

DFD Performance Evaluation Fitness Plan

8 weeks

The DFD Performance Evaluation (PE) requires the member to perform a sequence of basic skills done one after another to demonstrate individual fireground readiness. To be successful on this evaluation, one must have a minimum level of strength, work capacity, muscle endurance and flexibility. This 8-week plan is designed to be done in preparation for the PE and progresses the member to effectively improve strength, work capacity, muscle endurance and flexibility. It also includes ideas on how to scale down (-) or up (+), depending on baseline fitness. It's ok to scale down one day and scale up another day. The point of this is not to judge yourself, but to do the work and get better.

The weekly plan is as follows:

2x per week – High Intensity Interval Training (HIIT) – The exercises used will be functional to fireground exercises. Day 1 will be a simple circuit of 6-8 different exercises. The work intervals progress as the weeks go on. Day 3 will be either cardio intervals or a 10-15 minute circuit.

2x per week – Strength Training and Core Activation – These workouts are designed to improve overall strength so that the relative weight of the PE props seem easier come evaluation day. These will be done in a series of mini circuits to improve strength but also muscle endurance. Weights are not prescribed as this is variable to the individual. The point is not to go to failure but to find a weight that is hard but doable and sets can be done without having to break up the reps. When in doubt, go light.

1x per week – Cardio Endurance Training – Moderate intensity cardio training to improve overall aerobic capacity to be able to do work for longer periods of time. This can be done on your choice of cardio equipment, walking/running, climbing stairs or biking outside. Having a heart rate monitor will make this training more effective but is not required.

Every workout will outline a basic flexibility/mobility routine to be done as a cool down. This is essential to the program and should not be skipped.

This plan is designed for you to fit it into your lifestyle and work schedule. Plan in at least 2 rest days a week as your schedule allows.

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 5 minutes of low, slow movement
3 rounds of 30 sec of hard work/30 seconds of rest of the following: - Step-ups (+ weighted/ - low step ups) - Push-ups (+ weight on back/ - on knees or hands elevated) - Weighted sit ups - Jump Rope (singles) (+ doubles/ - DB toe taps) - Air Squats (+ goblet squat/ - squat to a bench) - Farmers Carry (+ two different weights/ - lighter weights) (18 minutes)	1) 3 rounds of: (5 barbell back squats, 5 unweighted single leg box squats (+ pistol squat/ - squat to a higher target) (each side), 10 overhead PVC squats, 1 min rest) 2) 4 rounds of: (10 DB suitcase deadlift, 10 glute bridges, 10 PVC slow RDLs, 1 min rest) 3) 4 rounds of: (:30 sec plank, :30 sec right side plank, :30 sec left side plank, :30 sec superman hold, 1 min rest)	4 rounds for time of: 10 burpees (+ devil presses/ - elevated burpees) 20 tire double jack hits 30 shoulder taps from plank position 40 step ups to low target (stack some weight plates to step on) 50 jumping jacks	1) 3 rounds of: (5 barbell bench press, 10 DB strict press, 10 pallof presses each side, 1 min rest) 2) 4 rounds of: (8 barbell inverted rows (+ feet elevated), 8 scap pull ups, 8 single arm banded lat pull downs, each side, 1 min rest) 3) 4 rounds of: (15 weighted sit ups, 20 bird dogs, 20 dead bugs)	20-30 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms. If you know your “prime” zone, hold your heart rate in that zone.
Cool Down: 3 rounds of: (10 down dog to up-dog – moving with breath, 30 sec of child's pose, 10 cat pose to cow pose – moving with breath)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 thread the needles, :30 assisted squat hold, :30 sec runners lung each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 push-ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 3 rounds of: (5 push ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 5 minutes of low, slow movement
3 rounds of 40 sec of work/20 seconds of rest of the following: <ul style="list-style-type: none"> - Forward Lunges (+ weighted/ - assisted holding TRX) - DB Floor Presses - Sandbag or DB bear crawl drags (- bear crawls) - Shuttle runs (50 ft back and forth) - Flutter kicks - Up downs (burpee with no push up) (18 minutes)	1) 3 rounds of: (10 sumo deadlifts, 10 1-armed suit-case deadlift each side, 10 KB swings, 1 min rest) 2) 4 rounds of: (10 box squats, 10 lateral step ups with slow descent, 10 windmills, 1 min rest) 3) 4 rounds of: (10 thrusters, 10 lateral lunges, :30 sec squat hold)	15 min AMRAP: 400 m run or 500 m row or 2 min of choice cardio 10 tire flips – OR 15 light deadlifts 10 V-ups 10 skater jumps (- hops over a line)	1) 3 rounds of: (5 pull ups (+ weighted/ - lat pull downs, 10 1-arm DB row (each side), 15 overhead DB tricep extensions, 1 min rest) 2) 4 rounds of: (5 single arm DB strict press (each side), 10 push presses (same weight), 10 barbell roll outs, 1 min rest) 3) 4 rounds of: (10 deadbugs, 10 side plank raises with 2-3 sec hold – each side, 10 alternating supermans with 2-3 sec hold)	30-40 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone. Do at least 10 minutes more than in Week 1
Cool Down: 3 rounds of: (10 down down dog to up-dog – moving with breath, 30 sec of childs pose, 10 cat pose to cow pose – moving with breath)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 thread the needles, :30 assisted squat hold, :30 sec runner’s lung each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 5 minutes of low, slow movement
3 rounds of 30 sec of work/30 seconds of rest of the following: <ul style="list-style-type: none"> - DB Hop Overs - Inverted Rows - Scissor Kicks - Alternate Arm Battle Ropes (Rope or Hose) - Lateral lunges - Pike Push-ups - TRX overhead squats (OR PVC overhead squats) (21 minutes)	1) 3 rounds of: (5 barbell back squats, 5 single leg box squats (each side), 10 overhead PVC squats, 1 min rest) 2) 4 rounds of: (10 DB suitcase deadlift, 10 glute bridges, 10 PVC slow RDLs, 1 min rest) 3) 4 rounds of: (:30 sec plank, :30 sec right side plank, :30 left side plank, :30 superman hold, 1 min rest)	10 rounds of: 1 minute HARD /1:00 easy of choice cardio Rowing, Running, Walking Up-Hill, Spin Bike, Elliptical, etc)	1) 3 rounds of: (5 barbell bench press, 10 DB strict press, 10 pallof presses each side, 1 min rest) 2) 4 rounds of: (8 barbell inverted rows, 8 scap pull ups, 8 single arm banded lat pull downs, each side, 1 min rest) 3) 4 rounds of: (15 weighted sit ups, 20 bird dogs, 20 dead bugs)	30-40 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone.
Cool Down: 3 rounds of: (10 PVC pass throughs, :30 sec pec stretch in doorway each side, :30 sec pigeon stretch each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 slow breaths in down dog, :30 sec child’s pose reaching right, :30 sec child’s pose reaching left)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 push-ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 3 rounds of: (5 push ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 5 minutes of low, slow movement
3 rounds of 40 sec of work/20 seconds of rest of the following: <ul style="list-style-type: none"> - Forward Lunges (+ weighted/ - assisted holding TRX) - DB Floor Presses - Bear Crawl - Shuttle runs (50 ft back and forth) - Skater jumps (- no jump) - Up downs (burpee with no push up) - Flutterkicks (21 minutes) 	<ol style="list-style-type: none"> 1) 3 rounds of: (10 sumo deadlifts, 10 1-armed suit-case deadlift each side, 10 KB swings, 1 min rest) 2) 4 rounds of: (10 box squats, 10 lateral step ups with slow descent, 10 windmills, 1 min rest) 3) 4 rounds of: (10 thrusters, 10 lateral lunges, :30 sec squat hold) 	<p>8 rounds of: (:20 sec ALL OUT/:10 rest) (1 min rest between sets) TABATA!</p> <p>#1: air squats</p> <p>#2: split squat jumps</p> <p>#3: Battle Ropes (or use old hose)</p> <p>Do all 8 rounds with one exercise, then rest 1 min, then move to the next exercise</p>	<ol style="list-style-type: none"> 1) 3 rounds of: (5 pull ups or lat pull downs, 10 1-arm DB row, 15 overhead DB tricep extensions, 1 min rest) 2) 4 rounds of: (10 single arm strict press, 10 push presses (same weight), 10 barbell roll outs, 1 min rest) 3) 4 rounds of: (10 deadbugs, 10 side plank raises from knees with 2-3 sec hold – each side, 10 alternating supermans with 2-3 sec hold) 	<p>30-40 minutes of choice cardio @ 65-75% HRmax</p> <p>Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone.</p>
Cool Down: 3 rounds of: (10 down down dog to up-dog – moving with breath, 30 sec of childs pose, 10 cat pose to cow pose – moving with breath)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 thread the needles, :30 assisted squat hold, :30 sec runner’s lung each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 5 minutes of low, slow movement
3 rounds of 45 sec of work/15 seconds of rest of the following: <ul style="list-style-type: none"> - DB Hop Overs - Inverted Rows - Scissor Kicks - Alternate Arm Battle Ropes (Rope or Hose) - Lateral lunges - Pike Push-ups - TRX overhead squats (OR PVC overhead squats) (21 minutes)	1) 4 rounds: (12 DB lateral lunges, 10 DB walking lunges, 1 min plank, 1 min rest) 2) 4 rounds: (10 single leg split squats right, 10 single leg squats left, 20 single leg bridges with 1 sec pause) 3) 3 rounds of: (10 R arm to L foot V-up, 10 L arm to R foot V-up, :30 side plank R, :30 side plank L, :30 reverse plank)	12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps of: <ul style="list-style-type: none"> - Wall balls/Thrusters - Sit-up - Burpees 	1) 4 rounds: (10 TRX rows (+ feet elevated, 10 sumo deadlift high pulls (KB or barbell), 20 banded pull aparts, 1 min rest) 2) 4 rounds of: (10 DB incline bench press, 10 DB floor presses, 10 pallof presses each side, 1 min rest) 3) 3 rounds of: (1:00 plank, 20 shoulder taps in plank position, 20 supermans with 2 sec pause)	30-40 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone.
Cool Down: 3 rounds of: (10 PVC pass throughs, :30 sec pec stretch in doorway each side, :30 sec pigeon stretch each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 slow breaths in down dog, :30 sec child’s pose reaching right, :30 sec child’s pose reaching left)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 push-ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 3 rounds of: (5 push ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 5 minutes of low, slow movement
3 rounds of 40 sec of work/20 seconds of rest of the following: <ul style="list-style-type: none"> - Step-ups (+ weighted/ - low step ups) - Push-ups (+ weight on back/ - on knees or hands elevated) - Weighted sit ups - Jump Rope (singles) (+ doubles/ - DB toe taps) - Air Squats (+ goblet squat/ - squat to a bench) - Farmers Carry (+ two different weights/ - lighter weights) - Cookie cutters - TRX rows (or inverted bar rows) (24 minutes)	<ol style="list-style-type: none"> 1) 3 rounds of: (5 barbell back squats, 5 single leg box squats (each side), 10 overhead PVC squats, 1 min rest) 2) 4 rounds of: (8 1 leg DB RDL each side, 10 poor man leg curl, 3) 4 rounds of: (:30 sec plank, :30 sec right side plank, :30 left side plank, :30 superman hold, 1 min rest) 	8 rounds of: (:20 sec ALL OUT/:10 rest) (1 min rest between sets) TABATA! #1: KB Swings (- air squats) #2: Flutter kicks #3: Shuttle Runs OR bike #4: Single arm DB presses (switch side each :20 sec) Do all 8 rounds with one exercise, then rest 1 min, then move to the next exercise	<ol style="list-style-type: none"> 1) 3 rounds of: (5 pull ups (+ weighted/ - lat pull downs), 10 1-arm DB row (each side), 15 overhead DB tricep extensions, 1 min rest) 2) 4 rounds of: (5 single arm DB strict press (each side), 10 push presses (same weight), 10 barbell roll outs, 1 min rest) 3) 4 rounds: (10 toe touches, 10 toes to sky, 20 bicycle crunches, 10 atomic abs, :30 rest) Video link	30-40 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone.
Cool Down: 3 rounds of: (10 down down dog to up-dog – moving with breath, 30 sec of childs pose, 10 cat pose to cow pose – moving with breath)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 thread the needles, :30 assisted squat hold, :30 sec runner’s lung each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 7

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 3 rounds of: (5 squats, 10 lunges, 15 sit-ups, 20 jumping jacks)	Warm up: 3 rounds of: (5 inchworms, 10 wall angels, 15 box squats, 20 mountain climbers)	Warm up: 5 minutes of low, slow movement
3 rounds of 45 sec of work/15 seconds of rest of the following: <ul style="list-style-type: none"> - Tire hits (stand on tire and hit with double jack to simulate Keiser sled) - Farmer’s Carry (+ two different weights) - DB or KB push press - Rower/Bike/Run - 1 leg DB straight leg deadlift - Seated banded rows - Crossbody kick-outs - Toe taps to low step (24 minutes) 	<ol style="list-style-type: none"> 1) 4 rounds: (12 DB lateral lunges, 10 DB walking lunges, 1 min plank, 1 min rest) 2) 4 rounds: (10 single leg split squats right, 10 single leg squats left, 20 single leg bridges with 1 sec pause) 3) 3 rounds of: (10 R arm to L foot V-up, 10 L arm to R foot V-up, :30 side plank R, :30 side plank L, :30 reverse plank) 	2 rounds of: :10 hard/:50 easy :20 hard/:40 easy :30 hard/:30 easy :40 hard/:20 easy :50 hard/:10 easy :40 hard/:20 easy :30 hard/:30 easy :20 hard/:40 easy :10 hard/:10 easy 5 min easy between rounds	<ol style="list-style-type: none"> 1) 4 rounds: (10 TRX rows (+ feet elevated, 10 sumo deadlift high pulls (KB or barbell), 20 banded pull aparts, 1 min rest) 2) 4 rounds of: (10 DB incline bench press, 10 DB floor presses, 10 pallof presses each side, 1 min rest) 3) 3 rounds of: (1:00 plank, 20 shoulder taps in plank position, 20 supermans with 2 sec pause) 	40 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone.
Cool Down: 3 rounds of: (10 PVC pass throughs, :30 sec pec stretch in doorway each side, :30 sec pigeon stretch each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 slow breaths in down dog, :30 sec child’s pose reaching right, :30 sec child’s pose reaching left)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement

Week 8

Day 1	Day 2	Day 3	Day 4	Day 5
<i>HIIT</i>	<i>Strength – Lower Body Focus</i>	<i>HIIT</i>	<i>Strength – Upper Body Focus</i>	<i>Cardio Endurance</i>
Warm up: 3 rounds of: (5 push-ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 3 rounds of: (5 push ups, 10 plank jacks, 15 air squats, 20 hot footed lizards)	Warm up: 3 rounds of: (5 DB standing roll ups, 5 DB halos -each side, 5 DB squats, 5 DB RDLs)	Warm up: 5 minutes of low, slow movement
3 rounds of 50 sec of work/10 seconds of rest of the following: <ul style="list-style-type: none"> - Row/Run/Bike - Step-ups (+ weighted/ - low step) - Battle Ropes (ropes OR old hose) - Push-ups (+ spiderman push ups/ - hand elevated) - Jump Ropes - Good Mornings (+ barbell/ - PVC pipe or unweighted) - Supine Leg Lifts - Double DB rows (24 minutes)	<ol style="list-style-type: none"> 1) 3 rounds of: (5 barbell back squats, 5 single leg box squats (each side), 10 overhead PVC squats, 1 min rest) 2) 4 rounds of: (8 1 leg DB RDL each side, 10 poor man leg curl, 10 fire hydrants) 3) 4 rounds of: (:30 sec plank, :30 sec right side plank, :30 left side plank, :30 superman hold, 1 min rest) 	The 100 Workout: <ul style="list-style-type: none"> - 100 Jumping Jacks - 90 Crunches - 80 squats - 70 leg lifts - 60 jumping jacks - 50 crunches - 40 squats - 30 leg lifts - 20 jumping jacks - 10 min Run (or bike or row) Squats can be body weight or grab a sandbag if you need an extra challenge!	<ol style="list-style-type: none"> 1) 3 rounds of: (5 pull ups (+ weighted/ - lat pull downs), 10 1-arm DB row (each side), 15 overhead DB tricep extensions, 1 min rest) 2) 4 rounds of: (5 single arm DB strict press (each side), 10 push presses (same weight), 10 barbell roll outs, 1 min rest) 3) 4 rounds: (10 toe touches, 10 toes to sky, 20 bicycle crunches, 10 atomic abs, :30 rest) Video link	40 minutes of choice cardio @ 65-75% HRmax Maintain a heart rate in which you can still hold a conversation. This can be done in many different forms with your choice of exercise mode. If you know your “prime” zone, hold your heart rate in that zone.
Cool Down: 3 rounds of: (10 down down dog to up-dog – moving with breath, 30 sec of childs pose, 10 cat pose to cow pose – moving with breath)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 3 rounds of: (10 thread the needles, :30 assisted squat hold, :30 sec runner’s lung each side)	Cool Down: Foam roll trouble areas (shoulders, upper back, lower back, glutes, calves, quads, hamstrings) – 10 minutes	Cool Down: 5 minutes of low/slow movement