



Public Safety - May'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: Full Body Circuit

Upper Body (3 rounds)

1. [Push Ups](#) - 10-20 reps
2. [Shoulder Press](#) x 15 (weighted)
3. [Ring Row/Smith Machine Row](#) x 15

Lower Body: Alternate sides with each round (right, left, right, left) for 4 rounds

1. [Turkish Kettlebell Swing](#) - 10 reps
2. [Lateral Step Up](#) x 15 (alternate legs each round) - 10 reps (weight optional)
3. [Reverse Lunge](#) (alternate legs each round) - 10 reps- weight optional

Core

1. [Plank](#) - 45 seconds
2. [Bicycle Crunch](#) - 15 reps each side
3. [Dead Bug](#) - 15 reps

Workout #2: Full Body Circuit

Complete 4 rounds

1. [Unilateral Squat to Shoulder Press](#) x 15, switch sides each round
2. [Clean to Press](#) (dumbbell or kettlebell dependent upon comfort level/experience) x 10
3. [Unilateral Farmer's Carry](#) x 20 steps, switch sides each round

Complete 3 rounds

4. [Goblet Squat](#) x 15
5. [Bicep Curls](#) x 10
6. [Tricep Kickback](#) x 10

Workout #3: Lower Body

1. [Squat](#) (weight optional) x 15
2. [Lateral Lunge](#) x 15
3. [Walking Lunges](#) x 10
4. [Step Up](#) x 10 each leg
5. [Bridge](#) (weight optional) x 15
 - a. Can progress to single leg for increased challenge

Workout #4: Cardio/Strength

Complete 3-4 rounds

1. Run 400 m or quarter mile
2. 10 [Pushups](#)
3. 20 [Slam Ball](#)
4. 30 [Air Squats](#)

Workout #5: Cardio

Complete 3-4 rounds

1. Run with Medicine Ball or Sand-bag 100 meters
2. [Slam Ball](#) x 15
3. [Reset Kettlebell Swing](#) x 15
4. [High Knees](#) x 15 each side
5. [Mountain Climbers](#) x 15 each side

Workout #6 - PULL

1. [Pull Up + Plate Row \(Superset\)](#)-----3-4 sets x 5-10 reps each exercise
2. [Single-Arm DB Row](#) + [DB Shrug](#) (Superset)-----3-4 sets x 10-15 reps each exercise
3. [DB Hammer Curl](#)-----3-4 sets x 10-15 reps

Workout #7 - PUSH

1. [Bench Press](#) + [Incline DB Press](#) (Superset)-----3-4 sets x 5-10 reps each exercise
2. [Shoulder Press](#) + [DB Side Lateral](#) (Superset)-----3-4 sets x 10-15 reps each exercise
3. [Tricep Pushdown](#)-----3-4 sets x 10-15 reps

Workout #8 - LEGS

1. [Pause Box Squats](#) (BB/ Smith Machine)-----3-4 sets x 5-10 reps
2. [Goblet Squat](#) + [DB Stiff Legged Deadlift](#) (Superset)-----3-4 sets x 10-15 reps each exercise
3. [Stability Ball Hamstring Curl](#)-----3-4 sets x 10-15 reps

Workout #9 - FULL BODY CIRCUIT

6 Rounds Total

No less than 10 reps per exercise

Keep reps the same during each round

Allow enough rest between rounds to ensure minimum rep range

1. [Weight Plate Clean to Shoulder + Overhead Press](#)
2. [Air Squat](#)
3. [Push Ups](#)

Workout #10 - CONDITIONING / ENDURANCE

1. [Plate Row + Clean to Shoulder + Overhead Press Complex](#)----- 3-4 sets x 5-10 reps per exercise
2. [DB Clean & Press + DB Snatch](#) (Superset Alternating Arms)----- 3-4 sets x 3 reps per exercise