

www.FireRescueFitness.com

40-DAY WORKOUT PROGRAM FOR THE HOME, GYM & FIREHOUSE

The Essentials of Firefighter Fitness

IMPROVE PERFORMANCE, REDUCE INJURIES
AND PROLONG YOUR CAREER



HELPING YOU AND YOUR CREW STAY FIT, HEALTHY AND READY

Fire Rescue Fitness and the N.C. League of Municipalities have partnered to provide our first responders with several resources designed to improve health and fitness.

In this program, you will find workouts that will build your fitness foundation, add strength, reduce injuries, and improve your overall physical health.

These offerings are catered specifically to our firefighters and their schedules. These training regimens can be done at home, at the gym, or at the firehouse.

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Disclaimer and/or Legal Notices

This information provided in this guide is for educational purposes only. The information provided in this guide is based upon the authors' 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 ensure 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.

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This special edition is created for:



By

Aaron Zamzow

**Firefighter/ EMT, B.S Health and Wellness, N.A.S.M.-CPT, A.C.E- Peer Fitness Trainer, N.S.C.A -
Certified Strength and Conditioning Specialist**

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FIRERESCUEFITNESS

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 Fire Rescue Fit!



The 5 Steps to Successfully Completing the FRF Essentials 40-day Workout.

Step 1. Decide to succeed!

Your department is investing in you. Invest in yourself! 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 is 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. Read the Essentials of Firefighter Fitness -Functional Workouts 101 manual.

We highly recommend reading the "Functional Workouts 101" manual before starting the workouts. It can be downloaded and read on any desktop or mobile phone and/or printed out at the firehouse. The 35-page manual will quickly explain the rationale and reasoning behind these workouts and teach you the fundamentals of functional training for the fire service.

Step 3. Review the Workouts, Exercises and Calendar.

The FRF app platform allows you to follow the program via the app or PDF print out. We highly recommend utilizing the app to follow the programs, there are quick links to exercise videos and tutorials along with alternative exercises listed depending on your available equipment. The app also allows you to easily change workout days and track progress. The PDF workout version also includes exercise pictures and log sheets. You can print these out and fill them out as progress through the program.

If you have not already downloaded the FRF App, use these links below to do so. (Remember your log-in information).

You can download the app by searching "Fire Rescue Fitness" in the App Stores or tapping the correct icon below from your mobile device:



Step 4. Focus on your nutrition. Eating healthy is a challenge. It is also one of the biggest reasons you will see results in the next 40-days. You and your department have access to some great nutrition resources from FRF. Click on and read through the resources available to you (nutrition hacks, snack options, and SOGs to Eating Healthy. Start improving your nutrition immediately by drinking more water and eating more vegetables. These two actions will go a long way to improve your nutrition.

Step 5. Utilize the additional Resources! We included an "additional resources" section that highlights some ways to improve your mental health and wellness. Resources are continually added to this section so please continually check it for updates.

Follow the workout calendar, utilize the nutrition resources, connect with me via the discussion board or email, follow along with the app and...SUCCEED.

That is, it. Dig into the resources and let me and/ your department fitness team know how we can help.

Time to GET Fire Rescue Fit!

Aaron Zamzow

Please spread the word!

About the Author

My name is Aaron Zamzow. I am 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) a company dedicated to creating resources and workouts 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 18 years. I have also been working in the fitness industry as a personal trainer, strength coach and author over 25 years. During my fitness career, I have been fortunate to train with elite athletes from the NBA, NHL, and NFL and have studied under some of the top trainers in the world. I created the Fire Rescue Fitness after entering the fire service 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 40-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.” I thank NCLM and you for trusting me with your fitness.



Aaron Zamzow

Firefighter/EMT, BS- Health and Wellness, ACE- Peer Fitness Trainer, PN1- Nutrition Coach, NSCA-Certified Strength and Conditioning Specialist and NASM-Certified Personal Trainer

AS SEEN IN



Essentials of Firefighter Fitness 40-Day 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 especially important to train conservatively and not overdo things.

10 Tips to Successfully Completing the Program

1. Sedentary individuals must check with their physician before beginning any exercise program. You may want to start with just the active warm-up and core exercises for the first week or two. As you begin the program do not hesitate to take an extra day of “active” rest between strength workout days if needed.
2. Do not do any exercise that you are not sure how to do. Always get personal instruction from a certified trainer and/or use the video examples and coaching sheets provided with this program.
3. Do not do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement, just refer to the [FRF YouTube page](#) for substitutions or the FRF Facebook Crew group for options. You can also email me.
4. Whenever you start a NEW workout (first time) in the program, use lighter weights. The program was designed to use these “first” workouts for you to get familiar with the new exercises and to **focus on form.** Make sure you perform each exercise with good form, do not cheat yourself. Form is always the most important element.
5. If you need extra recovery within the workout (between circuits) or between workouts, do not hesitate to take it. Safety first. Utilize foam rolling and the stretching routines whenever possible.
6. Follow the calendar of workouts for the 40 days. If you miss one workout, do not 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 40 days). 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 routines. Do not skip these. 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 and the core/prehab exercises.**
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. 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.
11. (BONUS)- Have fun, encourage others around you to sign-up for the program and workout with you. The more fun and support you have, the higher your chance of success!

It is your journey... Enjoy it!

This is an overview of the fitness program calendar. You can access the program via the "Workout Plan" tab and download the complete program via the PDF tab.

Essentials of Firefighter Fitness 40-Day Workout Program

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Take measurements, "before" pics and get your nutrition ready.	Perform the FRF Bodyweight Fitness Assessment	OFF (Nutrition Planning Day)	Bodyweight Workout #1 or Dumbbell Workout #1	Crew/ Fireground Workout (6 x 4)	Bodyweight Workout #2 or Dumbbell Workout #2	FRF Recovery Workout	FRF Progressive Workout

Acclimation Week #1 -go easy. The goal of week #1 is to perform the FRF assessment, do some measurements and create your goal for the next 60 days. Acclimate to the new style of workouts and really focus on cleaning up your nutrition. Plan to Succeed!

Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	FRF Cardio or Crew Interval, or 5K	OFF (Nutrition Planning Day)	Bodyweight Workout #1 or Dumbbell Workout #1	Crew/ Fireground Workout (6 x 4)	Bodyweight Workout #2 or Dumbbell Workout #2	FRF Recovery Workout	FRF Progressive Workout

Week #2. You will still be adjusting to the workouts, give it time and have patience. Read all the materials and continue to acclimate to the workouts.

Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	FRF Cardio or Crew Interval, or 5K	OFF (Nutrition Planning Day)	Bodyweight Workout #1 or Dumbbell Workout #1	Crew/ Fireground Workout (6 x 4)	Bodyweight Workout #2 or Dumbbell Workout #2	FRF Recovery Workout	FRF Progressive Workout

Week #3. You should be a little more comfortable with the workouts and exercises. Focus on using good form and really make sure you are integrating good and clean nutrition. Utilize all the FRF Nutrition resources in the portal and get continue to plan and prepare foods.

Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
	FRF Cardio or Crew Interval, or 5K	OFF (Nutrition Planning Day)	Bodyweight Workout #1 or Dumbbell Workout #1	Crew/ Fireground Workout (6 x 4)	Bodyweight Workout #2 or Dumbbell Workout #2	FRF Recovery Workout	FRF Progressive Workout

Week #4. By now you should be feeling better and moving better. You should also be familiar with the workouts and exercises. Focus on form and starting to push yourself with weights and reps. Follow the rest intervals and MAKE SURE YOU DO NOT SKIP THE WARM-UPS AND CORE!!!!

Week 5	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
	FRF Cardio or Crew Interval, or 5K	OFF (Nutrition Planning Day)	Bodyweight Workout #1 or Dumbbell Workout #1	Crew/ Fireground Workout (6 x 4)	Bodyweight Workout #2 or Dumbbell Workout #2	FRF Recovery Workout	FRF Progressive Workout

Week #5. Week 5- Focus on nutrition. Continue to eat clean and healthy. Utilize a cheat meal to make sure you stay on-track.

Week 6	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
	FRF Cardio or Crew Interval, or 5K	OFF (Nutrition Planning day)	Bodyweight Workout #1 or Dumbbell Workout #1	Crew/ Fireground Workout (6 x 4)	Bodyweight Workout #2 or Dumbbell Workout #2	FRF Recovery Workout	Take final measurements, after pics and do the final FRF Bodyweight Fitness Assessment

Week #6. ... Final Week! Week 6- Work on healthy habits...By now working out and eating healthy should be a habit. These habits will help you continually make progress and will help you in your career and in life.

[Finish the program and then order your next FRF Program.](#)
[Click here to choose your NEXT Program](#)

(Use code: **NCLM20** for a discount)

The exact days do not matter for your workouts, but the key is to get at least one rest day in between each strength training workout. You may have to re arrange your schedule based on your shifts and calls and family responsibilities. Aim for at least 3 workouts each week and try to follow the calendar the best you can. Set-up each week in advance and prepare to work around distractions and shifts. And reach out to me (Zam) if you need any help or have questions. Do not forget to [email me](#) your feedback and your results and share them on Facebook, Twitter and Instagram (#FRF)...

**75% OF PEOPLE THAT
START A FITNESS
PROGRAM QUIT.**

**EXCEPT YOU.
NOT THIS TIME.**

FRF
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FRF BODYWEIGHT FITNESS TEST

The FRF Bodyweight Fitness Test

Here is a great way to access your current fitness level. Perform as many reps as possible of each exercise in 1 minute (push-ups, body rows, prisoner squats, burpees). Then try to hold the plank for as long as possible (max of 2 minutes). Rest 1 minute between exercises. Count each rep, add up your total reps and your plank score... that's your score. Form and quality reps count, poor form and "bad reps" do not.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups and Prehab					
Hips, low back	Y squats	10x	0	2 circuits	Perform the warm-up exercises in a circuit. Perform 2 circuits total then foam roll. Go right from one exercise to the next.
Hamstrings, calves	Step forward toe reach	5 each	0	2 circuits	
Hips, legs	Spidermans	5 each	0	2 circuits	
Total body	Knees side to side	5 each	minimal	2 circuits	
Any	<u>Foam Roll (trouble spots)</u>	10x/ spot	Perform after the 2 warm-up circuits.		

Strength Exercises

Weight (if any)	Exercise Name	Suggested Reps	Rest Between Sets	Scoring System (Reps/ Score)	Scoring/ Notes
na	Push-ups	AMAP for 1 minute	1 minute	10-20 reps = 1 pt. 21-30 reps = 2 pts. 31+ reps = 3 pts.	Perform as many (good quality) reps as possible of each exercise for 1- minute. Rest 1-minute between exercises. For the plank test, hold the plank as long as you can (make sure your hips do not sag). Use the scoring ranges to score either 1,2 or 3 points per exercise. Here are some ranges to aim for: If you scored 14 or 15 you are in the Elite FRF category. A score of 10-13 means you are FRF and fit for duty (but could improve). A score 9 and below means you need this program but don't worry, you will improve!
na	Prisoner Squats	AMAP for 1 minute	1 minute	6-15 reps = 1 pt. 16-25 reps = 2 pts. 26+ reps = 3 pts.	
na	Body Rows (or blanket rows)	AMAP for 1 minute	1 minute	10-20 reps = 1 pt. 21-30 reps = 2 pts. 31+ reps = 3 pts.	
na	Burpees	AMAP for 1 minute	1 minute	19 and over = 3 pts. 13-18 reps = 2 pts. 6-12 reps = 1 pts. 5 reps or less = 0 pts.	
na	Plank (hold)	Hold for as long as possible	Na	30-90 sec = 1 pt. 91- 120 secs = 2 pts. 121 secs = 3 pts.	
Record your score below. Try to improve your score each time!					






Remember to record your reps for each exercise below.

Test Date:	# of Push-ups/ Score	# of Body Rows/ Score	# of Prisoner Squats/ Score	# of Burpees/ Score	Plank Time/ Score	Total Score

Variations: You can vary the workout based on your available equipment—run bleachers, do step ups, or substitute out some of the strength exercises. You may also want to cut the time in half and perform as many reps as you can for 30 seconds. You will perform this assessment 2 times in the 6-week program. You can also perform this as a standalone workout if you are short on time and/or don't have a lot of equipment. Try to improve each time!




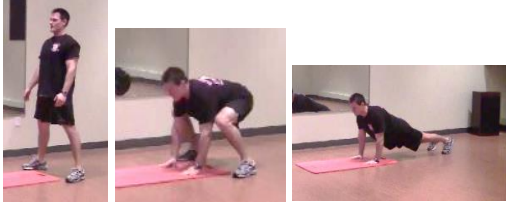

The FRF Bodyweight Fitness Test – Active Warm-up Exercises

Perform the active 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 to see a video of it in action.

<p style="text-align: center;">Y Squats (10 reps)</p>	<p>Coaching Tips: 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 style="text-align: center;">Step Forward Toe Touch (5 reps each side)</p>	<p>Coaching Tips: 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 style="text-align: center;">Spiderman’s (5 rep each side)</p>	<p>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.</p>	
<p style="text-align: center;">Knees Side to Side (5 reps each side)</p>	<p>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. Do not force or bounce into the stretch. Repeat as directed.</p>	
<p style="text-align: center;">Foam Roll (10x over trouble spots)</p>	<p>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.</p>	

The FRF Bodyweight Fitness Test – Exercises

Perform as many (good quality) reps as possible of each exercise for 1- minute. Rest 1-minute between exercises. For the plank test, hold the plank as long as you can (make sure your hips do not sag). Use the scoring ranges to score either 1,2 or 3 points per exercise. Here are some ranges to aim for: If you scored 14 or 15 you are in the Elite FRF category. A score of 10-13 means you are FRF and fit for duty (but could improve). A score 9 and below means you need this program but don't worry, you will improve!

<p>Push Ups</p> <p>As many as you can in 1 minute</p>	<p>Coaching Tips: 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. 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>Prisoner Squats</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>Body Rows or Blanket 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.</p>	
<p>Burpees</p> <p>As many as you can in 1 minute</p> <p><i>Click on the "blue" exercise for a video of it in action.</i></p>	<p>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... or add a jump.</p>	
<p>Prone Planks (hold)</p> <p>Hold as long as you can</p>	<p>Coaching Tips: 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>	

*Remember to record you number of reps for each exercise. You can use the overview sheet above to keep track.

**TIME TO
CREATE YOUR
FRF STORY**

www.firefitness.com

Jennifer Shirey
lost 8 pounds and 17.5 inches with the FRF Foundation in just a matter of 12 weeks on her solid, light, on it. She is now stronger and more fit for life.
Congrats Jennifer, YOU ARE FIT!

Brittany Kiley
lost 10 pounds, gained strength, and gained confidence. FRF worked for her motivation and hard work on a consistent and fun, made with healthy portion of the change.

Doug Franklin
lost 28 pounds and almost 14 inches in 12 weeks. He was able to gain strength and reduce his triglycerides using the FRF Fat Loss 700 Calorie Workout Program. Congrats Doug, YOU ARE FIT!

Priscilla Schneider
Priscilla lost over 20 pounds and decreased her blood pressure. She is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Priscilla for being FIT!

Reiley Grashoff
lost 10 pounds in 12 weeks and gained strength on one of the FRF workouts. She lost over 20 pounds and gained strength on one of the workouts. FRF helped her with her goals and now 10 weeks.

Paul Burk
He now sits on the 200 lb scale and is proud to report his performance with his FRF. He has lost 100 pounds and is now a healthy man. He is proud to be a firefighter. FRF has motivated him and he is now a healthy man. It is something else to be able to fit the team.

Randy Kane
Randy has used FRF to lose 10 pounds and greatly improve his health. He has lost over 100 pounds and is now a healthy man. He is proud to be a firefighter. FRF has motivated him and he is now a healthy man. It is something else to be able to fit the team.

James Bambarly
To lose almost 30 pounds and at age 5, he is the best change of his life.

John Hattrap
John Hattrap lost over 20 pounds of fat and a lot more muscle, he improved his flexibility, and gained his more energy and confidence and all of the fun gains. Congrats John, YOU ARE FIT!

Doug Franklin
lost 28 pounds and almost 14 inches in 12 weeks. He was able to gain strength and reduce his triglycerides using the FRF Fat Loss 700 Calorie Workout Program. Congrats Doug, YOU ARE FIT!

Shaw Little
lost 10 pounds and 12 inches in 12 weeks. She is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Shaw for being FIT!

Patrick Mitala
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Patrick for being FIT!

Lisa Charbonneau
lost 10 pounds and 12 inches in 12 weeks. She is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Lisa for being FIT!

Adam Orvov
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Adam, YOU ARE FIT!

Patrick Hayman
Patrick Hayman is a great dad, improves strength and health. He has lost over 100 pounds and is now a healthy man. He is proud to be a firefighter. FRF has motivated him and he is now a healthy man. It is something else to be able to fit the team.

Adam Zannow
Adam Zannow is a great dad, improves strength and health. He has lost over 100 pounds and is now a healthy man. He is proud to be a firefighter. FRF has motivated him and he is now a healthy man. It is something else to be able to fit the team.

Jessica Ramey
lost 10 pounds and 12 inches in 12 weeks. She is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Jessica, YOU ARE FIT!

Jesse Lauruhn
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Jesse, YOU ARE FIT!

David Wilson
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats David, YOU ARE FIT!

Brian DiLeggi
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Brian, YOU ARE FIT!

Austin Brinkley
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Austin, YOU ARE FIT!

Jay Hildtner
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Jay, YOU ARE FIT!

Cary Castagna
lost 10 pounds and 12 inches in 12 weeks. He is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Cary, YOU ARE FIT!

Jennifer Jordan
lost 10 pounds and 12 inches in 12 weeks. She is now more confident with her level of fitness, in energy, strength, and health. Thank you for working and again, Congrats Jennifer, YOU ARE FIT!

FRF BODYWEIGHT WORKOUT #1

Please note that you will perform either the bodyweight workout #1 or the dumbbell workout #1 or a combination based on the equipment you have available. The FRF app lists all the available "alternatives" with each exercise. If you are just beginning your fitness journey after a long "layoff" I recommend starting with just the bodyweight options.

FRF Bodyweight Workout #1

Here you go, workout #1. Please note you should either perform this workout or the Dumbbell Workout #1, not 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
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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	<u>Foam Roll (trouble spots)</u>	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	

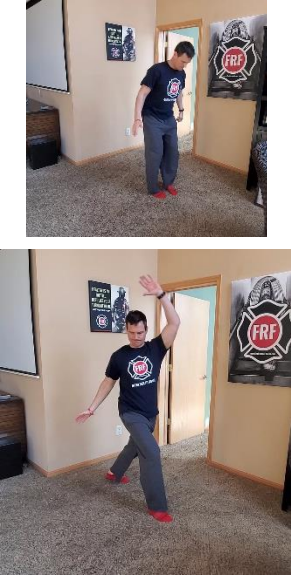


Afterburner

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)

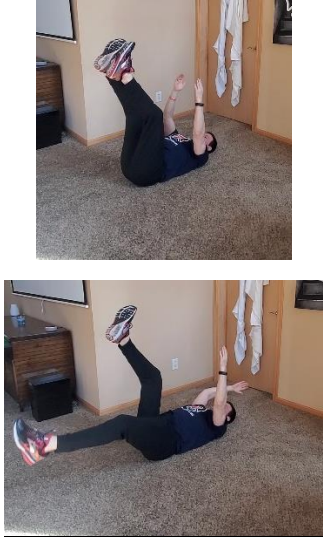
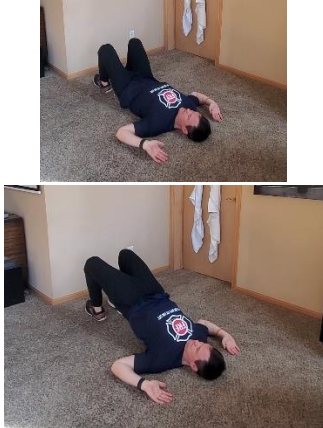
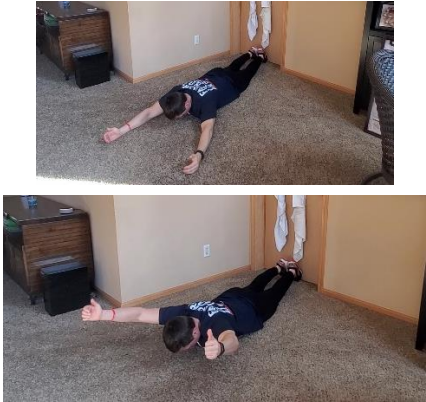

FRF Bodyweight Workout #1- Active Warm-ups

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.

<p>Click on the "blue" exercise for a video of it in action.</p> <p>Step back reach and twists</p> <p>(6 reps each)</p>	<p>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.</p>	
<p>Spiderman's</p> <p>(6 each side)</p>	<p>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.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Thoracic rotations</p> <p>(6 each side)</p>	<p>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.</p>	

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.

<p>Click on the "blue" exercise for a video of it in action.</p> <p>Dead Bugs</p> <p>6-10 each side</p>	<p>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...</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Glute Bridges</p> <p>10-15 reps</p>	<p>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.</p>	
<p>Prone Y's</p> <p>10-15 reps</p>	<p>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.</p>	
<p>Foam Roll</p> <p>(10x over trouble spots)</p>	<p>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.</p>	

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

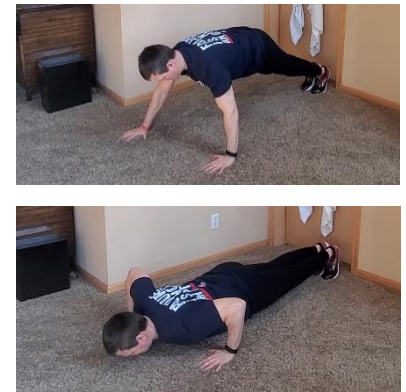
Coaching Tips: Stand with your feet shoulder-width apart and clasp your hands behind your head. Keep your elbows pulled back and your shoulder blades pulled together to work the upper back. Draw your belly button inward toward your spine. Step forward with your right leg, taking a slightly larger than 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

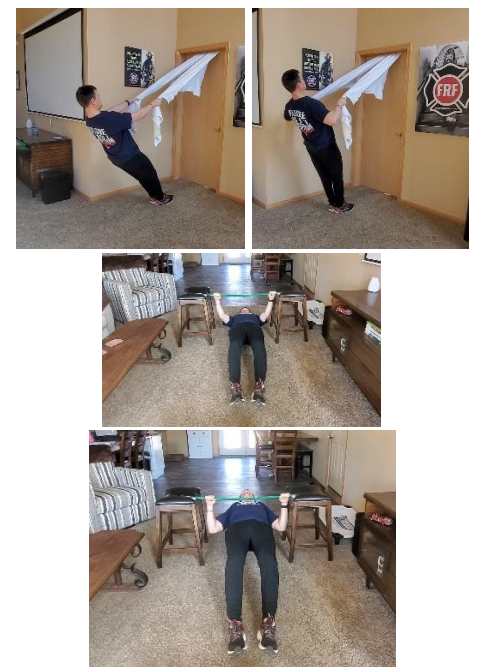
Coaching Tips: In a prone position, place hands a little wider than shoulder width. Brace your body on your hands and toes, be sure to keep your body straight or slightly raised at the hips. Draw your abdomen inward toward your spine and tighten your glutes. Move one hand forward of your shoulder and 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.

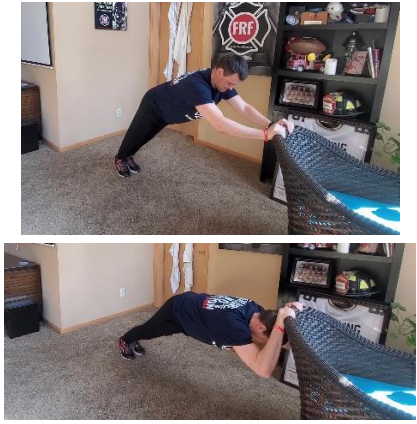
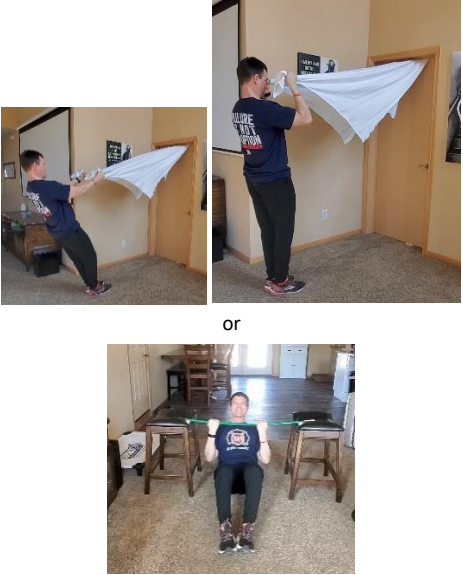
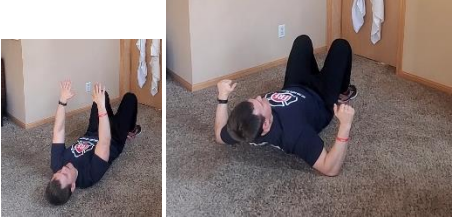
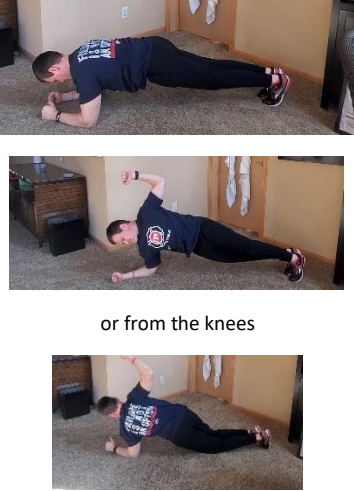


