



**MCFRS
Recruit Class
Workout Reference**

Update: Fall 2017

Warm -Up; Cool Down

<i>Dynamic Warm Up</i>
Stationary
15 OH Squats – w/ PVC Pipe
5 Walkouts
5 Runners Push Ups
Single Leg Hip Bridge
Walking
Karaoke R+L
Bear Crawl Forward, Backward, Right + Left
Lateral Squat Walks, Right +Left
Walking Straight Leg Kicks
High Knees (Rate of 160 -180 Steps-Min)
Butt Kicks (Rate of 160 -180 Steps-Min)
Knee Hugs
Heel Walks

<i>Mobility Cool Down</i>
Stationary
Worlds Best Stretch
Kneeling Hip Flexor Stretch
Kneeling Hamstring Stretch
Standing Toe Touch Stretch
Squat Stretch /Groin Stretch
Open Chest Stretch
Triceps Stretch
Side Lying Quad Stretch
Figure 4 Stretch

<i>Partner Stretching</i>
PNF
Hamstring
Calf
Side Lying Quad + Hip Flexor
Butterfly Stretch
Shoulder Stretch (Open Chest)

<i>Recovery Workout</i>
Mobility for Runners
Worlds Greatest Stretch
Walkout to Push Up with Rotation
Squat Stretch
Bird Dogs
Iron Cross
Single Leg Bridge (R+L)
Childs Pose
Childs Pose Shoulder Stretch (20 sec per position)
Calf Stretch (30 Sec Each)

<i>Shin Splint Prevention Drills</i>
Lower Leg Endurance & Glut Strength
Single Leg Hip Bridge
Lateral Squat Walks
Heel Walks

Workout 1, Target: Lower Body, Core, Back

4 Stations – 6 Minutes Per Station
Stationary Lunges
High Low Plank Hold 10/ Body Weight Squats 25
Ab Station – Instructors choice
Pullups Max/ Burpees 10

Workout 2, Target: Lower Body, Core, Chest, and Grip Strength *Auth: Lewis*

4 Stations – 7 Minutes Per Station
Deck Squats
Mat Sit Up Get Ups with 25# Plate / Bottoms Up Push Ups (10)
Partner Farmers Walk Barbells with 45# Plates
Partner Drag 25 Ft Down & Back

Deck Squat: <https://www.youtube.com/watch?v=ldLHQBsJH58>

Workout 3, Target: Core, Chest, Back

4 Stations – 6 Minutes Per Station
Push Up (10)/ High Planks
Sit Ups (20)/ Low Plank
Pull Ups 7, 5, 3, / Burpees (10)
Mountain Climbers 15 Reps (Cardio Style)/ Stationary Lunges (10)

Workout 4, Target: Core, Grip Strength

Auth. Miles

For Max Time
Dead Hang on Rig System
In Formation:
Leg Levers (40 sec each; 90deg/rest, 45 deg,/rest, 60 inches /rest
Push up position, Plank Position X 3
Squat Hold
Crab Walk Position hold, alternating holding 1 leg up 40 sec/rest

Workout 5, Target: Lower Body Plyometric

Plyometric- Calisthenics – 12 Min ** Use caution
Jumping Jacks
Up-Downs (Mod Burpee)
Stationary Alternating Split Jumps

Workout 6, Target: Lower body, Chest Core

Calisthenics – 12 Minutes
In Formation
20 Push Ups
20 Sit Ups
10 Plank Ups
80 Air Squats
40 Hand Release Push Ups
Squat Hold

Workout 7, Target: Lower Body, Chest, Core

Calisthenics- For Time Instructor Lead
In Formation
Push Up
Plank
BW Squat
Burpees
6 Inches
In & Out Leg Holds

Workout 8, Core, Grip Strength

Aprox 25 Minutes

Tabotta Circuit (20 sec work 10 Sec Rest x 8 Rounds)
Rotate to next station after 8 rounds
L Hold on Rig System (or Knees to Elbows on Rig)
Russian Twist (10# plate)
Butterfly Sit Up
Farmers Carry (hold) 45# Plate (4 min continuous station)
Plank Jack (Alt. narrow and wide foot placement)

