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**MOVEMENT GUIDE**

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# EXERCISE PLANK

“IT’S NOT JUST FITNESS... IT’S A WAY OF LIFE”

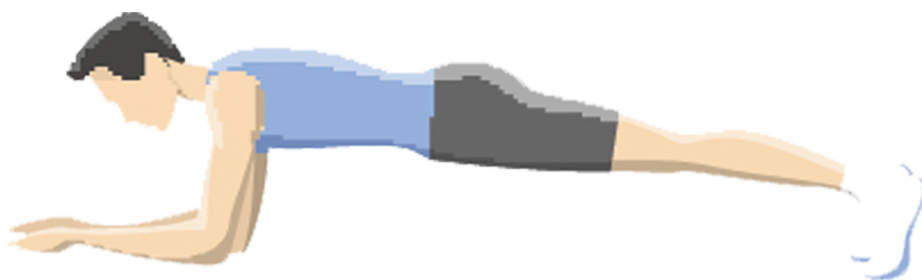
## PLANKS: HOW LONG CAN YOU HOLD ONE (WITH GOOD FORM) ?

**REGRESSION:** Elbows & Knees. Reduce plank length.

**PROGRESSION:** 3 points of contact -- 2 hands/elbows and a foot -- or 2 feet and a hand/elbow.

### PLANK REMINDERS:

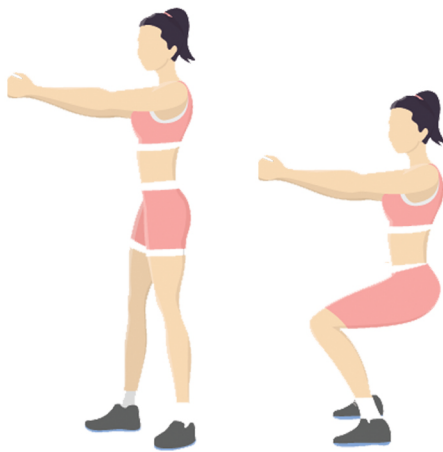
- Draw your shoulders down your back.
- Fingertips should be straight forward in line with your elbows.
- Don't bring your hands together -- this puts shoulders in a poor position.
- Forearms should be shoulder-width apart with elbows directly under shoulders.
- You may also perform from your hands -- keep hands directly under your shoulders.
- Eyes should look right between your hands keeping your neck neutral.





# EXERCISE SQUATS

“IT’S NOT JUST FITNESS... IT’S A WAY OF LIFE”



**PERFORM 30 SQUATS BEFORE EACH MEAL THAT YOU EAT.**

**REGRESSION:** Sit to a chair, if you want to sit to a consistent depth. Use a railing if you need some assistance. Reduce the number of squats, if necessary!

**PROGRESSION:** Advance by turning them into drop or jump squats. Increase the number if you'd like.

## REMINDERS:

- Sit back -- your knees should not push very far over your toes, use your BUTT.
- Keep your torso fairly upright, a little forward lean is okay.
- Knees out -- don't let your knees fall to the center.
- Toes should point straight forward or have a slight angle outward. Think about screwing your feet into the ground as you sit like you're squashing a bug.
- Feet should be about hip-width apart -- find what is comfortable for you. Some of you will have wider feet than others. Everybody is a little different!



# EXERCISE WALL SIT

“IT’S NOT JUST FITNESS... IT’S A WAY OF LIFE”

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**WALL SIT CHALLENGE:  
HOW LONG CAN YOU HOLD IT?**

**REGRESSION:** Reduce your range of motion -- don't sit quite so deep.

**PROGRESSION:** Move feet closer together. Add load -- hold on to a weighted object.

## **WALL SIT REMINDERS:**

- Form a right angle against the wall -- hips in line with knees.
- Knees should be above your ankles.
- Engage your core & legs -- don't forget to breathe.
- Keep your full foot on the ground.
- Focus on your posture -- no slouching or pushing hands against your legs.
- Need a distraction? Do it while watching TV