[Body Rows](#)

As many as you can in 1 minute

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>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 style="text-align: center;">or</p>
<p>Back Widow</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>Rotational Plank/ Lateral raises</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 style="text-align: center;">or from the knees</p>

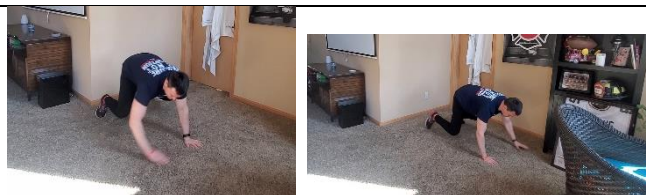
5-minutes of Hell Afterburner for Workout #1

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 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 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 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	

FRF BW #1				Workout Day									
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Workout 1		Workout 2		Workout 3		Workout 4		Workout 5	
				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	<i>Core Circuit #1</i>												
	Dead-bugs	6 each	0										
	Bridges (2 legs)	10-15	0										
	Prone Y's	10-15	30s										
	<i>Core Circuit #2</i>												
	Dead-bugs	6 each	0										
	Bridges (2 legs)	10-15	0										
	Foam Roll (trouble spots)	10x/spot	5 min										
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		
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 or	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										
4	Blanket Rows or	1 min	0										
5	Blanket Bicep Curls or	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										
4	Blanket Rows or	1 min	0										
5	Blanket Bicep Curls or	1 min	0										
6	Couch/ Chair Tricep	1 min	0										
7	Back Widows	1 min	0										
8	Rotational Planks	1 min	0										
<u>Afterburner</u> 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) ** <u>Additional Notes</u>													
<u>Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs (Stretch #1)</u>													

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 discover your "next" best workout program](#)



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

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FRF DUMBBELL/ PLATE WORKOUT #1

Please note that you will perform either the bodyweight workout #1 or the dumbbell workout #1 or a combination based on the equipment you have available. The FRF app lists all the available “alternatives” with each exercise. If you are just beginning your fitness journey after a long “layoff” I recommend starting with just the bodyweight options.

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
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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	<u>Foam Roll (trouble spots)</u>	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-seconds	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 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	Bent over DB Rows	AMAP in 30-seconds	30 seconds	1-3 circuits	
3	Chest Crushers	AMAP in 30-seconds	30 seconds	1-3 circuits	
4	Alternate Arm Bicep Curls	AMAP in 30-seconds	30 seconds	1-3 circuits	
5	Alternate Arm Shoulder Presses	AMAP in 30-seconds	30 seconds	1-3 circuits	
6	Lunges (alternate legs) - hold dumbbells	AMAP in 30-seconds	30 seconds	1-3 circuits	
7	Standing Overhead Tricep Extensions	AMAP in 30-seconds	30 seconds	1-3 circuits	
8	Rotational Planks	AMAP in 30-seconds	30 seconds	1-3 circuits	

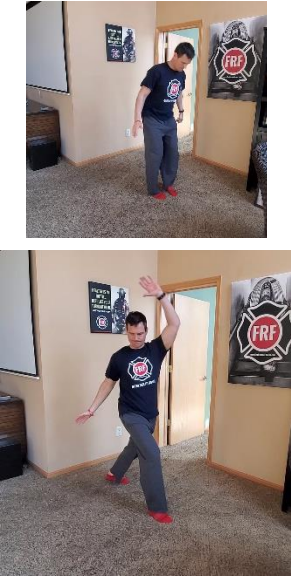


Afterburner

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)

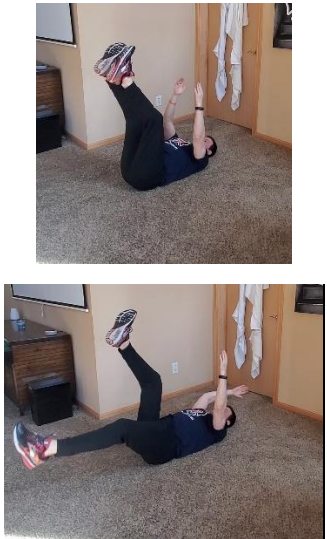

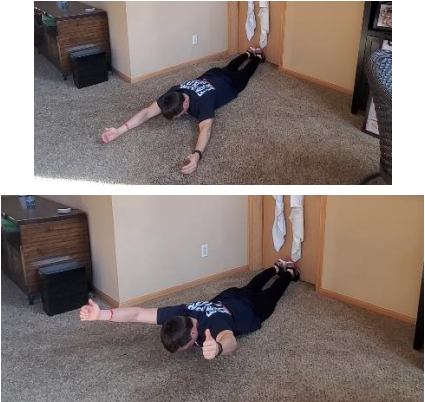

FRF DB/ Plate Workout #1- Active Warm-up Exercises

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.

<p>Click on the "blue" exercise for a video of it in action.</p> <p>Step back reach and twists</p> <p>(6 reps each)</p>	<p>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.</p>	
<p>Spiderman's</p> <p>(6 each side)</p>	<p>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.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Thoracic rotations</p> <p>(6 each side)</p>	<p>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.</p>	

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.

<p>Click on the "blue" exercise for a video of it in action.</p> <p>Dead Bugs</p> <p>(8-10 each side)</p>	<p>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...</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Glute Bridges</p> <p>(10-15 reps)</p>	<p>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.</p>	
<p>Prone Y's</p> <p>(15-30 seconds each side)</p>	<p>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.</p>	
<p>Foam Roll</p> <p>(10x over trouble spots)</p>	<p>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.</p>	

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 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.

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.



[Alternate Arm Bicep Curls](#)

Perform 30 seconds of work/ 30 seconds of rest

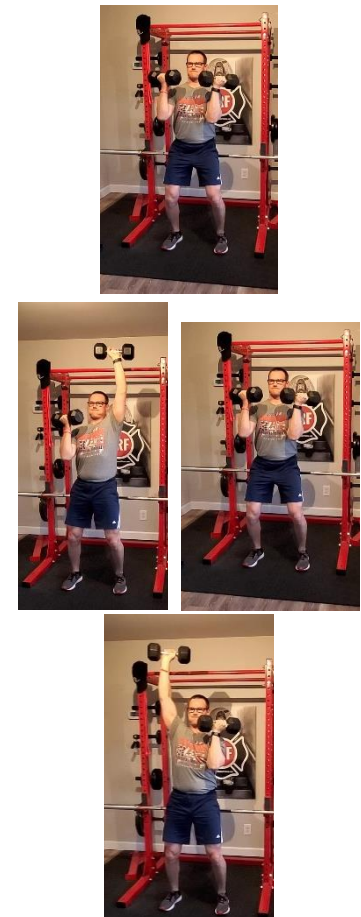
Coaching Tips: In a standing position, hold dumbbells at your side and place legs less than hip width apart. Draw your abs tight and squeeze the glutes. Perform a bicep curl by flexing the elbow while keeping the palms so that they face the side of the body (hammer grip) at chest level. Keep shoulder 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.



[Alternate Arm Shoulder Presses](#)



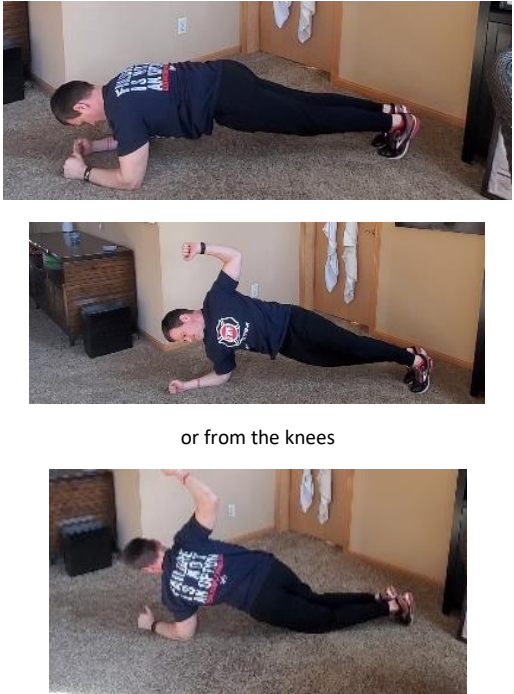
Perform 30 seconds of work/ 30 seconds of rest

Coaching Tips: Standing with feet shoulder width apart, hold dumbbells at your shoulder's palms facing in slightly. Be sure to have you 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.



[Lunges \(alternate legs\) -hold dumbbells](#)

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

<p>Perform 30 seconds of work/ 30 seconds of rest</p>	<p>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>Standing Overhead Tricep Extensions</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>Rotational Plank/ Lateral raises</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 style="text-align: center;">or from the knees</p>

Perform 2 or 3 circuits. You may want to adjust the time based on your level of fitness. More advanced might aim for 40 seconds of work and 20 seconds of rest.

The order of the exercises might be a little different in the app. The order is not as important as focusing on your form. Make sure you focus on posture and controlling every rep.

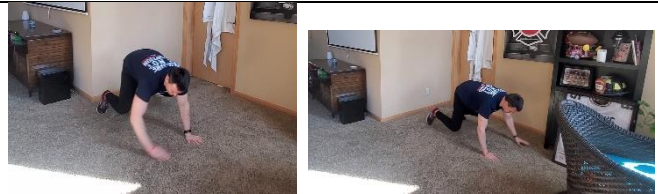
5-minutes of Hell Afterburner for Workout #1

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.

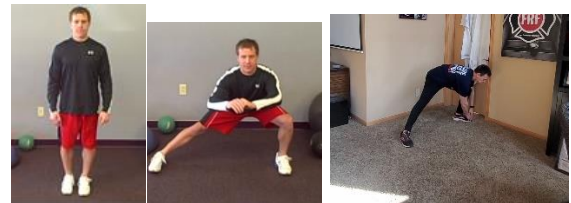
Crawling- Use a variety of directions and positions (forward, lateral, pulling objects). Focus on keeping hands under your shoulders to avoid shoulder impingement and be sure to tighten core muscles during the exercise.



[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 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 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:

<p>Glutes</p>		<p>Quads</p>	
<p>Low Back</p> <p>Use caution with this position. Avoid if you have any spinal injuries.</p>		<p>Hamstrings</p>	
<p>Calves</p>		<p>It Band</p>	
<p>Upper Back</p>		<p>Groin</p>	
<p>Lats</p>		<p>Chest</p>	

FRF DB #1		Workout Day													
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Workout 1		Workout 2		Workout 3		Workout 4		Workout 5			
				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	<i>Core Circuit #1</i>														
	Dead-bugs	6 each	0												
	Bridges (2 legs)	10-15	0												
	Prone Y's	10-15	30s												
	<i>Core Circuit #2</i>														
	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		
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	Rotational Planks	30 sec	30s												
1	DB Front Squats	30 sec	30s												
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6	Lunges (alternate)	30 sec	30s												
7	Standing Overhead	30 sec	30s												
8	Rotational Planks	30 sec	30s												
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) **															
<i>Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs (Stretch #1)</i>															

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NEITHER
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**FRF
Crew/ Fireground Interval
Workout Option**

Crew/ Fireground Interval Workout

The Crew/ Fireground Interval workout is a perfect option for the firehouse to do with (or without) your crew. This can also be performed at home with minimal equipment. Whether at the firehouse or at home, this interval workout takes less than 30 minutes and can really boost performance in life and on the fireground. All you need to do is choose 6 different exercises that challenge your entire body (steps, drags, climbers, drags, core, sprints) and repeat them for 4 circuits. Make sure to start with the active warm-up exercises first.

When working out on-shift: 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
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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.
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)		Foam roll at the end of the 2 nd circuit.

Create the Circuit...

Directions for Circuit	Exercises to choose from
<p style="text-align: center;">Step #1 Choose 6 exercises and perform 4 rounds or (see options in the next column)</p> <p style="text-align: center;">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:</p> <p style="text-align: center;">(30 seconds work/ 30 seconds rest) (30 seconds work/ 20 seconds rest) (40 seconds work/ 20 seconds rest)</p> <p style="text-align: center;">Step #3 Perform one of the 4-minute stretch and Foam Rolling programs (Stretch routine #2)</p>	<ul style="list-style-type: none"> 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.