Workout 9, Core

5 Stations 5 Minutes Per Station
Plank (R+L, Low & High)
Sit-Ups
In & Outs
6 Inches
Russian Twists 10# Plate

Workout 10, Upper Body Plyometric, Core

*** Use Caution

In Formation for 25 Minutes
(15) Down & Hold Push Ups (3 count down 5 count hold just above ground)
(15) Plyometric push-ups (3 Count Down, Explode Up)
(15) 1 Arm Assisted Push Ups (Raise Right Leg +Lower Body to Left Side Alt.)
20 Sec Rest Between Push Up Style

Workout 11, Core

In Formation – Calisthenics
6 Inches Leg Holds
Plank Hold (High & Low)
Leg Raises
Floor Wipers
V-Sit & Hold (30 Sec)

Workout 12, Target: Lower Body, Chest, Core
Minutes

18

1 Minute Per Station 3 Rounds
Burpees
Squat
Plank Hold
Push Up
In/Outs
Rest

Workout 13, Target: Core, Hip Mobility, Low Back

6 Stations 2 Minutes Per Station – 3x15 Reps in 2 Minutes
Hanging Knee Raises 3 x15 Reps
Plank
Supermans
Sit Up w/25# Plate
Good Mornings 25# Plate
Deck Squats Assisted with 25# Plate (Squat Roll on to Back Stand Up)
Deck Squat: https://www.youtube.com/watch?v=ldLHQBsJH58

Workout 14, Target: Lower Body Plyometric, Chest

In Formation – Calisthenics
20 Minutes – AMRAP
4 Count Lunges (25)
4 Count Cross County Skiers (20)
4 Count Mountain Climbers (20)
Sit Ups – 25
Then -20 minute AMRAP
Push Up (20)
Elbows in Push Ups (20)
Right Side Lead Push Ups then Left Side Lead Push Ups (10 each)
Low Plank Hold

Workout 15, Target: Cardio,

During Run 30-Minute Run
Push Ups (20)
Burpees (20)
Sit-Ups (Recruit class number)
Hill Sprints
Walking Lunges
Air Squats

Workout 16, Target:Grip Strength, Core

10 Station 2 Minutes Per Station
Towel Pull Ups
Walkout Planks
Supermans
Wall Squat
Pinch Grip Dumbbell Hold (holding ball of dumbbell)
45 lb Plate Rotations
Bottoms Up Push Ups
45# Barbell Ceiling Breach
Boat Pose Hold
Kettle bell Swings

Workout 17, Target: Shoulder, Back, Grip Strength

5 Station 6 Minutes Per Station
Unilateral Band Row 3x15
Farmers Hold 45# Plates
Standing Arnold Press 15-25# DB
Partner Boxing 3 Min Per Partner
Land Mines (w/ Barbell – Shoulder Press + Rotation)

Workout 18, Target: Core

In Formation – Calisthenics
30 Sec Per Exercise 4 Rounds then 2 Min Rest then Repeat Workout
Plank
Plank Jack
Boat Hold
Hip Bridge Hold
Single Leg Hip Bridge (R+L)

Workout 19, Target: Core

In Formation – Calisthenics
Continuously for 10 Minutes
Sit-Ups
Planks – High
Plank – Low
6 Inches

Workout 20, Target: Cardio, Full Body

10 Min Stair Run with Packs or Dumbbells
Using Sandbags
Cleans
Bent over Rows
Sit Ups
Military Press
Weighted Push Ups

Workout 21, Target: Core, Lower Body Plyometric

In Formation – Calisthenics
Squat Jacks
Mountain Climbers
Squat Thrusts (Mod Burpee)
Plank
Flutter Kicks
Jumping Jacks
Burpees
Alternating Split Jumps

Workout 22, Target: Lower Body Plyometric, Core

In Formation- Calisthenics
20 Minutes AMRAP
Push Ups
Jumping Jacks
Mountain Climbers
Cross County Ski Jumps
Water Break
20 Minute AMRAP
Elbows & Toes
Air Squat & Hold
In & Out Leg Holds
6-Inch Leg Holds
Planks

Workout 23, Target: Strength, Lower Body

6 Minute Stations 2 Rounds
Deadlift + Jump Rope
Step-Ups/ Core Work
Weighted Mat Push
Pull Ups/ Burpees
Goblet Squat/ Push Ups

