



Public Safety - August's Featured Workouts

Presented by Your Public Safety Healthcare Team

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.

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.

Workout 1:

- [Plank Shoulder Taps](#) (Feet Elevated) 2 sets x 12 reps
- [Walking Reverse Lunge](#) 2 sets x 12 reps
- [Single Arm/Leg Pull Apart](#) (Band) 2 sets x 15 reps
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- [Push Up](#) (Single Leg) 2 sets x 10-15 reps
- [Single Leg Bridge](#) (10 sec hold on last rep) 2 sets x 10 reps
- [Side Plank To Row](#) 2 sets x 15 reps
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- [Quad Birddog](#) 2 sets x 15 reps
- [Bear Crawl](#) (10 Forward/10 Backward) x 2 sets

Workout 2:

- [Air Squat](#) (10 second hold on last rep) 2 sets x 10 reps
- [Lateral Hand Plank Walk](#) 2 sets x (10 reps left) (10 reps right)
- [Monster Walk](#) (Band) 2 sets x (15 reps left) (15 reps right)
- =====
- [Alternating Tricep Pulldowns \(Band\)](#) 2 sets x 20 reps
- [Single Arm/Leg Press](#) (Band) 2 sets x 15 reps
- [Lateral Hops](#) (L to R) 2 sets x 30 reps
- =====
- [Hand Plank Pull Throughs](#) (Band) 2 sets x 15 reps
- [Trans. Rotation In Tandem Stance \(Band\)](#) 2 sets x 15 reps

Workout 3:

- [Quad Birddog](#) 2 sets x 15 reps
- [Plank Up/Downs](#) 2 sets x 10 reps
- [Running Man](#) 2 sets x 10 reps
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| • Bilateral External Rotation (Band) | 2 sets x 15 reps |
| • Single Arm/Leg Lateral Raise (Band) | 2 sets x 12 reps |
| • Alternating Step Up | 2 sets x 10 reps |
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| • Opposite Arm/Leg (Prone) | 2 sets x 15 reps |
| • Elbow Plank W/ Lateral Toe Taps | 2 sets x 15 reps |

Workout 4:

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|---|---------------------------------|
| • Single Leg Sit To Stand | 2 sets x 10 reps per (each leg) |
| • Mountain Climbers (Feet Elevated) | 2 sets x 15 reps |
| • Horizontal Row | 2 sets x 10-15 reps |
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| • Side Plank to DB Press | 2 sets x 15 reps |
| • Single Arm/Leg Row (Band) | 2 sets x 15 reps |
| • Push Up To Lateral Hand Step | 2 sets x 10-15 reps |
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| • Reverse Lunge To Rotation | 2 sets x 12 reps |
| • Bridge (Arms Up) | 2 sets x 15 reps |

Workout 5:

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|--|-----------------------|
| • Weighted Goblet Squat (DB, KB, Ect.) | 2 sets x 15 reps |
| • Opposite Arm/Leg Lift In Plank | 2 sets x 10 reps |
| • Scaptions (Band) | 2 sets x 15 reps |
| ===== | |
| • Supermans (5 sec hold on last rep) | 2 sets x 10 reps |
| • Tempo Crunches (1 sec UP/2 sec DOWN) | 2 sets x 20 reps |
| • Split Squat | 2 sets x 10 reps |
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| • Run Around Small Track | x 2 sets |
| • Hip Flexor Stretch | 2 sets x 30 sec. each |

Workout 6:

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|---|------------------|
| • Squat to Lateral Step Up | 2 sets x 10 reps |
| • Single Arm/Leg Straight Arm Pulldown | 2 sets x 15 reps |
| • Dead Bug 90/90 | 2 sets x 15 reps |
| ===== | |
| • Squat to Forward Bounds | 2 sets x 10 reps |
| • Walking Reverse Lunge | 2 sets x 10 reps |
| • Single Leg Bridge (10 sec hold on last rep) | 2 sets x 10 reps |
| ===== | |
| • Opposite Arm/ Leg Lift in Hand Plank | 2 sets x 10 reps |
| • Lateral Skater Hops | 2 sets x 15 reps |

Workout 7: Circuit Training

Complete three rounds of each
45 seconds work, 15 seconds rest

Circuit One

- [Pullups](#) (modification: assisted pullup or [lat pulldown](#))
- [Plank](#)
- [Kettlebell Swings](#)
- [Walking Lunges](#)

Circuit Two

- [Jumping Jacks](#)
- [Push-Ups](#)
- [Slam Ball](#) or [Jump Squats](#)
- [Dumbbell Snatch](#) or [Deadlift](#)

Workout 8: Cardio and Core

Your choice of cardio (bike, run, row, etc.)
5 minute warm up

Intervals: (20 minutes total)

- 1 minute fast pace, 1 minute moderate pace x 5
- 45 seconds moderate, 15 seconds fast x 5
- 30 seconds moderate, 30 seconds fast x 5

5 minute cool down

Core (Complete 2-3 rounds)

- 1 minute [Plank](#)
- 1 minute [Side Plank](#) (each side)
- 10 [Dead Bug](#) (each side)
- 10 [Bird Dog](#) (each side)

Workout 9: Full Body Strength

Upper Body: Complete three sets

- 15 [Bicep Curls](#)
- 15 [Tricep Kickback](#) or [Tricep pushdown](#)
- 15 [Shoulder Press](#)

Lower Body: Complete three sets

- 15 [Squats](#) (or weighted)
- 15 [Deadlifts](#)
- 15 [Reverse Lunges](#) (each leg)

Total Body

- 10 [Devil's Press](#)
- 10 [Plank Up Down](#)
- 10 [Single Leg Bridge March](#) (each leg)

Workout 10: Circuit Training

Circuit One: Complete Three Rounds

- 15 [Inch Worms](#)
- 15 [Walking Lunges](#) (each side)
- 15 [Plank Punches](#)

Circuit Two: Complete Three Rounds

- 10 [Burpees](#)
- 15 [Kettlebell/Dumbbell Swings](#)
- 1 minute [Jump Rope](#) or [Jumping Jacks](#)

Circuit Three: Complete Three Rounds

- 15 [Box Jumps](#)
- 15 [Step Ups](#) (weight optional)
- 15 [Single Leg Squat to Box](#)

BONUS Workout 11: Lower Body Strength

Complete 3 sets of 8-12 reps

Warm Up: [Body Weight Squats](#)

- [Deadlift](#)
- [Squat](#)
- [Farmer's Carry](#)
- [Step Up to Reverse Lunge](#)
- [Bridge](#)

Cool Down: [Lower Body Stretch](#)