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 one of the 4-minute stretch and Foam Rolling programs




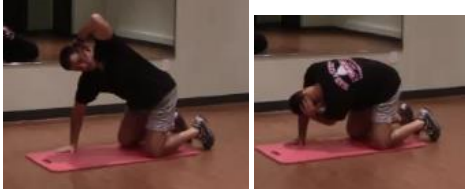


Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Active Warm-ups					
Start with a 5-10-minute walk, jog, elliptical or bike (optional)					
Hips, Glutes, back	Chops	6x	0	2 circuits	Perform all the active warm-ups in a circuit (2 times). Move from one exercise to the next with minimal rest. Foam roll at the end of the 2 nd 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...

Circuit Worksheet	Exercises to choose from																					
<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 35%;">Exercise</th> <th style="width: 20%;">Work Time</th> <th style="width: 25%;">Rest Time</th> </tr> </thead> <tbody> <tr><td>1. _____</td><td>_____</td><td>_____</td></tr> <tr><td>2. _____</td><td>_____</td><td>_____</td></tr> <tr><td>3. _____</td><td>_____</td><td>_____</td></tr> <tr><td>4. _____</td><td>_____</td><td>_____</td></tr> <tr><td>5. _____</td><td>_____</td><td>_____</td></tr> <tr><td>6. _____</td><td>_____</td><td>_____</td></tr> </tbody> </table> <p style="text-align: center; margin-top: 20px;">Perform this circuit for 4 rounds then choose and perform one of the 4-minute stretch routines.</p>	Exercise	Work Time	Rest Time	1. _____	_____	_____	2. _____	_____	_____	3. _____	_____	_____	4. _____	_____	_____	5. _____	_____	_____	6. _____	_____	_____	<ul style="list-style-type: none"> 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.
Exercise	Work Time	Rest Time																				
1. _____	_____	_____																				
2. _____	_____	_____																				
3. _____	_____	_____																				
4. _____	_____	_____																				
5. _____	_____	_____																				
6. _____	_____	_____																				

Crew/ Fireground Interval Workout- 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.

<p>Click on the "blue" exercise for a video of it in action.</p> <p>Chops</p> <p>(6 reps)</p>	<p>Coaching Tips: 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>Stand Knee Hug to Lunge</p> <p>(6 reps each leg)</p>	<p>Coaching Tips: 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>Spiderman's</p> <p>(6 reps each side)</p>	<p>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.</p>	
<p>Thoracic Rotation</p> <p>(6 reps each side)</p>	<p>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.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Knees Side to Side</p> <p>(6 reps each side)</p>	<p>Coaching Tips: 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>Foam Roll</p> <p>(10x over trouble spots)</p>	<p>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.</p>	

Crew/ Fireground Interval Workout and Afterburners Exercises

Here are the exercise options for the Afterburners and/ or crew workouts.

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.



Crew/ Fireground Interval Workout and Afterburners Exercises

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

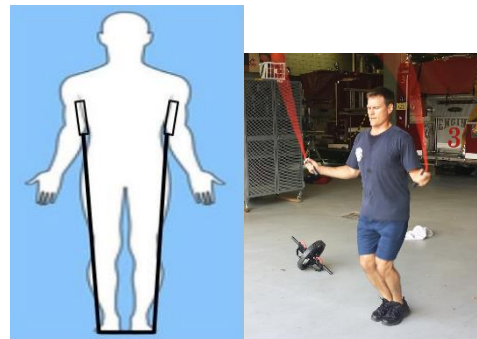
Coaching Ques: Begin in a pushup position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg in toward your chest. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other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



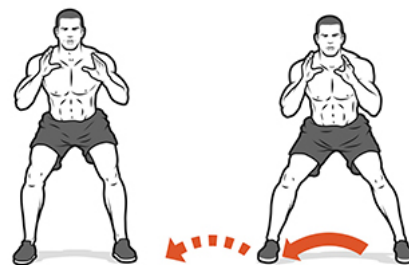
Punching Bags

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](#)



FRF Stretch Routine #2

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.

Spiderman Right Leg

Coaching Ques: Spiderman- Step to the outside of your right hand with your right foot. Keep your back leg straight for more hip stretch. Watch your upper-body posture, stay relaxed through the shoulders and traps. You may need to keep your back leg on the ground when you first try this stretch.



Spiderman Left Leg

Coaching Ques: Spiderman- Step to the outside of your left hand with your left foot. Keep your back leg straight for more hip stretch. Watch your upper-body posture, stay relaxed through the shoulders and traps. You may need to keep your back leg on the ground when you first try this stretch.



Knees side to side (right)

Coaching Ques: Lie on your back with your feet flat on the floor, knees up and together. Have your arms outstretched with your palms up. Then slowly let your knees drop to your right 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. Do not force or bounce into the stretch, ease into it.



Knees side to side (left)

Coaching Ques: Lie on your back with your feet flat on the floor, knees up and together. Have your arms outstretched with your palms up. Then slowly let your knees drop to your left 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.



Right Knee Hug (on floor)

Coaching Ques: Lie on your back with your legs extended and your back straight. Keep your hips level and your lower back down on the floor. Bend your right knee and hug the knee towards your chest, placing hands on the back of your thigh. Breathe deeply and hold for prescribed amount of time.



Left Knee Hug (on floor)

Coaching Ques: Lie on your back with your legs extended and your back straight. Keep your hips level and your lower back down on the floor. Bend your right knee and hug the knee towards your chest, placing hands on the back of your thigh. Breathe deeply and hold for prescribed amount of time.





FRF BODYWEIGHT WORKOUT #2

Please note that you will perform either the bodyweight workout #2 or the dumbbell workout #2 or a combination based on the equipment you have available. The FRF app lists all the available "alternatives" with each exercise. If you are just beginning your fitness journey after a long "layoff" I recommend starting with just the bodyweight options.

FRF Bodyweight Workout #2

You made it to the second workout. This is a great “challenge” workout. For this workout you will need to make a suspension training system. You can watch a video on how to do this ([click here](#)). If you have a TRX or webbing that will work also. The object of the workout is to complete the suggested reps of each exercise in order (400 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 med ball warm-up and foam roll first.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Warm-ups					
Perform this medicine ball (or equivalent lighter weight) warm-up					
Legs	Med. Ball/ jug squats	5x	0	2 circuits	Perform the med ball warm-up exercises in a circuit. Us can use a jug of water or a light weight if you do not have a medicine ball. Perform the suggested number of reps for each exercise then go right to the next one. Rest as needed; you will perform 2 circuits. Foam roll after the second circuit (if you have one)
Legs, shoulders	Med ball/ jug squat to press	5x	0	2 circuits	
Hips. Back	Med ball/ jug twists	5 each side	0	2 circuits	
Total body	Med ball/ jug diagonal chops	5 each side	0	2 circuits	
Lower body	Med ball/ jug step back lunges	5 each leg	minimal	2 circuits	
Any	<u>Foam Roll (trouble spots)</u>	10x/ spot	Perform after the 2 warm-up circuits.		

Strength Exercises (need a blanket suspension trainer)

Order (you may alter)	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Blanket Rows	25	minimal		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 to get all 400 reps completed (with good form) in as short of time possible.
	Burpee or Up Downs	25	minimal		
	Plank Pulses	50	minimal		
	Arms UP Squats	50	minimal		
	Push-ups (spiders, on knees)	25 each leg (50)	minimal		
	Single Leg Get-ups (or pistols)	25 each leg (50)	minimal		
	Tricep Extensions	50	minimal		
	Bicep Curls	50	minimal		
	Reverse Flys	25	minimal		
	Pilates Sit-ups	25	minimal		

Remember to record your total time=

Upon completion of the 400 reps perform a 4-minute Tabata Finisher or the 5-minute sprint challenge.

A suggested Tabata is to perform these exercises: toe taps, climbers, step-ups and squat/stick-up holds.

Finish with FRF 4-minute Stretch Routine #3

Medicine Ball/ Jug Warm-up

This is an active warm-up series that uses a medicine ball and some multi-planer movements to help increase mobility. You can also use a lighter plate weight, a dumbbell or even a jug of water to substitute for the medicine ball. Perform all the prescribed reps of exercises in the circuit one after another. Use a controlled pace with each rep and let your body move through the movement. Perform the circuit 2x. [Click here to see a video of each exercise.](#)

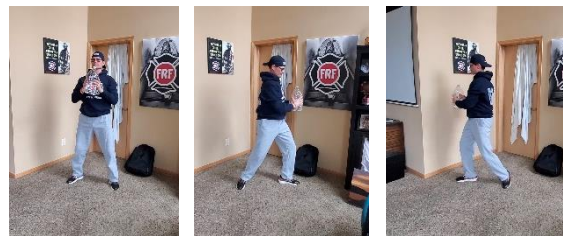
Medicine Ball Squats- Stand with your feet shoulder width apart, toes pointed forward. Hold medicine ball out in front of your body, slightly above your chest. Lower your body, bending at the hips, keeping your weight back on your heels. Keep your back as upright as possible. Squat until your thighs are parallel with the floor then return to the starting position.



Medicine Ball Squat to Press- Perform the medicine ball squat as described above. After your squat press the ball overhead, extending your arms. Pause when your arms are fully extended then bring them to the starting position.



Medicine Ball Twists- stand with your feet hips width apart and the med ball about chest high. Twist your body and rotate your feet to one side. Pause and rotate to the other side. Continue alternating sides until all reps are performed. This is a great movement to warm-up the low back and core.



Medicine Ball Diagonal Chops- Start with the feet a little wider than hip distance apart, keeping the knees slightly bent, and bring the medicine ball to your left shoulder. Exhale pull abs to spine, and "chop" the ball down diagonally across your body toward your right knee. Focus on the rotation initiating in your torso. Control the ball back up to the starting position. Perform all the reps on one side then repeat on the opposite side.



Medicine Ball Step Back Lunges- Hold the medicine ball (or weight) at your chest. 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. Alternate legs for this exercise.



[Foam Roll](#)

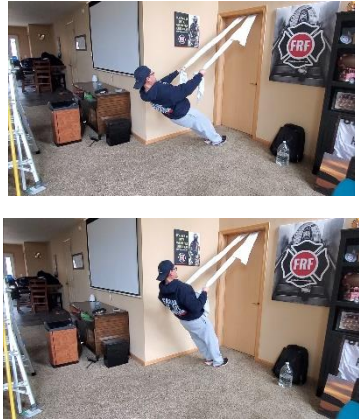


(10x over trouble spots)

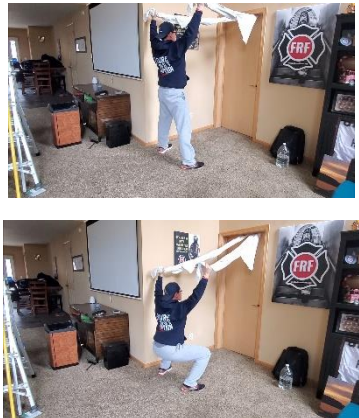

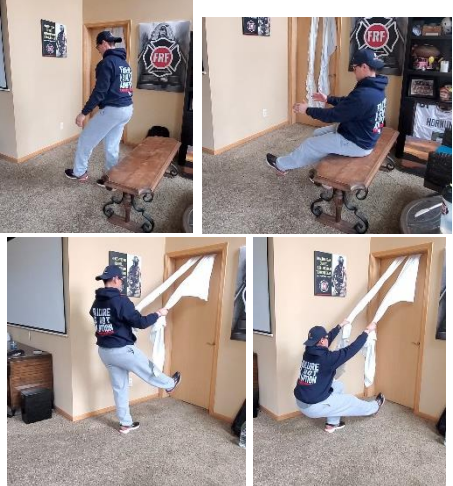

Coaching Tips: Sit on the floor and rest your body on the top of the foam roller. Roll over the top of trouble (painful) spots; quads, glutes, hamstrings, calves, and/or hamstrings. Give each sore spot 10 good rolls. It's a good hurt.






FRF Bodyweight Workout #2- Strength Exercises

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 to get all 400 reps completed (with good form) in as short of time possible.