Workout 24, Target Core, Lower Body, Shoulders

Information 10 Minutes
Push Ups
Squats
Mountain Climbers
Sit Ups
Burpees
Then -Jog to Burn Building
Workout 3 Min Each Station 2 Rounds
Hose Pack Up the Stairs
Stationary Lunges
Tire Flips
Chain Drag
Battle Ropes
Sand Bag Carry Exterior Stairs

Workout 25, Target: Full Body

5 Minute Station 2 Rotations
Tower Run
Tire Flips
Chain Pull
Walking Lunges
Battle Ropes

Workout 26, Target: Cardio,

60 Minutes Alternating
Stairs with Bundles 15 Minute
Interval Run with Sit- Ups + Push Ups 15 Minutes

Workout 27, Target: Tri-planer Motion, Lower Body Plyometric

5 Minute Stations 3 Rounds
Lateral Band Walks 20 ft
Suicides x3
Unilateral Band Rows
Box Jumps (Mat Jumps)

Workout 28, Target: Carrying, Full Body

20 Minute AMRAP
5 Burpees
10 Push Ups
15 Air Squats
Then as Partners
Partner Carry 40ft
Partner Drag 40 Ft
Water Break
In formation 10 Minutes
Squats
Push-ups
Sit-ups

Workout 29, Target: Strength, Full Body

10 Minute Stations 2 Rounds
Deadlift (5)/ Jump rope
Pull Up (10)/ Burpee (10)
Side Med Ball Wall Slams (Alternating after 5 each side)
Dynamic Step Ups/ 30 Sec Plank

Workout 30, Target: Strength, Weighted Cardio, Full Body

As a Group
15 Min Run
Then
5 Minute Stations 2 Rounds
Stair Climb with Hose Packs
Sandbag Squats
Tire Flips with Sledge Hammer Swings (10 each)
3 Count Battle Ropes (20)
Renegade Rows (10 Each)

Workout 31, Target: Strength, Full Body

6 Minute Stations 3 Rounds
Deadlift (5)/ Jump Rope
45# Sit Up Stand Up,
Pull Up(10)/ Burpees (10)
Goblet Squat (20)/ Sit Up (20)
45# Mat push/ 60 Sec Plank

Workout 32, Target: Back, Lower Body Power, Cardio

4 Stations 2 Rounds - Adj based on time available
Pull Ups 10 Reps

Gym Mat Push 70# 40ft down & back
Squat Burpees AMRAP
Punching Bag Drag 40 Ft
Then
2 Mile Run

Workout 33, RC41 PT Challenge, Target: Full body

30 Minutes AMRAP
10 Pull Ups
15 Burpees
20 Push-Ups
25 Sit-Ups

Workout 34, Cardio,

5 Rounds
5-Minute High Rise Pack Run
Alternating Fast Feet+ Jumping Jacks 2 Minutes

Workout 35, Shoulder, Lower Body

4 Minute Stations in High Bay - Stations in small rooms on each level
High Rise Pack Shoulder Press
Walking Lunges
Side Band Walks
Back Squat with lg blue band
Lunge Unilateral Band Rows
Jump Rope
Then
Turkey Thicket Run

Workout 35, Target: Team Building

In 3 Teams Tire Flip in lines around burn building
Chain Drag Around Burn Building

Workout 36, Target: Team Building, Full Body

As Partners each partner must complete the reps before moving to the next exercise
100 Squats
90 Jump ropes
80 Sit Ups
70 Mountain Climbers
60 Squat to Reverse Lunge
50 Mat Step Ups
40 Decline Push Ups
30 Burpees
20 Pull Ups

10 Weighted Mat Pushes 5 Per Recruit
Workout 37, Target: Cardio, Full Body
Stairs 10 Minutes
Walk/ Sprint/ Jog 10 Minutes
Then
2 Minute Each Station for (10 each)
Tire Flips (10)
Sand Bag Sprints (40ft down and back)
Chain Drag (40 ft)
3 Count Battle Ropes (20)

Workout 38, Target: Full Body, Team Building

As Quickly As Possible Complete Each Station As A Team
1 Keg Walk 40 Ft/ Alternating Lunges
Partner Tire Flips (5)/ Plank Hold
1 Track Indian Run (Small Loop)
Kneeling Tire Hose Pull/ BW Squat
KB Swings (25)/ Jumping Jacks
Band Walks/ Hip Pop-Ups
Barbell Push Press (10 Each Side)/ Squat Hold

Note: Each Station Will Have 1 Piece of Equipment/ While waiting for the equipment the rest of the individuals at the station will complete AMRAP of the body weight exercise.

Workout 39, Target: Speed, Running Form

In lines of 5-10
6x 40 Yrd Sprint
1 Shuttle Run (10, 15,20,30 Yrds)

Workout 40, Target: Core

2 Minute Stations
Partner Wheel Barrow Walk
Sit-Ups
Medicine Ball Twists
Hanging Knee Raises
Alternating Low/ High Planks

Workout 41, Target: Full Body

In Formation –Calisthenics
30 Minutes
Push Ups
In/Outs
6 Inches
Planks High
Plank Low
Burpees
Mountain Climbers
Sit-Ups
Body Weight Squats
Stationary Lunges

Workout 42, Target: Cardio, Lower Body, Chest

25 Minute AMRAP – Outdoors Bodyweight
Run Around Auto Pile then Bundle Pack Up High-bay Building
10 Burpees
20 Push Ups
30 In & Outs
40 Lunges
50 Air squats
60 Jumping Jacks

Workout 43, Target: Full Body, Cardio, Team Building

Stations – On skip pan and track area, As teams each team member must complete the weighted exercise before the team moves to the next station. While waiting for the weighted exercise the other members of the team perform the body weight exercise.
Station 1 – Run around track
Station 2 – Keg Carry+ Stationary Lunges
Station 3 – Tire Flip + Jumping Jacks
Station 4 – Deadlift 135# + Hip Bridge
Station 5 – Kettle bell Swing + Plank Hold
Station 6 – Tire Hose Pull + Burpees
Station 7 – Walking Lunges with High Rise Pack + Push Ups
Station 8 – Farmers Carry 45# DBs, Mountain Climbers

Workout 44, Target: Full Body, Team Building

2 Teams
Suicides
Firemans Carry
Gym Mat Suicides
Farmers Carry
Dumbbell Walking Lunges

Workout 45, Target: Core

15 Minutes

In Formation
Sit Ups
High/ Low Planks
Scissor Jacks
V-Ups
Side Planks
6-Inch Leg Holds
Bicycle Crunches

Workout 46, Target: Shoulder, Grip Strength, Back, Chest

1-Minute Stations - 5 Rounds
Push Ups/ Dead Hang on Rig
Planks/ Man Makers
DB Clean + Press/ Jump rope
Renegade Rows/ 6 Inches

Workout 47, Cardio, Calisthenics

PT Challenge Style
25 Minute Stairclimb with Packs
Then
AMRAP in 15 Minutes
Push Ups (25)
Burpees (25)
Squat holds - 60 Sec
Plank -60 Sec
Leg Lifts - 60 Sec

Workout 48, Target: Back, Chest, Shoulders, Legs, Grip Strength

3 Rounds 2 Minutes Per Station
Push Ups
Pull Ups
Burpees
Bear Crawls
Dumbbell Farmers Carry
Renegade Row
Squat Hold

Workout 49, Target: Back, Lower Body

6 Minutes Stations 2 Rounds
Renegade Rows 20 Reps
Deadlifts 5 Reps
DB Shoulder Press (Arnold Press) (10 Reps)
Pull Ups - to Failure
Stationary Forward Lunges

Workout 50, Target: Cardio, Calisthenics'

2.5 Mile Neighborhood Run Starting @ Safeway
At Park - In Formation
20 Minutes
Push Ups
Sit Ups
Plank Holds
BW Squats

Workout 51, Target: Running Form, Full Body

Sprint Drills
Suicides
Mat Push Suicides
Then
6 Minute Stations 2 Rounds
Deadlift (5)/ Jump Rope
10 Sit Up Get Up with 45# Plate / Plank
10 R+L Side Ball Slams into Wall/ Skater Squats
Step Ups 20# DBS

Workout 52, Target Running Form, Full Body

Sprint Drills
Suicides
Mat Push Suicides
Then
6 Minute Stations 2 Rounds
Deadlift (5) Jump Rope
Pullups to failure
10 R +L Side Ball Slams into Wall
8 DB Shoulder Press
Walking Lunges

Workout 53, Target: Cardio, Calisthenics, Plyometric

2 Mile Group Run
Pushups
Mountain Climbers
Cross Country Lunge Jumps

Workout 54, Target: Full Body,

5 Minute Stations 2 Rounds
Tire Flips + Skater Squats
Deadlift (5)+ Jump Rope
Chain Drag + Mountain Climbers
10 Body Builders + Plank

