

# SOUTH METRO FIRE RESCUE

General Physical Preparation Bands & Body Weight Workouts

\*Perform Dynamic Warm-up before all workouts! (see below)

\*All bold underlined exercises can be clicked (tapped) to be taken to video demonstration)

These workouts can be done in any setting and in any attire at your convenience. These are fundamental movements that can help create a foundation for future programs. You can choose to do ALL or SOME of the exercises in each body region category (ex. upper body), or combined them into one workout, or spread them out into categories throughout the day or week. There is NO one way or wrong way to do this program. Each category has been roughly timed, including

## LEVEL 1

Upper Body	1-3 rounds
~ 2:30 mins Each round (~7:30 mins for 3 rounds)	
A1: <b><u>Band Chest Press</u></b>	x8-10 reps
A2: <b><u>Band Floor Seated Row</u></b>	x8-10 reps
A3: <b><u>Band Seated Shoulder Press</u></b>	x8-10 reps
A4: <b><u>Supine Lat Pullover</u></b>	x8-10 reps
A5: <b><u>Band Upright Row</u></b>	x8-10 reps
A6: <b><u>Band Bicep Curls</u></b>	x8-10 reps
A7: <b><u>Chair Dips</u></b>	x8-10 reps
1:30 rest between rounds (walk around / hydrate)	

Lower Body	1-3 rounds
~3:30 mins Each round (~10:30 mins for 3 rounds)	
A1: <b><u>Chair/Box Squats</u></b>	x8-10 reps
A2: <b><u>Band Good Mornings</u></b>	x8-10 reps
A3: <b><u>Band Lat Monster Wlk</u></b>	x8-10 reps ea.
A4: <b><u>Band Seated Adductor</u></b>	x8-10 reps
A5: <b><u>Mini Band Seated Hip Flexor</u></b>	x8-10 reps ea.
A6: <b><u>Mini Hamstring Curls</u></b>	x8-10 reps ea.
A7: <b><u>Chair Hld Reverse Lunge</u></b>	x8-10 reps ea.
1:30 rest between rounds (walk around / hydrate)	

Full Body Strength	1-3 rounds
~ 2:30 mins Each round (~7:30 mins for 3 rounds)	
A1: <b><u>Hand-Release Push-up</u></b>	x8-10 reps
A2: <b><u>Band No Money</u></b>	x8-10 reps
A3: <b><u>Mini Band Air Squat</u></b>	x8-10 reps
A4: <b><u>Mini Band Glute Bridge</u></b>	x8-10 reps
A5: <b><u>Mini Band Shldr Press</u></b>	x8-10 reps
A6: <b><u>Alt Lateral Squat</u></b>	x8-10 reps ea.
A7: <b><u>Mini Band Lat Pulldown</u></b>	x8-10 reps
1:30 rest between rounds (walk around / hydrate)	

Mobility	1-3 round
~3:00 mins Each round (~9:00 mins for 3 rounds)	
A1: <b><u>1-2-3-4 Squat</u></b>	x5
A2: <b><u>Tripod T-Spine Rotations</u></b>	x5 ea.
A3: <b><u>Chair Shoulder Stretch</u></b>	x20 sec
A4: <b><u>Cat-Cow</u></b>	x5 ea.
A5: <b><u>3-way Child's Pose</u></b>	x15 sec ea.
A6: <b><u>Downward Facing Dog</u></b>	x20 sec
A7: <b><u>Hip 90/90</u></b>	x20 sec ea.
1:30 rest between rounds (walk around / hydrate)	

Torso	1-3 rounds
~3:30 mins Each round (~10:30 mins for 3 rounds)	
A1: <b><u>Front Plank</u></b>	x20 sec
A2: <b><u>Side Plank (R &amp; L)</u></b>	x20 sec ea.
A3: <b><u>Lying Leg Raise</u></b>	x8-10 reps
A4: <b><u>Superman</u></b>	x8-10 reps
A5: <b><u>Russian Twist</u></b>	x8-10 reps ea.
A6: <b><u>McGill Curl Up</u></b>	x8-10 reps ea.
A7: <b><u>Deadbug</u></b>	x8-10 reps ea.
1:30 rest between rounds (walk around / hydrate)	

Cardio	High Int.	Mod. Int.	Low Int.
Pick 1 Cardio Modality			
	5-10 mins	10-15 mins	15-20 mins
<b><u>Treadmill Wlk</u></b>			
<b><u>Outdoor Run</u></b>			
<b><u>Indoor Cycle</u></b>			
A1: <b><u>Stair Climb (Hallway)</u></b>			
<b><u>Stair Master</u></b>			
<b><u>Elliptical</u></b>			
<b><u>Outdoor Wlk</u></b>			

Warm-up (in-place)	
<b><u>BW Squat</u></b>	x8
<b><u>Knee Hug</u></b>	x5e
<b><u>Ankle Grab</u></b>	x5e
<b><u>Straight Leg Raise</u></b>	x10e
<b><u>Monster Crawl</u></b>	x5e
<b><u>Arm Circles (fwd/bkwd)</u></b>	x8e
<b><u>Tripod T-Spine</u></b>	x8e

Effort Chart	
4-5 / 10	<b><u>Low Intensity</u></b> can speak sentences
6-7 / 10	<b><u>Moderate Intensity</u></b> breathing pretty hard
8 / 10	<b><u>High Intensity</u></b> going very hard