<p><u>Blanket Rows</u> 25 reps</p>	<p>Coaching Ques: Face the anchor point (door) with a sheet in each hand. Bend the elbows to 90 degrees (elbows at 45 degrees to the body) and pull your elbow to your sides. Maintaining a plank position (a straight line from the heels to the top of the head and arms at 90 degrees to the sides at chest height), slowly inch the feet forward to create a vector angle (angle created between the floor, the part of your body touching the floor and your body) where you feel the back and core start to engage. Choose a foot position that will provide the adequate stability challenge for this exercise (wider is less challenging; narrower is more challenging). Then lower the body by extending your arms. Extend arms fully then repeat....</p>	
<p><u>Burpees</u> 25 reps</p>	<p>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... or add a jump.</p> <p>Or you can do the “get-up.” Just move to the floor and get up. It sounds easy but it does take mobility and strength to do so. Gradually increase your speed, only use one arm, etc.</p>	
<p><u>Plank Pulses</u> 50 reps</p>	<p>Coaching Tips: 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>Arm-up Squats 50 reps</p>	<p>Coaching Tips: Stand facing anchor, extend arms overhead wider than shoulder width. Keep your neck and shoulders relaxed, draw your belly button inward toward your spine. Keeping your back naturally arched and your arms up, 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 arms straight and pointing towards the ceiling. 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>Spider Pushups 50 reps (25 each leg)</p>	<p>Coaching Tips: 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, as you lower yourself; slowly bring your left knee up to your right elbow. Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions. Perform this push-up from your knees if you are just beginning or if the movement gets too difficult.</p>	
<p>Single Leg Bench Squats or blanket pistol squats 50 reps (25 each leg)</p>	<p>Coaching Tips: Sit on a bench with your back upright and shoulders back. Raise one foot off the floor. Draw your abdomen inward toward your spine. Lift your arms straight out in front of your body at shoulder height. Without leaning forward, press through your heel to stand. **If this movement is too difficult try sliding your foot back closer to the bench. Slowly sit down and repeat. Form is more important than how long or how much! Stay slow and controlled.</p> <p>You can also try the Blanket Pistol squat. Use the blankets as an aid to allow you to do a single leg squat. This is an advanced move and only recommended if you are in pretty good shape...</p>	
<p>Blanket Tricep 50 reps</p>	<p>Coaching Ques: Facing away from the anchor point, with a sheet in each hand, create tension in the straps as you reach the arms out in front of the body at shoulder height (standing upright with palms facing down). Maintaining a plank position (a straight line from the left heel to the top of the head and arms out to the sides at shoulder height). Maintaining the plank position (a straight line from the left heel to the top of the head), bend at the elbows (maintaining a shoulder width distance apart) and lean forward into the blankets. Maintaining the plank position, extend the arms in front of the body at shoulder height and return to starting position. Repeat as directed.</p>	

<p><u>Blanket Bicep</u> 50 reps</p>	<p>Coaching Ques: Grip the sheets or blankets with your thumbs facing up. Maintaining a plank position (a straight line from the heels to the top of the head), inch the feet forward until you start to feel the core and biceps engage. Choose a foot position that will provide the adequate stability challenge for this exercise (wider is less challenging; narrower is more challenging). Maintaining the plank position (a straight line from the heels to the top of the head), lean back into the blanket as you extend the arms to the anchor point. Maintaining the plank position, return to the starting position by bending the elbows to 90 degrees and bringing handles back to forehead (keeping elbows shoulder height at all times). Repeat as directed.</p>	
<p><u>Blanket Reverse Fly</u> 25 reps</p>	<p>Coaching Ques: Standing upright, extend arms out to your sides with a slight bend in your elbows. Slowly lower yourself down until your arms are fully extended in front of you. Then, raise yourself back to the starting position by retracting your shoulder blades and extending your arms out to your sides.</p>	
<p><u>Pilates Sit-up</u> 25 reps</p>	<p>Coaching Ques: This is a great core exercise. Start on your back with your arms and legs extended straight out. Try to relax your shoulders while your arms are overhead. Draw the belly button in towards the spine. SLOWLY Bring arms forward, tilt chin down, and slowly curl your upper body up, reaching hands toward your toes. Pause at the top of the motion. Then slowly roll your body down to the starting position. Think about rolling one vertebra down at a time. Remember to keep this a slow motion...try not to use too much momentum. Repeat as directed.</p>	

4-minute Tabata Afterburner for Workout #2

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 during the 20 second work intervals...

4-minute Tabata Finisher -

4-minute Tabata Afterburner -- Choose 2 or 4 different exercises and switch between them every 20 seconds with 10 seconds of rest between for 4 rounds each (4 minutes total). If you want to focus on more cardio recovery you can perform mountain climbers and burpees or row machine and treadmill. You can also use fireground movements and switch between them like sledges, drags, stairs or battling hoselines.

An example Tabata (described after workout #2) is to perform toe tappers, mountain climbers, step ups and squat holds (arms up/ bent forward).

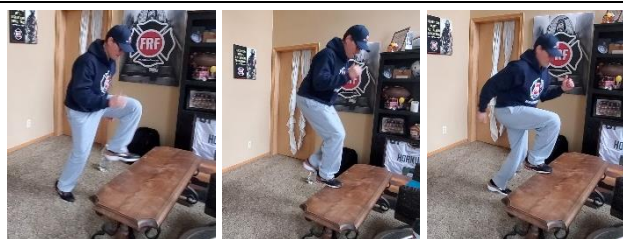
Crawling- Place an object like a water bottle or a dumbbell on its side. Try to raise your foot to tap the top of the object and then quickly switch feet to tap the top with the other foot. Try to improve your speed and control. The objective is to tap as many times as possible in the prescribed timeframe.



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...



Step Ups/ Stairs: If you have stairs in your home, you can sprint up the stairs. If you have a box or a bench, step up leading with one leg and then control your weight and step back to the ground. Switch feet and step with the other leg and repeat. Try to step under control and as fast as possible.



Squat with arms in stick up position (HOLDS)- Stand with your feet shoulder-width apart and bend as the knees, then lean forward and extend your arms up overhead. Hold this position for the desired amount of time. Keep your abs tight and your shoulders/ traps as relaxed as possible. You should feel this in your legs and upper back.



FRF Stretch Routine #3

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.



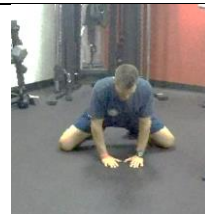
Standing Quad Stretch (left)

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.



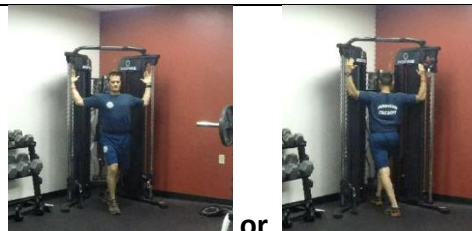
Groin Sprawl

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.



FRF BW 400 Workout		Workout Plan			Workout Day											
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5							
					Actual Workout Results											
					Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps/Reps			
Warm-up (Repeat Circuit 2x if needed, 1x is mandatory)																
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up															
	Med ball squats	5x	0													
	Med ball Squat press	5x	0													
	Med ball twists	5 each	0													
	Med ball diagonals	5 each	0													
	Med ball step lunge	5 each	0													
	Repeat 2x															
Foam Roll (trouble spots)	10x/spot	5 mins														
Challenge Exercises																
Set #	Perform each exercise with great form, posture and intensity!	Workout Plan			Actual Workout Results											
		Reps	Rest	Weight	Reps/ weight	Reps/ weight	Reps/ weight	Reps/ weight	Reps/ weight	Reps/ weight	Reps/ weight	Reps/ weight				
1	Blanket Rows or Body rows	25	minimal													
2	Burpee or Up Downs	25	minimal													
3	Plank Pulses	50	minimal													
4	Arms UP Squats	50	minimal													
5	Push-ups (spiders, on knees)	25 each leg (50)	minimal													
6	Single Leg Get-ups (or pistols)	25 each leg (50)	minimal													
7	TRX or other Tricep Extensions	50	minimal													
8	TRX or other Bicep Curls	50	minimal													
9	TRX or other Reverse Flys	25	minimal													
10	Pilates Sit-ups	25	minimal													
Total Workout Time																
<p>Upon completion of the 400 reps perform a 4-minute Tabata Finisher or the 5-minute sprint challenge.</p> <p>A suggested Tabata is to perform these exercises: toe taps, climbers, step-ups and squat/stick-up holds.</p> <p style="text-align: center;">Finish with FRF 4-minute Stretch Routine #3</p>																



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FRF DUMBBELL/ PLATE WORKOUT #2

Please note that you will perform either the bodyweight workout #2 or the dumbbell workout #2 or a combination based on the equipment you have available. The FRF app lists all the available "alternatives" with each exercise. If you are just beginning your fitness journey after a long "layoff" I recommend starting with just the bodyweight options.

FRF DB/ Plate Workout #2

You made it to the second workout. This is a great “challenge” workout. For this workout you will need a set of dumbbells or a plate weight. I like to use either a 25 pound or 45-pound weight. Vary the weights based on your level of fitness and what you have available. If you use heavier weights, you should take more breaks to ensure you are using good form. The object of the workout is to complete the suggested reps of each exercise in order (400 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 med ball warm-up and foam roll first.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Warm-ups					
Perform this medicine ball (or equivalent lighter weight) warm-up					
Legs	<u>Med. Ball squats</u>	5x	0	2 circuits	Perform the med ball warm-up exercises in a circuit. Us can use a jug of water or a light weight if you do not have a medicine ball. Perform the suggested number of reps for each exercise then go right to the next one. Rest as needed; you will perform 2 circuits. Foam roll after the second circuit (if you have one)
Legs, shoulders	<u>Med ball squat to press</u>	5x	0	2 circuits	
Hips. Back	<u>Med ball twists</u>	5 each side	0	2 circuits	
Total body	<u>Med ball diagonal chops</u>	5 each side	0	2 circuits	
Lower body	<u>Med ball step back lunges</u>	5 each leg	minimal	2 circuits	
Any	<u>Foam Roll (trouble spots)</u>	10x/ spot	Perform after the 2 warm-up circuits.		

Strength Exercises (need a blanket suspension trainer)

Order (you may alter)	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
	Body Rows or Pull-ups	25	minimal		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.
	Burpee or Up Downs	25	minimal		
	Plank Pulses	50	minimal		
	Sumo DB Squat	50	minimal		
	Push-ups (spiders, on knees)	25 each leg (50)	minimal		
	One arm/ One leg DB rows	25 each side	minimal		
	Tricep Skulls (Use DB or plate)	50	minimal		
	Bicep Curls	50	minimal		
	Plate Raises	25	minimal		
	Pilates Sit-ups	25	minimal		

Remember to record your total time=

Upon completion of the 400 reps perform a 4-minute Tabata Finisher or the 5-minute sprint challenge.

A suggested Tabata is to perform these exercises: toe taps, climbers, step-ups and squat/stick-up holds.

Finish with FRF 4-minute Stretch Routine #3

Medicine Ball/ Jug Warm-up

This is an active warm-up series that uses a medicine ball and some multi-planer movements to help increase mobility. You can also use a lighter plate weight, a dumbbell or even a jug of water to substitute for the medicine ball. Perform all the prescribed reps of exercises in the circuit one after another. Use a controlled pace with each rep and let your body move through the movement. Perform the circuit 2x. [Click here to see a video of each exercise.](#)

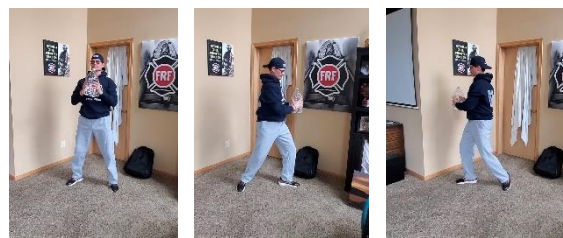
Medicine Ball Squats- Stand with your feet shoulder width apart, toes pointed forward. Hold medicine ball out in front of your body, slightly above your chest. Lower your body, bending at the hips, keeping your weight back on your heels. Keep your back as upright as possible. Squat until your thighs are parallel with the floor then return to the starting position.



Medicine Ball Squat to Press- Perform the medicine ball squat as described above. After your squat press the ball overhead, extending your arms. Pause when your arms are fully extended then bring them to the starting position.



Medicine Ball Twists- stand with your feet hips width apart and the med ball about chest high. Twist your body and rotate your feet to one side. Pause and rotate to the other side. Continue alternating sides until all reps are performed. This is a great movement to warm-up the low back and core.



Medicine Ball Diagonal Chops- Start with the feet a little wider than hip distance apart, keeping the knees slightly bent, and bring the medicine ball to your left shoulder. Exhale pull abs to spine, and "chop" the ball down diagonally across your body toward your right knee. Focus on the rotation initiating in your torso. Control the ball back up to the starting position. Perform all the reps on one side then repeat on the opposite side.



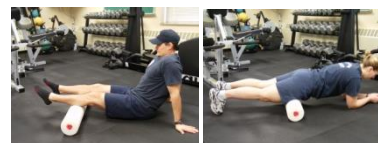
Medicine Ball Step Back Lunges- Hold the medicine ball (or weight) at your chest. Draw the abs tight and slowly step back bending at the hip, knee and ankle. Drop the back knee toward the ground but do not let it touch. Pause for a second and push through the planted foot to return to the starting position. Keep your shoulders and head back, do not get your weight too far forward. Repeat on the other leg. Alternate legs for this exercise.



[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.



FRF Bodyweight Workout #2- Strength Exercises

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 to get all 400 reps completed (with good form) in as short of time possible.

Pull-ups or body rows

25 reps

Coaching Ques: Face the anchor point (door) with a sheet in each hand. Bend the elbows to 90 degrees (elbows at 45 degrees to the body) and pull your elbow to your sides. Maintaining a plank position (a straight line from the heels to the top of the head and arms at 90 degrees to the sides at chest height), slowly inch the feet forward to create a vector angle (angle created between the floor, the part of your body touching the floor and your body) where you feel the back and core start to engage. Choose a foot position that will provide the adequate stability challenge for this exercise (wider is less challenging; narrower is more challenging). Then lower the body by extending your arms. Extend arms fully then repeat....



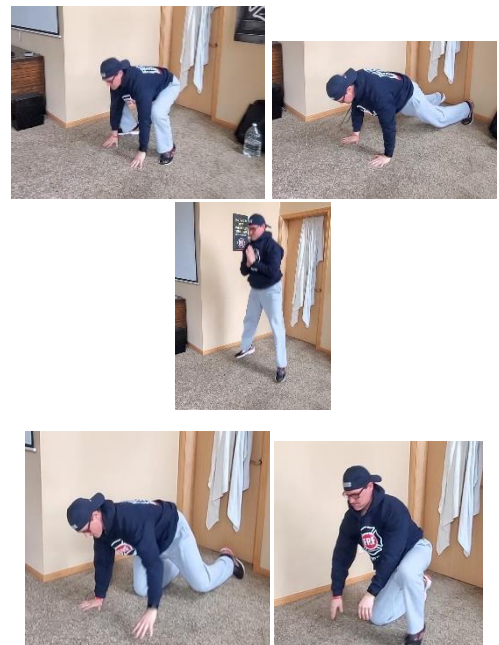
Bodyweight Rows (bar option)



Burpees or Get Ups

25 reps

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... or add a jump.










Prone Plank Pulses

50 reps

Coaching Tips: 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><u>Db Sumo Deadlifts</u></p> <p>50 reps</p>	<p>Coaching Tips: Start with the dumbbells comfortably positioned between your legs, feet double hip width apart. It is 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 thought your feet and return to starting position. Keep a slow, controlled pace. Repeat as directed.</p>	<p style="text-align: center;">Sumo Squat (DB or KB)</p> 
<p><u>Spiderman Push-ups</u></p> <p>(50 reps, 25 each leg)</p>	<p>Coaching Tips: 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, as you lower yourself; slowly bring your left knee up to your right elbow. Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions. Perform this push-up from your knees if you are just beginning or if the movement gets too difficult.</p>	
<p><u>One arm/ one leg rows</u></p> <p>(50 reps, 25 each arm)</p>	<p>Coaching Tips: Select the appropriate weight. Grab a dumbbell or plate weight, 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, find your balance and lift the back leg up off the floor. Standing on one leg, 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, and then repeat on the other.</p>	

<p><u>Tricep Skull Press</u></p> <p>50 reps</p>	<p>Coaching Tips: Lie on your back with dumbbells straight overhead, palms facing in. Brace your abs and squeeze your glutes to protect the spine and slowly lower the weights to either side of your head. Stop when the weights get around your ears. Pause for a moment on the bottom and slowly raise the weights to the starting position. Maintain a slow pace and be sure to not arch your back. Repeat as directed</p>	
<p><u>Plate Bicep Curls</u></p> <p>50 reps</p>	<p>Coaching Tips: Select the appropriate weight. Lean forward and grab a plate weight or dumbbell. Make sure to keep your back straight and maintain good posture. Extend your arms and hold the weight between your legs (hold the squat). Maintaining the bent forward position, perform a bicep curl by flexing the elbow. Keep shoulder blades down and relaxed as you bring the weight up toward your chest. Slowly lower the weight to the starting position. Maintain the lean and squat and perform all of the reps holding that position. Remember to maintain a slow, controlled pace and good posture with each rep.</p>	<p style="text-align: center;">Plate Bicep Curls (hold squat)</p> 
<p><i>Click on the "blue" exercise for a video of it in action.</i></p> <p><u>Standing Weight Raises</u></p> <p>25 reps</p>	<p>Coaching Tips: Take dumbbells or a plate that you can easily control. Stand with good posture; engage core and glutes while slowly raising the weights with your thumbs pointed up to the floor. Bring your hands to eye level then slowly return to the start position. Do not use momentum to raise the weights and maintain good posture throughout the range of motion.</p>	
<p><u>Pilates Sit-up</u></p> <p>25 reps</p>	<p>Coaching Ques: This is a great core exercise. Start on your back with your arms and legs extended straight out. Try to relax your shoulders while your arms are overhead. Draw the belly button in towards the spine. SLOWLY Bring arms forward, tilt chin down, and slowly curl your upper body up, reaching hands toward your toes. Pause at the top of the motion. Then slowly roll your body down to the starting position. Think about rolling one vertebra down at a time. Remember to keep this a slow motion...try not to use too much momentum. Repeat as directed.</p>	

4-minute Tabata Afterburner for Workout #2

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 during the 20 second work intervals....

4-minute Tabata Finisher -

4-minute Tabata Afterburner -- Choose 2 or 4 different exercises and switch between them every 20 seconds with 10 seconds of rest between for 4 rounds each (4 minutes total). If you want to focus on more cardio recovery you can perform mountain climbers and burpees or row machine and treadmill. You can also use fireground movements and switch between them like sledges, drags, stairs or battling hoselines.

An example Tabata (described after workout #2) is to perform toe tappers, mountain climbers, step ups and squat holds (arms up/ bent forward).

Crawling- Place an object like a water bottle or a dumbbell on its side. Try to raise your foot to tap the top of the object and then quickly switch feet to tap the top with the other foot. Try to improve your speed and control. The objective is to tap as many times as possible in the prescribed timeframe.



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...



Step Ups/ Stairs: If you have stairs in your home, you can sprint up the stairs. If you have a box or a bench, step up leading with one leg and then control your weight and step back to the ground. Switch feet and step with the other leg and repeat. Try to step under control and as fast as possible.



Squat with arms in stick up position (HOLDS)- Stand with your feet shoulder-width apart and bend as the knees, then lean forward and extend your arms up overhead. Hold this position for the desired amount of time. Keep your abs tight and your shoulders/ traps as relaxed as possible. You should feel this in your legs and upper back.



FRF Stretch Routine #3

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.



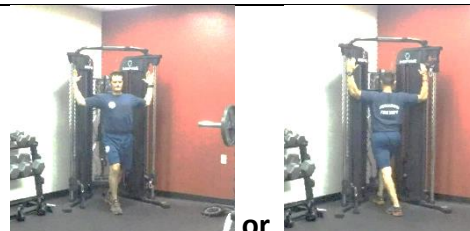
Groin Sprawl

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

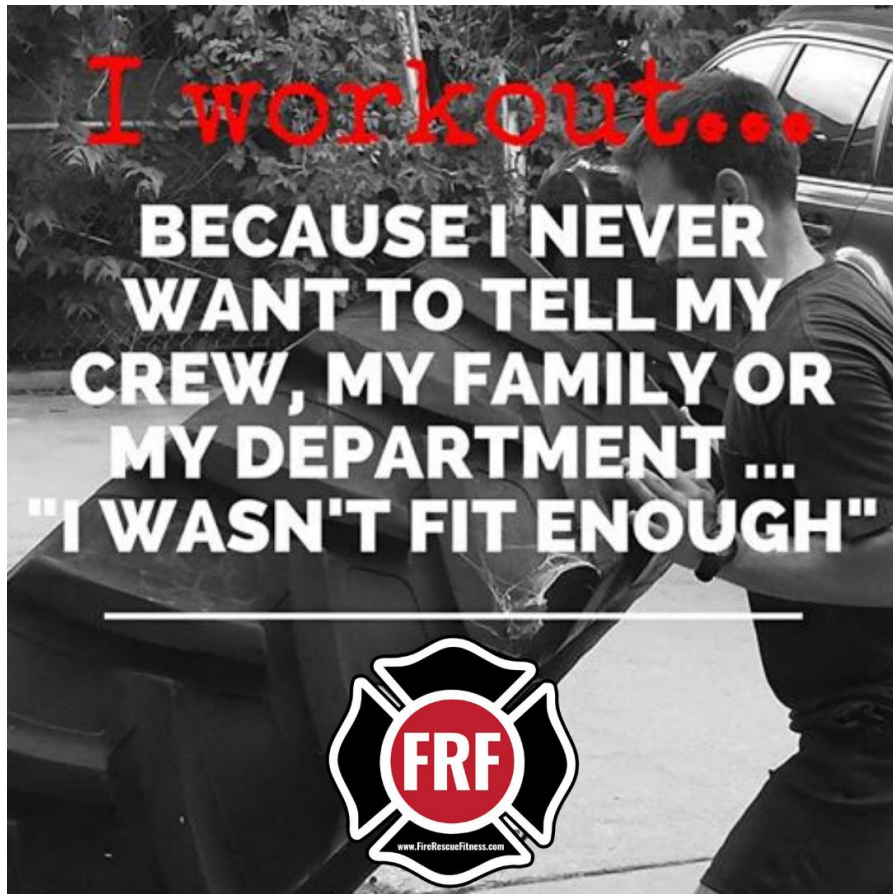


Corner Chest Stretch

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.



FRF DB 400 Workout		Workout Plan			Workout Day									
Muscle Groups	Perform each exercise with great form, posture and intensity!	Reps	Rest	Weight	Workout 1		Workout 2		Workout 3		Workout 4		Workout 5	
					Actual Workout Results									
					Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
Warm-up (Repeat Circuit 2x if needed, 1x is mandatory)														
Warm-up	Start with a 5-10 minute elliptical, jog, bike or stairs for warm-up													
	Med ball squats	5x	0											
	Med ball Squat press	5x	0											
	Med ball twists	5 each	0											
	Med ball diagonals	5 each	0											
	Med ball step lunge	5 each	0											
	Repeat 2x													
Foam Roll (trouble spots)	10x/spot	5 mins												
Challenge Exercises														
Set #	Perform each exercise with great form, posture and intensity!	Workout Plan			Actual Workout Results									
		Reps	Rest	Weight	Reps/ Weight		Reps/ Weight		Reps/ Weight		Reps/ Weight		Reps/ Weight	
1	Body Rows or Pull-ups	25	minimal											
2	Burpee or Up Downs	25	minimal											
3	Plank Pulses	50	minimal											
4	Sumo DB Squat	50	minimal											
5	Push-ups (spiders, on knees)	25 each leg (50)	minimal											
6	One arm/ One leg DB rows	25 each side	minimal											
7	Tricep Skulls (Use DB or plate)	50	minimal											
8	Bicep Curls	50	minimal											
9	Plate Raises	25	minimal											
10	Pilates Sit-ups	25	minimal											
Total Workout Time														
<p>Upon completion of the 400 reps perform a 4-minute Tabata Finisher or the 5-minute sprint challenge.</p> <p>A suggested Tabata is to perform these exercises: toe taps, climbers, step-ups and squat/stick-up holds.</p> <p style="text-align: center;">Finish with FRF 4-minute Stretch Routine #3</p>														



FRF Recovery Workout



[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

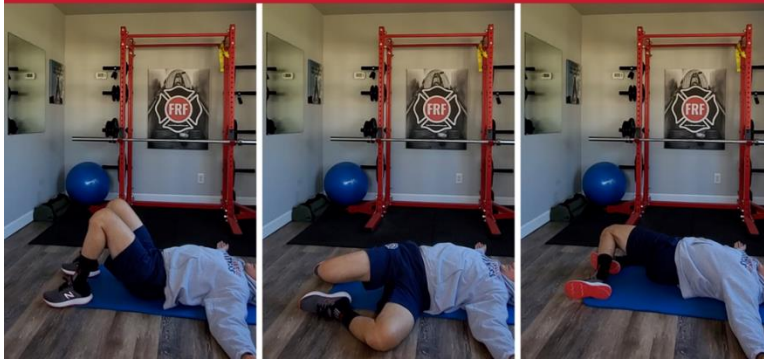
Coaching Tips: Stand up straight with your head looking straight forward. Slowly step back with one leg, reaching towards the ceiling with both arms. Keep your stepped back position and try to reach as high as you can. Hold for 2-3 seconds then slowly return to the starting position. Make sure your abs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



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



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 watch your shoulder posture. 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:

<p>Glutes</p>		<p>Quads</p>	
<p>Low Back</p> <p>Use caution with this position. Avoid if you have any spinal injuries.</p>		<p>Hamstrings</p>	
<p>Calves</p>		<p>It Band</p>	
<p>Upper Back</p>		<p>Groin</p>	
<p>Lats</p>		<p>Chest</p>	

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





FRF

Progressive **WORKOUT**



This is one of the workouts in our [FRF Hero X Program](#)

[Click here for a follow-along video of the workout](#)

