

## **THE FIREFIGHTER WORKOUT:**

This workout is more advanced and when I created it I had firefighters in mind, hence the name.

Equipment: (2) Dumbbells (go as heavy as you have available) (2) lighter dumbbells & a mat

For this workout, you have 3 circuits. Go from one exercise to the other without a recovery. Only rest between rounds for 20 sec. or less. The circuits vary in the required rounds. You can take a 45 – 60 sec rest between circuits, but you decide what works best for you as far as recovery.

**Please perform a 5 -minute active warm-up prior to starting.**

### **Circuit 1: Core (Perform this circuit 2 rounds)**

1. Use one dumbbell held in both hands – Wood-chops (10 reps per side) If you have balance discs or a Bosu, use it to create more challenge.
2. Spiderman's (performed in plank on hands/ feet) Knee to outside of elbow crunch (10 reps per side)
3. Hip Cross-overs (performed in plank on hands/ feet) Knee to inside of opposite elbow – (10 reps per side)
4. Leg lifts and lower (On your back- hands either under your butt and head down or behind your head and head up) – Lower your legs together 15-20X
5. Bird dog lifts – (on hands/ knees one arm forward lifted/ opposite leg lifted – perform 10 lifts then repeat on opposite side – 10 lifts)
6. Rotational Side Planks (“thread the needle”) – Side Plank position-reach arm under your body toward the back – rotating and then back up to ceiling –(10 reps per side)

### **Circuit 2: Strength – (Perform 3-5 rounds)**

1. Prisoner Squats (go as deep as you can) – 10 reps
2. Renegade Rows – (Heavy weights needed) In plank position – perform a one arm row – 10 reps then repeat on the other arm – 10reps
3. Push-ups – 10-15 reps

4. Single leg deadlift – (use both heavy dumbbells – one in each hand. Stand on the right leg – left leg lifted behind you – perform deadlift for 10 reps then perform standing on left leg for 10 reps. Keep abdominals braced and chest up – eyes to the floor and shoulders back.
5. Bent over shoulder T's & Y's – (Use the lighter dumbbells) – Bend over from waist, knees soft, chest open – lift arms to the side – T's for 10 reps then up to a Y position for 10 reps. Make sure you maintain a braced position with you core.
6. Squat to Overhead Press w/ Triceps extension – (use weights of your choice) – 10 reps

**Cardio Blast: (Perform the exercise for 30 sec and then rest or 30 sec) Do this circuit for 10 minutes**

1. Mountain climbers
2. Bear crawls/ crab walks
3. Hops or high knees
4. Burpees
5. Low squat jumps (out/ in)- stay in loaded position

**Cooldown and let your heart rate come all the way down before proceeding to the floor or stretching. Take 5-10 minutes to do a complete stretch.**