



THESE WORKOUTS ARE TO BE PERFORMED IN A CIRCUIT FORMAT. SLOW AND CONTROLLED MOVEMENTS ARE ESSENTIAL TO PROVIDE ADEQUATE TIME UNDER TENSION. COMPLETE EACH CIRCUIT FOR THE RECOMMENDED TIME/ SET/REP COUNTS BEFORE MOVING ON TO THE NEXT CIRCUIT. USE A CHALLENGING WEIGHT/RESISTANCE THAT WILL ALLOW FOR PROPER AND SAFE FORM.

Disclaimer: *In order to adjust these workouts to your individual abilities please consider these steps below during your training session(s).*

- 1.Reduce the sets and/or repetitions to match your abilities.*
- 2.Increase rest time between sets and/or exercises to meet your needs.*
- 3.Modify exercises when necessary to remain safe at all times.*

Workout #1: Full body, 3-5 sets, 8-12 reps

- [Lat Pulldown](#)
- [Bulgarian Split Squat](#)
- [Chest Press](#)
- [Single Leg Deadlift](#)
- [Deficit Calf Raise](#)
- [dumbbell around the world lateral raise](#)
- [Plank Pull Throughs \(w/ KB or DB\)](#)

Workout #2: Cardio and lower body focus. Complete 3-5 rounds. Complete exercises for 1 min

- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Walking Lunges](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Speed Skaters](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Deadlift \(Dual Dumbbells\)](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Box Jumps](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Kettlebell Swing](#)

Workout #3: Cardio and upper body focus. Complete 3-5 rounds. Complete exercises for 1 min

- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Incline Push ups](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Inverted Row](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Lateral Dumbbell Raises](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Overhead march with carry](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Tricep Dips](#)

Workout #4: Single DB

- 4 [single arm bent row](#)
- 3 [single arm hang cleans](#)
- 2 [single arm thruster](#)

Switch arms and repeat. Rest 1 min before beginning the next round.
Complete 5 rounds.

Workout #5:

- [Kettlebell /Dumbbell swings](#) (15 swings)
- [Pogo tuck jumps](#) (5 jumps)

1:00 rest

x 4 sets

- [Pullups](#) 8
- [Ballistic Row](#) 30 sec

1:00 rest

x 4 sets

- [Dips](#) 10
- [Pushups](#) 10

1:00 rest

x 4 sets

Any cardio modality (bike/TML/jump rope etc.) (30 sec)

[Air squats](#) (AMRAP 30 sec)

x 4

Workout #6: Flexibility/Mobility. Spend ~ 45 sec - 1:00 in each stretch.

[Neck rolls](#) (both directions)

Quadruped [wrist flexion](#) and [wrist extension](#)

[Cat cow](#)

[Thread the needle](#)

[Downward dog to upward dog](#)

[Hip flexor lunge](#)

[World's Greatest Stretch](#)

[90-90](#)

[Seated ankle rolls](#)

[Breathing exercise](#)

Workout #7: Athleticism!!!

Perform each exercise in succession for 30 seconds. Rest for 3 minutes. 5 rounds.

[Heisman \(Double\)](#)

[Inchworms](#)

[Kettlebell Deadlift \(double kettlebells\)](#)

[Plank Pull Throughs \(w/ KB or DB\)](#)

[Walking Reverse Lunge](#)

[Kneeling \(Full\) DB Overhead Press](#)

Workout #8: Firefighter Scorchers:

- A. Perform these 3 exercises for as many rounds as possible in 20 minutes. After you complete a round, rest for 30-45 seconds. Try to complete as many rounds as you can in 20 minutes.

1. 5 [Neutral Grip Pull Up](#)
2. 10 [Push Ups](#)
3. 15 [Air Squat / Bodyweight Squat](#)

Workout #9: Fireground Interval Circuit

- A. Perform the below exercises in a circuit 4 times. Set the timer for 30 seconds of work with 30 seconds of rest.

1. [Rowing Machine](#) x 30 sec
2. [Jump Rope](#) x 30 sec
3. [Quadruped Bear Crawl](#) x 30 sec
4. [Sledgehammer Alternating Tire Slam](#) x 30 sec
5. [Plank](#) x 30 sec
6. [Burpee](#) x 30 sec

Workout #10: Plyo/Core 30-45 seconds 3 rounds

[Alternating Step-up Jump](#)

[Dying Bug w/Arms](#)

[Box Jumps](#)

[Plank to Lateral Toe Tap](#)

[Quadruped Bear Crawl](#)

[Single Leg Bridge March](#)

[Skater Jumps \(back leg not touching\)](#)

[Jump Squats](#)