

C2BFF 30 minute Shift Fitness! #1

30 min · Abs, Arms, Back, Cardio, Chest, Legs, Shoulders



Steve N.

Here is a workout you can do while on duty right at the Firehouse you have all the equipment you need to complete this 30 minute program Take It slow we are just beginning!

Neck Stretch



60 secs

30 seconds per side

Shoulder Stretch



60 secs

30 seconds per arm

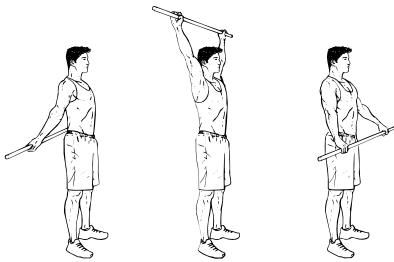
Overhead Triceps Stretch



60 secs

30 seconds per arm

Shoulder Pole / Broomstick Stretch



10 reps

Knee-to-Chest Lower Back Stretch



60 secs

30 seconds per side

Side Lying Quad Stretch



60 secs

30 seconds per side

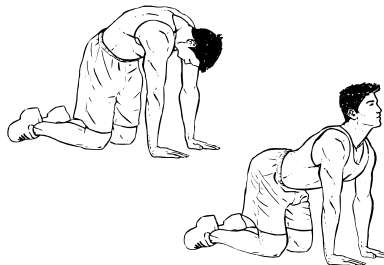
Hamstring Stretch



60 secs

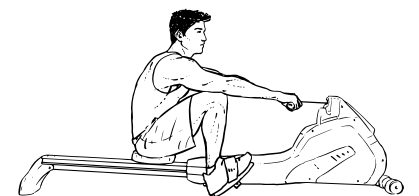
30 seconds per side

Backward Camel Stretch



45 secs

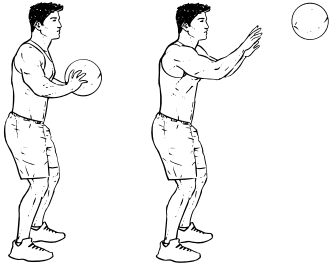
Cardio - Rowing Machine



0.5 km

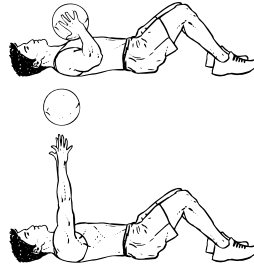


Medicine Ball Chest Pass



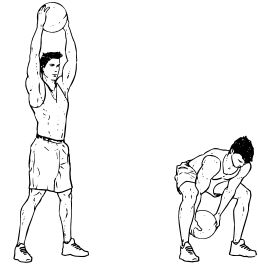
2 sets 20 reps

Medicine Ball Floor Press



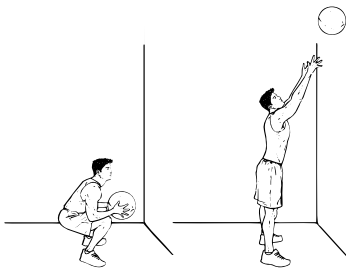
2 sets 20 reps

Medicine Ball Swings



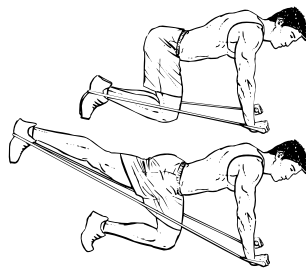
2 sets 20 reps

Medicine Ball Wall Throw



2 sets 20 reps

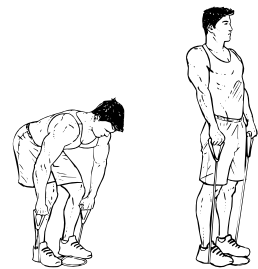
Resistance Band Glute Kickbacks



2 sets 20 reps

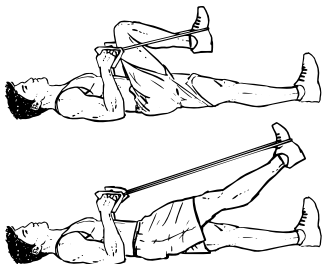
10 reps per side

Resistance Band Deadlifts



2 sets 20 reps

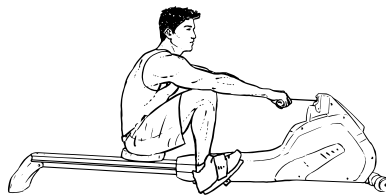
Resistance Band Lying Leg Extensions



2 sets 40 reps

20 reps per side

Cardio - Rowing Machine



0.5 km