FRF Progressive Workout

This is a progressive rep workout. This workout does not require a lot of equipment, just a place to do body rows and plate press. Start with the active warm-up/ core exercises (repeat for 2 circuits) and then foam roll. After the foam rolling, start the timer and perform the 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 rate (run stairs, sprints, jump rope, crawl, or do step-ups for 2-minutes). **Repeat the progressive circuit as many times as you can in 25-minutes.**

Active Warm-ups and Core

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Hips, Glutes	Chops	6x	0	2 circuits	Perform all the active warm-ups/ core exercises in a circuit (2 times). Move from one exercise to the next with minimal rest. Foam roll at the end of the 2 nd circuit of the core exercises
Back, Shoulder	Side to side lunge	6 each	0	2 circuits	
Hips, Legs	Leg drops (feet up)	6 each	0	2 circuits	
Glutes, back	Glute Bridge (single leg)	6 each	0	2 circuits	
shoulders	Hitchhikers	12x	0	2 circuits	
Any	<u>Foam Roll (trouble spots)</u>	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		

Order	Exercise	Reps	Rest	Sets	Notes
1	Burpees with narrow push-up	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 2-minute cardio exercise rest as needed (or not) then repeat. See how many circuits you can complete in 25-minutes. At the 25-minute mark you are done... Finish with a FRF 4-minute stretch routine.
2	Floor to Ceiling Press (25% bodyweight) <i>You can use a sandbag, backpack, SCBA, anything with weight if you do not have access to a gym.</i>	10	Minimal	4 or 5 circuits	
3	Body Rows/ Pull-ups	15	Minimal	4 or 5 circuits	
4	Push-ups	20	Minimal	4 or 5 circuits	
5	Prisoner Squats	25	Minimal	4 or 5 circuits	
6	Planks	30 seconds	Minimal	4 or 5 circuits	
Run Stairs, run/jog, bike, jump rope, or some other form of cardio activity for 2 minutes					




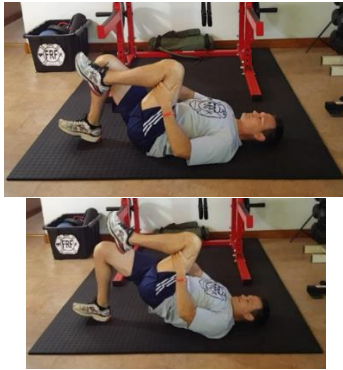


****Rest 1 minute (or do not) and repeat as many times as you can in 25 minutes.**

****Try to complete 4 entire rounds. ****

Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs -- FRF Stretch Routine #4

FRF Progressive Workout











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>Chops</p> <p>(6 reps)</p>	<p>Coaching Tips: 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.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Side to Side Lunges</p> <p>(6 each side)</p>	<p>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.</p>	
<p>Knees side to side (feet up) or hip drops</p> <p>(6 each side)</p>	<p>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.</p>	
<p>Click on the "blue" exercise for a video of it in action.</p> <p>Glute Bridge (single leg)</p> <p>(6 reps each leg)</p>	<p>Coaching Tips: 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. 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.. 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>Hitchhikers</p> <p>(12 reps)</p>	<p>Coaching Tips: Stand up straight with head and shoulders back in proper alignment and feet hip width apart. Bend your elbow 90 degrees and put your elbow at your sides Draw your belly button inward toward your spine. Keep your head back in proper alignment. Rotate your thumbs out and externally rotate both arms away from your hips. Rotate as far as you can while keeping good posture. Return your hands to the original starting position. Repeat as directed.</p>	
<p>Foam Roll</p> <p>(10x over trouble spots)</p>	<p>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 is a good hurt.</p>	







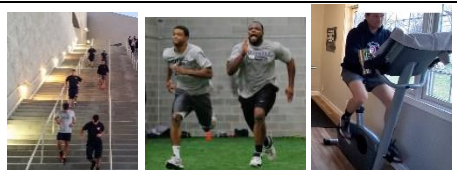
Foam Rolling Positions

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 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	

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 do not count*. Safety first, form is your biggest focus.

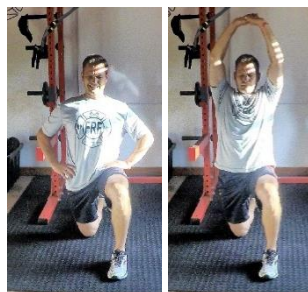
<p>Burpees (5 reps)</p> <p><i>Click on the "blue" exercise for a video of it in action.</i></p>	<p>Coaching Tips: Begin standing on both legs in good postural alignment, wider than hip width with arms at your sides. Bend over and squat down. Place hands on floor, slightly wider than shoulder width. While 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>ADD a narrow push-up</p>
<p>Floor to Ceiling Press (10 reps)</p> <p><i>You can use a sandbag, backpack, SCBA, anything with weight if you do not have access to a gym</i></p>	<p>Coaching Tips: Stand upright with feet in double hip width position and dumbbells (or plate) in your hands palms facing in. Slowly squat taking the dumbbells (or plate) toward the ground. Once the dumbbells reach ankle height, pause, and slowly raise them with a curl motion up to your shoulders. Press the dumbbells overhead, palms facing in. Be sure to keep your abs tight and glutes squeezed through the entire motion. Maintain a slow and controlled pace.</p>	
<p>Pull ups (body rows or trx) (15 reps)</p>	<p>Coaching Tips: 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 do not swing on the bar. Repeat reps as directed.</p>	 <p>or</p>
<p>Push ups (20 reps)</p>	<p>Coaching Tips: 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>Push Ups</p>
<p>Prisoner Squats (25 reps)</p>	<p>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.</p>	 <p>Prisoner Squats</p>
<p>Prone Planks (hold) (30 seconds)</p>	<p>Coaching Tips: 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... (2 minutes)</p>	<p>Run Stairs or Sprint 100- 200 meters, run 400 or bike 1 mile... (work hard for 2 minutes)</p> <p>Repeat as many rounds as you can in 25 minutes</p>	

FRF Stretch Routine #4

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.

Hip Flexor Stretch -Right

Coaching Ques: Start with one knee down on the floor or a cushion with the other leg bent with the foot flat on the floor. Stay in upright and tall position with your back straight. Next, squeeze the butt cheek (glute) of the knee that is down and try to push your hip forward. You should feel a stretch in the front of your hip and maybe even down your quad depending how tight you are. Breathe as you hold your hips in this position. You can reach your hands towards the ceiling to add more stretch but, be sure to keep your back straight and do not arch.



Hip Flexor Stretch -Left

Coaching Ques: Repeat the same as above on the left side.



Step forward Toe Reach (right)

Coaching Ques: 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.



Step forward Toe Reach (left)

Coaching Ques: 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.



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.



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.



Progressive Challenge				Date: _____	Date: _____	Date: _____	Date: _____	Date: _____	
Muscle Groups	Perform each exercise with great form, posture, and intensity!	Reps	Rest	Weight	Day ____	Day ____	Day ____	Day ____	Day ____
					Set 1	Set 2	Set 1	Set 2	Set 1

Warm-up (perform 2 circuits of the warm-up)

Warm-up													
	Chops	6x	0										
	Side to side lunges	6 each	0										
	Glute Bridge	6 each	0										
	Hitchhikers	12x	30 sec										
	Foam Roll (trouble	10x/spot	3-5 min										

Progressive Challenge Exercises

Set #	Perform each exercise with great form, posture, and intensity!	Reps	Rest	Weight	Day ____		Day ____		Day ____		Day ____		Day ____	
					Weight (lbs.)	Reps	Weight (lbs.)	Reps	Weight (lbs.)	Reps	Weight (lbs.)	Reps	Weight (lbs.)	Reps
	Burpees	5x	minimal											
	Floor to Ceiling Press (25% bodyweight)	10x	minimal											
	Pull-ups/ Body rows	15x	minimal											
	Push-ups	20x	minimal											
	Prisoner Squats	25x	minimal											
	Plank (holds)	30 sec	minimal											
	Run, bike, or steps	2 minutes	minimal											
<i>Rest 1 minute (or don't) and repeat the progressive circuit...</i>														
	Burpees	5x	minimal											
	Floor to Ceiling Press (25% bodyweight)	10x	minimal											
	Pull-ups/ Body rows	15x	minimal											
	Push-ups	20x	minimal											
	Prisoner Squats	25x	minimal											
	Plank (holds)	30 sec	minimal											
	Run, bike, or steps	2 minutes	minimal											
<i>Rest 1 minute (or don't) and repeat the progressive circuit...</i>														
	Burpees	5x	minimal											
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	Pull-ups/ Body rows	15x	minimal											
	Push-ups	20x	minimal											
	Prisoner Squats	25x	minimal											
	Plank (holds)	30 sec	minimal											
	Run, bike, or steps	2 minutes	minimal											
<i>Rest 1 minute (or don't) and repeat the progressive circuit...</i>														
	Burpees	5x	minimal											
	Floor to Ceiling Press (25% bodyweight)	10x	minimal											
	Pull-ups/ Body rows	15x	minimal											
	Push-ups	20x	minimal											
	Prisoner Squats	25x	minimal											
	Plank (holds)	30 sec	minimal											
	Run, bike, or steps	2 minutes	minimal											

Record the total time it took for the progressive portion of the workout (minus time for warm-up)	Time					Time					Time			
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Complete the workout by following one of the 4-minute Stretch and Foam Rolling Programs



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FRF Cardio Day

FRF Cardio

This is a great day for a run. If you are a runner, go for a run! If you like to bike, give that a go, maybe you want to do some stairs. The goal of this workout is to do a longer bout of cardio (around 25-30 minutes). Perform the three warm-up exercises and some foam rolling and then go do 30 minutes of cardio. At the completion of your cardio give your body and muscles a break and perform some easy stretches (4-minutes). A lot of this workout will depend on how you are feeling. If you are sore, you may just want to do a light walk and the yoga routine. If you are feeling strong, energized, and ready to go then work hard through your cardio. Do not skip the stretches at the end, it will energize you!

Active Warm-ups and Core

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Hips, Glutes	Step forward toe reaches	6 each	0	1-2 circuits	Perform all the exercises in a circuit (2 times). Move from one exercise to the next with minimal rest. Foam roll at the end of the 2 nd circuit of the exercises
Back, Shoulder	Spidermans	6 each	0	1-2 circuits	
Hips, Legs	Cross Overs	6 each	0	1-2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		

- Perform 25-30 minutes of moderate level cardio exercises (run, bike, stairs, elliptical)

Have good foot ware if you are running. Make sure to warm-up and foam roll. Finish with the yoga routine below.

After you complete your cardio, perform each movement that you did during the active warm-up. Hold each stretch for 20 seconds instead of the 2-3 seconds that you do for the active warm-up.

Follow this program:

Step forward reach and stretch for 20 seconds
 Step forward and stretch- other leg for 20 seconds
 Spiderman right leg for 20 seconds
 Spiderman left leg for 20 seconds
 Crossover right leg for 20 seconds
 Crossover left leg for 20 seconds

Repeat this circuit again for a total of 4 minutes.
 You can add more time for each stretch if you have the time...

**You can finish the workout with foam rolling and more stretching if you would like **

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.

[Step Forward Toe Touch](#)

(6 reps each side)

Coaching Tips: 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.



[Spiderman’s](#)

(6 reps 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.



[Cross Overs](#)

(6 each leg)

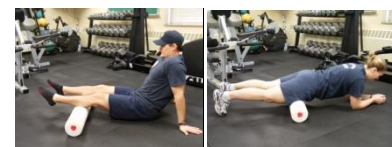
Coaching Tips: Lay flat on your back with your palms and toes pointed toward the ceiling. Be sure to tighten the abs and glutes. Start the movement by slowly straightening one leg and swinging across your body toward the opposite hand. Ease into the stretch and pause for 2-4 seconds, then return to the starting position. Repeat on the other side. Keep your shoulders and head flat on the floor for the entire motion. Repeat as directed.



[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 is a good hurt.



Perform some form of cardiovascular activity for 25-30 minutes and finish with the above stretches and hold then each for 20 seconds instead of 2-3 seconds. ENJOY!

FRF Cardio Day

If you are training for a 5k or running event like an adventure race or stairclimb challenge, this is the day when you should do it. For instance, if I am training for a 9/11 Stairclimb event, I would use the Event Training day to run steps or use the stepmill. If you were training for a 5k or an adventure race, this is the day for you to work on some distance or hill running.

If you are not planning or training for a specific event you can use the “Event Training” day to jog, bike, or to perform a crew interval workout instead. Before your workout you should perform an active warm-up. You can choose any active warm-up from any one of the FRF workouts or perform the one below.

