



FIREFIGHTER WORKOUT



REPEAT 3 TIMES

FIFTEEN LUNGES OR STEP UPS

PLANK OR INCHWORM FOR 30 SECONDS

RUN IN PLACE 30 SECONDS

EIGHT MILK JUG/KETTLE BELL SWINGS

FIFTEEN LUNGES OR STEP UPS

PLANK OR INCHWORM FOR 30 SECONDS

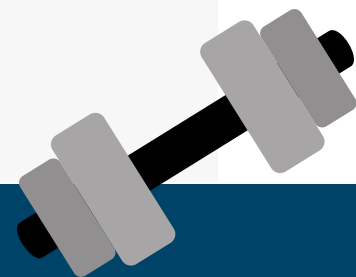
GET SOME WATER AND REST 10 SECONDS

HIGH KNEES IN PLACE 30 SECONDS

TEN DEAD LIFTS

EIGHT MILK JUG/KETTLE BELL SWINGS

RUN IN PLACE 15 SECONDS



DIRECTIONS: Do the Firefighter workout 3 times this week, and check off each day you complete it.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY