

SOUTH METRO FIRE RESCUE

STRENGTH & CONDITIONING

NO EQUIPMENT . . . NO EXCUSES!

Perform Warm-up...perform Workout A or B...perform Cool-down Stretch

Click exercise names for a video demonstration

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

WORKOUT A

CIRCUIT	x3-4 rounds
<i>20s work period...20s rest after each station</i>	
C1: <u>Jumping Jacks</u>	x20s moderate/hard work at each station... 20s rest after each station
C2: <u>Walking Lunge</u>	
C3: <u>Alt Superman</u>	
C4: <u>Push-up + Leg Switch</u>	
C5: <u>Freedom Twist</u>	
C6: <u>SL Glute Bridge</u>	
C7: <u>Flutter Kicks</u>	
<i>rest 2:00 between rounds</i>	

WORKOUT B

CIRCUIT	x3-4 rounds
<i>perform Rx reps for each exercise...rest 20s between exercises</i>	
C1: <u>Seal Jacks</u>	x15-20
C2: <u>BW 1.5 Squat</u>	x8-10
C3: <u>Bent Over Scarecrow</u>	x8-10
C4: <u>Sit-up</u>	x10-12
C5: <u>Glute Bridge Walkout</u>	x5-6 (out+in)
C6: <u>Push-up + Knee Drive</u>	x5-7e
C7: <u>Side Hip Lift</u>	x8-10e
<i>rest 2:00 between rounds</i>	

Cool-down Stretch	
<u>Supine Hamstring Stretch</u>	<i>Hold all stretches 30-45s</i>
<u>X-over Low Back Stretch</u>	
<u>Pigeon Stretch</u>	
<u>Doorway Pec Stretch</u>	