Workout 55, Target: Full Body

Each Recruit will have 1 45# plate to carry throughout the workout
8 Station AMRAP
Deck Squats (10)
Reverse Lunges (10)
Push Ups (10)
Squats (10)
Plate Press (10)
Jump Rope (50)
Bent Over Row (10)
Sit Ups (10)

Workout 56, Target: Lower Body Endurance, Cardio , Team Building

Team Chain Drag, from lower training area to skid pan
15 Minute Stair Climb with Packs

Workout 57, Target: Cardio, Shoulder

Sprint
Mat Push Suicides
Partner Mat Push Suicides
Then
2 Rounds
Highrise stair climb with 2 packs
Chain Drag (80 Ft)
DB Squat to Press (Thruster)+ 30 Dumbbell Jacks with #25
3 Count Battle Rope (60) + Plank Hold

Workout 58, Target: Calisthenics + Full Body Strength, Lower Body Plyometric

20 Minute AMRAP
50 Pull Ups
50 Sit Ups
50 Box Jumps
50 Burpees
50 Mountain Climbers
Then
Each Recruit Carries 1 45# Plate
100 Squats
100 Chest Press
100 Bent Over Row
100 Pull Overs
100 Sumo Squats

Workout 59, Target: Lower Body, Back

6-Minute Stations
Deadlift (5) + Jump Rope
Pull Up+ Runners Push Ups
Walking Lunges with OH PVC Squat Each Step
Sit Up Get Ups with 45# plate+ Plank

Workout 60, Target: Grip Strength, Core

8 Rounds
Dead Hang (30 sec)
Sit Ups -(30 Reps)
Runners Push Ups (40 Reps)
Lat Med Ball Toss (20 Reps)
Side Band Walks (40Ft)

Workout 61, Target: Calisthenics, Plyometric

1 Minute Per Exercise
Lunge Burpee
High Jump Burpees
Side Roll Burpees
Rotational Jump Burpee
Burpee Squat Jumps
Lateral Jumps with Burpee
Heel Slap Burpees
3 Hop Burpee
Mountain Climber Burpee (4 Count)
Grasshopper Burpees (Leg out to each side)

Workout 62, Target: Cardio, Lower Body, Chest

25 Minute Stair Climb with Packs
Then 2 Rounds
Push Ups (10)
70% 100 Yrd Sprint
10 Body Weight Squats
Recovery Walk 100 Yrds
Walking Lunges 100 Yrds

Workout 63, Target: Lower Body, Core, Shoulder

5 Minute Stations 2 Rounds
Deadlift (5) + Jumprope
Donkey Kicks (20), + Arnold Shoulder Press (10)
Box Jumps (20) + Lat Med Ball Wall Toss (10 R+L)
20 Runners Push Ups + 10 Pull Ups

Workout 64, Target: Cardio, Shoulders, Posterior Chain

IPE Style- Divide into waves of 6 People
1 Sprint around auto pile
2 x Pack Carry Burn Building Stairs
3 Count Battle Rope (30)
40Ft Partner Chain Drag
5 Tire Flips - Farmers Carry Tire Back

Workout 65, Target: Cardio, Grip Strength, Posterior Chain

3 Rounds
Stair Climb With Bundle Pack
DB Farmers Carry Around Single Family Burn Building
Chain Drag Around Single Family Burn Building

Workout 66, Target: Cardio, Shoulder, Grip Strength

Run Around Car Pile
Stair Climb with 1 Pack
Chain Drag
Battle Ropes
Tire Farmers Carry + Tire Flips
Sandbag Farmers Carry Around Single Family Burn Building

Workout 67, Target: Cardio, Core, Lower Body

Stair Run With Hose Packs
20 Minute Walk, Jog, Sprint Intervals
then
Chain Drag
Tire Flips
Sledge Hammer Hits
Walking Lunges
3 Count Battle Ropes

Workout 68, Target: Recovery, Glut Strength, Shoulder Endurance

2 Min Per Stations
40 Ft R +L Side Band Walks
10 Push Ups + 10 Band Rows
10 Push Ups/ 60 Jump Rope
Then
3 People per Battle Rope Station
Battle Rope Variations 10 Minutes
20 Sec Work: 40 Sec Rest