



Public Safety - March'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.

Strength and Resistance Training

Workout #1 - Core & Grip: Approx. 30-45 mins

Hanging Knee Raises	(4 sets x 10+ reps)
Dumbbell Farmers Carry	(2 sets for distance)
Kettlebell/ Dumbbell Swing	(4 sets x 10 reps)
Pull Up Bar Dead Hang	(4 sets for time)

Workout #2 - Press: Approx. 30-45 mins

Standing Dumbbell Shoulder Press	(4 sets x 10 reps)
Dumbbell Shoulder Complex	(4 sets x 15+ reps each direction)
Dumbbell Push Up	(4 sets x 10+ reps)
Tricep Dips	(4 sets x 15+ reps) - bench dips shown

Workout #3 - Pull: Approx. 30-45 mins

Band Assisted Pull Up	(4 sets x 10+ reps)
Dumbbell Power Snatch	(3 sets x 5 reps each arm)
Single Arm Dumbbell Row	(4 sets of 10+ reps)
Dumbbell Bicep Curl	(4 sets of 15+ reps)

Workout #4 - Legs: Approx. 30-45 mins

Dumbbell Front Squat	(4 sets x 15+ reps)
Dumbbell Stiff Legged Deadlift	(4 sets x 15+ reps)
Goblet Squat	(4 sets x 15+ reps)
Standing Dumbbell Calf Raise	(4 sets x 15+ reps)

Workout #5 - Full Body Circuit: Approx. 30-45 mins

Inverted Barbell Row	(4 sets x 10 reps)
Dumbbell Push Up	(4 sets x 10 reps)
Goblet Squat	(4 sets x 10 reps)
Kettlebell/ Dumbbell Swing	(4 sets of 5 reps)

Cardio and Resistance Training

Workout #6 - Bodyweight Circuit: Approx. 30 mins

Single-Leg Squat	-----10 reps on each leg
Air Squat / Bodyweight Squat	-----20 reps
Walking Lunges	-----20 reps (10 on each leg)
Alternating Step-up Jump	-----20 reps, alternating each leg
Tricep Dips	-----15 reps - bench dips shown
Pull Up	-----10 reps - band assisted shown
Push Up	-----15 reps
30-second Plank	

Repeat circuit 3 times

Workout #7 - Core Workout Tabata Style

Work for 20 seconds, rest for 10 seconds and repeat 4 times totaling 4 minutes on each exercise

Rest 1 minute in between each exercise

[Scissor Kicks](#)
[Up and Down Plank](#)
[V-Up Sit Ups](#)
[Mountain Climbers](#)
[Russian Twist](#)

Workout #8 - Cardio HIIT

Froggers	-----45 seconds
Rest	-----15 seconds
High Knees	-----45 seconds
Rest	-----15 seconds

Repeat 3x

Full Burpee	-----45 seconds
Rest	-----15 seconds
Wall Sit (should be in a 90 degree angle)	-----45 seconds
Rest	-----15 seconds

Repeat 3x

180 Degree Jump Squat	-----45 seconds
Rest	-----15 seconds
Inchworms	-----45 seconds
Rest	-----15 seconds

Repeat 3x

Workout #9 - Cardio and Glutes- 4 rounds Approx 30-45 min

Round 1:

25 [Burpee](#)
20 [Dumbbell Front Squat](#)
30 [Mountain Climbers](#)
20 [Alternating Lunges](#)

Rest 30 seconds

Round 2:

20 [Burpee](#)
20 [Weighted Sumo Squat](#)
30 [Jumping Jacks](#)
20 [Reverse Lunge with Front Kick](#) - 10 with each leg

Rest 30 seconds

Workout #9 continued...

Round 3:

15 [Burpee](#)

20 [Alternating Jump Lunges](#)

30 [High Knees](#) - right and left equals 1

20 [Speed Skaters](#)

Rest 30 seconds

Round 4:

10 [Burpee](#)

20 [Jump Squat](#)

30 [Side-to-Side Plank Jump](#)

20 [Plie' Dumbbell Squat](#)

Workout #10 - Metabolic HIIT

****20 seconds of work followed by 20 seconds of rest****

Repeat 3x

[Weighted Russian Twist](#)

[Jump Squat](#)

[Mountain Climbers](#)

[High Knees](#)

[Skater Jumps](#)

[Goblet Squat](#)

[Butt Kicks](#)

[Dumbbell Lunge with Bicep Curl](#)

[Jump Knee Tucks](#)

[Jumping Jacks](#)