



Public Safety - June'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.

Workout 1: Upper Body

Complete 3 sets x 12 reps

[Chest Press](#)

[Single Arm Bent Over Rows](#)

[Chest Fly](#)

[Tricep Pushdown](#)

[Bicep Curl](#)

[Lateral Raises](#)

Workout 2: Cardio

Run 5 minutes

20 [Jumping Jacks](#)

15 [KettleBell Swings](#) (Alternative: [Goblet Squat](#))

10 [Mountain Climbers](#)

5 [Burpees](#)

Complete 2-3 Rounds

Workout 3: Lower Body

Complete 3 sets x 12 reps

[Squat](#)

[Romanian Deadlift](#)

[Reverse Lunge](#)

[Monster Walk](#)

[Bridge on Ball](#)

[Exercise Ball Hamstring Curl](#)

Workout 4: Cardio + Core

Circuit 1: 45 seconds work/15 seconds rest, Complete 4 rounds

[Bear Crawl](#)

[Jump Squat](#)

[Dumbbell Snatch - Alternate sides each round](#)

[Box Jump](#) (Alternative: [Step Up](#))

Core: Complete 3 rounds

1 minute [Plank](#)

15 [Bicycle Crunch](#)

15 [Dead Bug](#)

Workout 5: High Intensity Interval Training (HIIT)

Circuit 1: 45 seconds work/15 seconds rest for 4 rounds

[Walking Lunge](#)

[Push Up](#)

[Plank Pull Through](#)

Circuit 2: 30 seconds work/10 seconds rest for 4 rounds

[Burpee](#)

[Jump Squat](#) (Alternative: [body weight squat](#))

[Side Plank](#)

Workout 6:

[Lunges Alternating Front-to-Back](#) -----2 sets x 10 reps

[Single Arm/Leg Row](#) -----2 sets x 15 reps (Tubing/Cable Column)

[Bridge March](#) -----2 sets x 30 seconds

[Hand Plank Elbow Pullback](#) -----2 sets x 15 reps

[Straight Arm Pull Backs](#) -----2 sets x 15 reps (Tubing/Cable Column)

[Single Arm DB Chest Press on Foam Roll](#) -----2 sets x 12 reps

[Alternating Knee to Chest \(3:55\)](#) -----1 set x 10 reps

[Hip Flexor Stretch](#) -----2 sets x 30 seconds (each leg)

Workout 7:

[Alternating Step Ups](#) -----2 sets x 12 reps (w or w/o DB)
[Single Arm/Leg Lateral Raise](#) -----2 sets x 12 reps
[Alternating Horizontal Abduction](#) -----2 sets x 15 reps

[Inverted Row](#) -----2 sets x 12 reps (5 second hold on last rep)
[Opposite Arm/Leg on PT Ball](#) -----2 sets x 15 reps
[Push Up](#) -----2 sets x 10-15 reps (feet elevated)
[T-Spine Open Books](#) -----1 set x 10 reps
[LTR's \(Lower Trunk Rotations - Supine\)](#) -----1 set x 10 reps

Workout 8:

[Eccentric Goblet Squat](#) -----2 sets x 10 reps (3 seconds down)
[Bilateral External Rotation](#) -----2 sets x 15 reps (Band/Tubing)
[Hand Plank to Shoulder Taps](#) -----2 sets x 30-45 seconds

[Prone Supermans](#) -----2 sets x 10 reps
[Transverse Rotation](#) -----2 sets x 15 reps (Tubing/Cable Column)
[Single Arm/Leg Press](#) -----2 sets x 15 reps (Tubing/Cable Column)

[Cat/Cow Pose](#) -----1 set x 10 reps
[Child's Pose](#) -----2 sets x 15 seconds

Workout 9:

[Scaptions](#) -----2 sets x 15 reps (Theraband/Tubing)
[Single Leg Single Arm DB Overhead Press](#) -----2 sets x 12 reps
[Single Arm DB Sit to Stand](#) -----2 sets x 10 reps

[ISO Row](#) -----2 sets x 15 reps (Tubing/Cable Column)
[Running Man/Woman](#) -----2 sets x 10 reps
[Mountain Climbers](#) (Feet elevated) -----2 sets x 15 reps

[Jump Rope](#) or [Lateral Hops](#) -----(1 minute)

Workout 10:

[Alternating DB Step Ups](#) -----2 sets x 10 reps

[Alternating DB Floor Press](#) -----2 sets x 10 reps

[Inverted Row](#) -----2 sets x 10 reps (Bar/Rings/TRX)

[Lateral Hand Plank Walk](#) (3 left/3 right) -----2 sets x 30 seconds

[Alternating Bridge March](#) -----2 sets x 15 reps

[Transverse Rotations](#) (Feet in Tandem Stance) --2 sets x 15 reps

[T-Spine Open Books](#) -----1 set x 10 reps

[Alternating Knee to Chest \(3:55\)](#) -----1 set x 10 reps