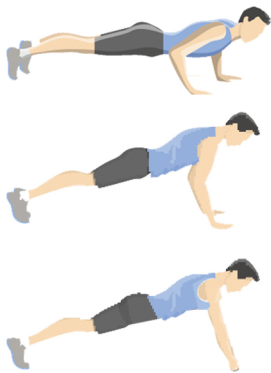


# EXERCISE PUSH-UPS + SQUAT COUNTDOWN

“IT’S NOT JUST FITNESS... IT’S A WAY OF LIFE”

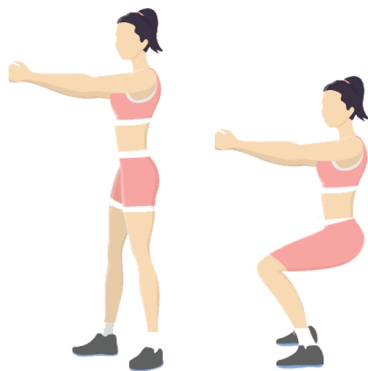
## I PUSH-UPS + SQUAT COUNTDOWN CHALLENGE - 12-0 (EVENS ONLY)

**COUNTDOWN:** 12 push-ups, 12 squats, 10 push-ups, 10 squats, 8 push-ups, 8 squats, 6 push-ups, 6 squats, 4 push-ups, 4 squats, 2 push-ups, 2 squats.



### PUSH-UP LEVEL

- **LEVEL 1:** Elevate your hand -- Countertop, stairs, chair, couch. Choose an elevation that works for your strength level. You’re doing a lot of push-ups so adjust as needed.
- **LEVEL 2:** Ground push-ups
- **LEVEL 3:** Elevate your feet.



### SQUAT LEVELS

- **LEVEL 1:** Bodyweight Squats
- **LEVEL 2:** Drop Squats
- **LEVEL 3:** Jump Squats

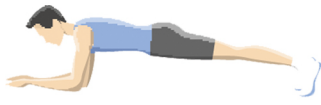


# EXERCISE GUT & BUTT

“IT’S NOT JUST FITNESS... IT’S A WAY OF LIFE”

## ROUND ONE: PLANK & SQUAT

30S PLANK - 30 SQUATS | 4 ROUNDS, ALTERNATING EXERCISES | REST AS NEEDED



### PLANK REMINDERS:

- Draw your shoulders down your back.
- Fingertips should be straight forward in line with your elbows.
- Don't bring your hands together -- this puts shoulders in a poor position.
- Forearms should be shoulder-width apart with elbows directly under shoulders.
- You may also perform from your hands -- keep hands directly under your shoulders.
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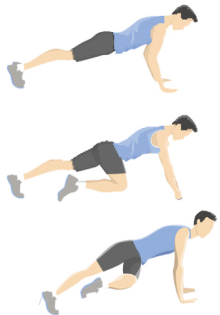


### SQUAT REMINDERS:

- Sit back -- your knees should not push very far over your toes, use your BUTT.
- Keep your torso fairly upright, a little forward lean is okay.
- Knees out -- don't let your knees fall to the center.
- Toes should point straight forward or have a slight angle outward. Think about screwing your feet into the ground as you sit like you squashing a bug.
- Feet should be about hip width apart -- find what is comfortable for you. Some of you will have wider feet than others. Everybody is a little different!

## ROUND TWO: MOUNTAIN CLIMBERS & HIP RAISES

30S MOUNTAIN CLIMBER | 30 HIP RAISES | 4 ROUNDS, ALTERNATING EXERCISES | REST AS NEEDED



### MOUNTAIN CLIMBER REMINDERS:

- Review Plank Form -- keep core stable while adding movement.
- Drive one knee forward without moving core.
- Return foot to plank position.
- Drive opposite knee forward and return.
- Repeat for 30s.

### HIP RAISES REMINDERS:

- Set up on your back with feet hip-width apart.
- Engage your core.
- Drive through heels to raise hips off ground.
- Squeeze butt at the top and return to starting position.
- Perform for 30 repetitions.

