2021 FRF 5K VIRTUAL WORKOUT EVENT***



### **EVENT ENTRY INCLUDES:**

- **Event Shirt or Sweatshirt**
- **FRF 5K Workout Program**
- **Chance to win prizes and swag**
- **Donation to National Fallen Firefighters Foundation**



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FALLEN FIREFIGHTERS  
FOUNDATION**

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