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

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

Hips, Glutes	Step forward toe reaches	6 each	0	1-2 circuits	Perform all the active warm-ups in a circuit (2 times). Move from one exercise to the next with minimal rest.
Back, Shoulder	Spidermans	6 each	0	1-2 circuits	
Hips, Legs	Cross Overs	6 each	0	1-2 circuits	
Any	Foam Roll (trouble spots)	3-5 mins	Try to roll 10x over trouble spots (quads, hamstrings, glutes)		Foam roll at the end of the 2 nd circuit.

Perform 20-30 minutes of cardio or train for your event.

Directions- Make note of the exercise(s) you did.	Duration/ Intensity/ Note
Day 8.-	
Day 15.-	
Day 22.-	
Day 29.-	
Day 36.-	

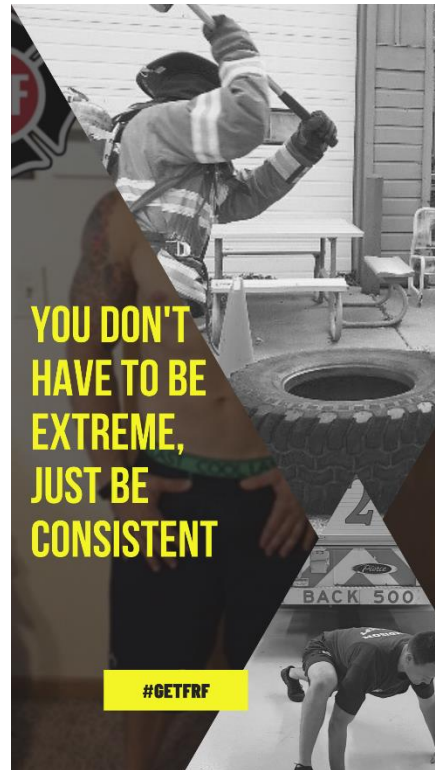
After you complete your cardio, perform each movement that you did during the active warm-up.
Hold each stretch for 20 seconds instead of the 2-3 seconds that you do for the active warm-up.

Follow this program:

- Step forward reach and stretch for 20 seconds
- Step forward and stretch- other leg for 20 seconds
- Spiderman right leg for 20 seconds
- Spiderman left leg for 20 seconds
- Crossover right leg for 20 seconds
- Crossover left leg for 20 seconds

Repeat this circuit again for a total of 4 minutes.

You can add more time for each stretch if you have the time...



Additional FRF Resources

Afterburners and Interval Overhalls

Following the FRF workouts you should complete one of the suggested afterburners. I've simplified this process by choosing some for you already, but you can substitute any one of these out. You can also substitute out any of the exercises (on the following page) and use them in any one of the afterburners.

Step #1 Choose your Afterburner

The 5 -minute sprint challenge

All you need for this cardio interval is a stopwatch and 20 to 40 yards of open space or some stairs. Measure out 25 to 40 feet, the longer the distance the more difficult the workout, mark the distance with a cone or water bottle (any object will do). Start the stopwatch and sprint down to the object (or upstairs to the object), touch it and sprint back. Look at the time and rest until the stopwatch reads 30 seconds, then sprint again. Repeat every 30 seconds for 5 minutes. You can also perform this Afterburner challenge on stairs. You can make this more challenging by doubling the total time to 10 minutes (20 sprints), increasing the distance or adding a weighted vest. Enjoy this one, it sure gassed me.

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

You will need to choose 5 of the Afterburner Exercises. Then, set the interval timer for 10, 30 second intervals (no rest). You will move from one exercise to the next without rest.....just keep moving. An example listed after workout #1 uses crawling, side to side shuffles (toe touches), mountain climbers, burpees, and the wall sit (or the plank).

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 to switch exercises every 30 seconds. After you perform the wall sit (or plank) repeat a second time. You do not get to rest between exercises; just go from one to the next every 30 seconds until the 5 minutes is up.). Just move from exercise to exercise every 30 seconds. 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.

Mile and a half Challenge Run-

This is a great option for those that are training for an adventure race or fun run. This challenge can be performed on a treadmill or on a mapped 1.5-mile course or track. Start the timer and run the 1.5-mile course as fast as possible. Be sure to record your time, you can check how you compare with the population average on the exrx.net website ([or click here](#)).

4-minute Tabata Finisher -

4-minute Tabata Afterburner -- Choose 2 different exercises and switch between them every 20 seconds with 10 seconds of rest between for 4 rounds each (4 minutes total). If you want to focus on more cardio recovery you can perform mountain climbers and burpees or row machine and treadmill. You can also use fireground movements and switch between them like sledges, drags, stairs or battling hoses.

An example Tabata (described after workout #2) is to perform toe tappers, mountain climbers, step ups and squat holds (arms up/ bent forward).

Afterburners and Interval Overhaul Options (continued)

Step #2 Choose your exercises

Here are the Exercise options to use for the afterburners and interval overhauls (click the exercise to be taken to an overview sheet)

- 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.

4-minute Stretch Routines

Before you finish each workout, you should try to perform one of these four stretching routines. If you don't know the stretch, don't worry you can click on it to be taken to an overview sheet. Each routine is divided into 6 stretches that you hold for 20 seconds each for 2 rounds (4 minutes total). I like to use the interval timer to keep me honest (I tend to stop early) and on-track. Feel free to substitute and change the stretches. Just do not skip the stretching! If these exercises do not look familiar, don't worry. Click on the exercise to be taken to a coaching sheet. The main point is that the FRF program gives you an easy way to work on your flexibility and recovery. Try to foam roll after the stretch routine (if time permits).

Simple 4- Minute Stretch Routines

Stretch Routine #1	Stretch Routine #2	Stretch Routine #3	Stretch Routine #4
1. Downward Dog 2. Right kickstand stretch 3. Left kickstand stretch 4. Childs Pose 5. Right X-over 6. Left X-over Repeat again (for a total of 2 rounds)	1. Spiderman Right Leg 2. Spiderman Left Leg 3. Knees to right (on back) 4. Knees to left (on back) 5. Right leg knee hug 6. Left leg knee hug Repeat again (for a total of 2 rounds)	1. Step back Right leg (arms up) 2. Step back Left leg (arms up) 3. Standing Quad -left 4. Standing Quad -right 5. Groin Sprawl 6. Corner Stretch (chest stretch) Repeat again (for a total of 2 rounds)	1. Hip Flexor Stretch- Right 2. Hip Flexor Stretch- Left 3. Step forward toe reach- Right 4. Step forward toe reach- Left 5. Downward Dog 6. Child Pose Repeat again (for a total of 2 rounds)

Stretching Tips

- Maintain good posture throughout the stretch. Always try to keep your head and shoulders in proper alignment.
- Never "pain" through a stretch. You want to find a point in the stretch that is "slightly" uncomfortable but never painful. If you start to experience pain in any movement...STOP.
- Do not hold your breathe. Breathe nice and easy and try to relax your body and muscles as you stretch.

Exercise Substitutions for the FRF Essentials 40-Day Program

The truth is that sometimes you just won't have the equipment, space, or strength to do some exercises in this FRF program. Fortunately, there's GREAT news about that, 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 core throughout the range of motion.

Always try to perform the original exercises as directed. 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 can't find an alternative exercise to substitute, email me at Zam@firerescuefitness.com

If you do not have access to a gym, most of the listed exercises can be substituted with an adjustable dumbbell set, TRX or suspension training system, 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

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, stepmill 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. The FRF Fat Loss workout don't require a lot of equipment. Some of the suggested substitutions call for a stability ball. If you do not have a stability ball, I would highly recommend one, they are great not only for developing core strength but also fire rescue functional balance. You can get one here [\(click here for options\)](#).






Exercise Alternatives for the FRF Bodyweight Test

After each workout I include a list of exercise substitutions. Remember regardless of the exercise, you must control the motion of the exercise, along with your posture and core throughout the range of motion. Always try to perform the original exercises as directed. 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 can't find an alternative exercise to substitute, [email me](#) or send a message via the GET FRF app.

Exercise	Bodyweight Option #2		
Push-ups	Suspension chest press	 <p style="text-align: center; color: white; background-color: black; margin: 0;">TRX Chest Press</p>	<p>The exercises for the Bodyweight test do not require any equipment other than the means to do body rows. You can substitute some of the exercises, but the score may not correlate as much. You may want to create your own test for your own crew or department based off this test.</p>
Body Rows	Pull-ups or Blanket/ Suspension Pulls	 <p style="text-align: center; color: black; font-size: small;">Bodyweight Rows (blanket option)</p> <p style="text-align: center; color: black; font-weight: bold;">Pull-ups</p> 	
Prisoner Squats	Prisoner Walking Lunges	<p style="text-align: center; color: white; background-color: purple; font-weight: bold; font-size: small;">Prisoner Lunges (movement prep)</p> 	
Burpees	Get Ups	<p style="text-align: center; color: white; background-color: red; font-weight: bold; font-size: small;">The Get-Up Exercise</p> 	
Plank (hold)	Plank (knees)	Another option would be to perform the movement on your knees.	


Exercise Alternatives for the Workout #1

Here are bodyweight alternative exercises you can substitute if needed. You may also want to perform 1-minute of each exercise and move from one to the next. You can see video demonstrations of each exercise by clicking on it (if it is in blue). If you can't find an alternative exercise to substitute, [email me](#) or send a message via the GET FRF app. No need to substitute out the active warm-up or core exercises as they are all bodyweight.

Exercise	Bodyweight Alternative	
DB Front Squats	Prisoner Squats	
Bent over DB Rows	Body Rows	 <p style="text-align: center;">Bodyweight Rows (blanket option)</p>
Chest Crushers	Off set Push-ups	
Alternate Arm Bicep Curls	Bicep Curls (blanket or broom handle)	
Alternate Arm Shoulder Presses	Back Widow	<p style="text-align: center;">Back Widow Exercise</p> 
Lunges (alternate legs) - hold dumbbells	Prisoner Lunges	
Standing Overhead Tricep Extensions	Couch/ Chair Tricep Extensions	
Rotational Plank/ Lateral raises	Rotational Plank/ Lateral raises	








Exercise Alternatives for the Workout #2

Here are some great alternative exercises you can substitute if needed. You can see video demonstrations of each exercise by clicking on it (if it is in blue). If you can't find an alternative exercise to substitute, [email me](#) or send a message via the GET FRF app. No need to substitute out the active warm-up or core exercises as they are all bodyweight.

Exercise	Bodyweight Alternative	
Body Rows or Pull-ups	Blanket Rows	 <p>Blanket Body Rows</p>
Burpee or Up Downs	Get ups	 <p>The Get-Up Exercise</p>
Plank Pulses	Rock and Roll Planks	 <p>Rock and Roll Planks</p>
Sumo DB Squat	Prisoner Lunges	 <p>Prisoner Lunges (movement prep)</p>
Push-ups (spiders, on knees)	Off-set Push ups	 <p>Off-set Push ups</p>
One arm/ One leg DB rows	One Arm row (hand on ball)	 <p>One arm Row (hand on ball)</p>
Tricep Skulls (Use DB or plate)	Overhead Tricep Extensions (standing)	 <p>Overhead Tricep Extensions</p>
Bicep Curls	Bicep Curls (blanket or broom handle)	 <p>Blanket Bicep Curls</p>
Plate Raises	FRF exercise -Shoulder Press Pushup	 <p>Shoulder Press Pushups</p>
Pilates Sit-up	Double Leg Crunch	 <p>Double-Leg Crunch</p>

Exercise Alternatives for the Progressive Workout

Here are bodyweight alternative exercises you can substitute if needed. This workout primarily utilizes bodyweight movements so there are only a couple of exercises you may want to sub out. I did give some other alternatives to spice it up. You can see video demonstrations of each exercise by clicking on it (if it is in blue). If you can't find an alternative exercise to substitute, [email me](#) or send a message via the GET FRF app. No need to substitute out the active warm-up or core exercises as they are all bodyweight.

Exercise	Bodyweight Alternative	
<p>Burpees (5 reps)</p> <p><i>Click on the "blue" exercise for a video of it in action.</i></p>	<p>Get Ups</p>	
<p>Floor to Ceiling Press (10 reps)</p>	<p>FRF exercise -Shoulder Press Pushup</p>	
<p>Pull ups (body rows or trx) (15 reps)</p>	<p>Bent Knee Body Rows</p>	
<p>Push ups (20 reps)</p>	<p>Narrow Push-ups</p>	
<p>Prisoner Squats</p>	<p>Sumo Squats</p>	
<p>Prone Planks (hold) (30 seconds)</p>	<p>Side Planks (hold 15 seconds a side)</p>	
<p>Sprinting, Stairs, Bike... (2 minutes)</p>	<p>Jump Rope – perform different options, 2 leg, alternate legs, etc.</p>	

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 upstairs](#) - [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.](#)

Email me with any questions...and most importantly keep me posted on your *PROGRESS*.

Time to GET FRF,

Aaron Zamzow

