

EXAMPLE WORKOUT SCHEDULE

- **Monday (DAY 1)** – *Strength Day* – Lower Body Focus - Lower Body 1
- **Tuesday (DAY 2)** – *Strength Day* – Upper Body Focus - Upper Body 1
- **Wednesday (DAY 3)** – *Aerobic Day* - Light Intensity Training (LIT) – Cardio &/or Yoga/Stretching
- **Thursday (DAY 4)** – *Aerobic Day* - High Intensity Interval Training (HIIT)
- **Friday (DAY 5)** – *Strength Day* – Full Body Focus - Full Body 1
- **Saturday/Sunday Options (DAY 6 & 7)** – *Aerobic, Mobility/Stretching, &/or Recovery/Rest Days*
 - **Select one option below for Saturday & Sunday (DAY 6 & 7)**
 - 1) One Aerobic LIT Day & one Rest/Recovery/Off Day
 - 2) **OR** one Aerobic HIIT Day & one Rest/Recovery/Off Day
 - 3) **OR** one Mobility/Stretching Day & one Rest/Recovery/Off Day
 - 4) **OR** Two Mobility/Stretching Days
 - 5) **OR** Two Rest/Recovery/Off Days

Fitness Reboot 6.2 – Weekly Programming Focus

- ✚ **For the next 6-week programming, all strength days, resistance training exercises will include a TEMPO – 3-3-1-1 focus.**

Tempo in a workout refers to the specific speed at which each phase of a repetition is performed, usually denoted by four digits (e.g., 3-1-1-0) to control the lowering, pausing, lifting, and holding of a weight. It increases muscle "time under tension" to boost hypertrophy, improve technique, and allow for progressive overload.

Key Tempo Components (4-Digit System) – Tempo is defined by the seconds spent in each phase:

- 1st Digit (Eccentric): Lowering the weight (e.g., 3 seconds down).
- 2nd Digit (Bottom Pause): Pausing at the bottom of the movement.
- 3rd Digit (Concentric): Lifting the weight (e.g., 1 second up).
- 4th Digit (Top Pause): Pausing at the top.

Usage Examples in Workouts

- Squats (3-3-1-1): Lower for 3 seconds, pause for 3 seconds at the bottom, rise in 1 second, pause at top 1 second.
- Bench Press (3-3-1-1): Lower the bar to the chest in 3 seconds, pause at chest 3 seconds, press up in 1 second, pause at top 1 second.
- Pull-ups (3-3-1-1): Lower for 3 seconds, 3 second pause at the bottom, 1 second pull up, 1 second hold at the top.

Synonyms and Related Concepts

- Time Under Tension (TUT): Emphasizing how long a muscle is under strain.
- Controlled Pacing/Cadence: Regulating movement speed.
- Repetition Speed: Speed of the lift.
- Eccentric Training: Focusing on the lowering phase.

Benefits of Tempo Training

- Using a strict tempo improves body awareness, fixes technique, builds muscle through increased metabolic demand, and helps manage injury risk by preventing momentum-driven lifting.

WORKOUT PROGRAMMING – WEEK 1 – Day 1

Strength Training Day – Lower Body 1

WARM-UP – Dynamic Warm up (5-10 minutes)

- [Firefighter Warmup - For firefighter training, workday, or workout](#) (8 minutes)



Strength Focus – Lower Body → Squat/Legs

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
Squat – Any kind... Front, Back, Goblet... w/ DB, KB, BB, or Body Weight	3—4	5—10 (depending on weight)	3-3-1-1	2-minute active rest Shoulder Body Mobility 	Use one weight for all sets, do not build up in weight each set, start at intended weight, then lower weight (Drop Set) if needed to finish reps/sets (what is a drop set).

Auxiliary Work – Hamstrings & Single Leg/Balance → Supersets

EXERCISE	SETS	REPS	TEMPO	REST	NOTES	QR Codes
Hamstrings – Hovering Romanian Deadlift ... Superset w/ Single Leg Romanian Deadlifts	2—3	8-12	3-3-1-1	2-minute active rest Shoulder Mobility	Select 2 Hamstring exercises to Superset (perform back-to-back w/o rest between). Alternative Hamstring Exercises .	   
Single Leg/Balance – Alternating Lunges ... Superset w/ Single Leg Step Downs	2—3	8-12	3-3-1-1	2-minute active rest Shoulder Mobility	Select 2 Single Leg exercises to Superset (perform back-to-back w/o rest between).	 

CORE FINISHER***

EXERCISE	SETS	TIME	REST	NOTES	QR Codes
Elbow Plank Hold	2—3	60 sec.	30 se.	Option – Sub in a different Plank exercise... 66 Plank Variations	
Prone Reverse Snow Angels	2—3	60 sec.	30 sec.	Option – Sub in a different Prone Back Exercise	 
Hollow Hold w/ Legs Bent	2—3	60 sec.	30 sec.	OR try... Pulsing Crunches	 

COOL DOWN – Select 2-3 Stretches (hold 1-2 to minutes per side p/s)

1. [Couch/Box Quad & Hip Stretch](#)



2. [Iron Cross Stretch](#)



WORKOUT PROGRAMMING – WEEK 1 – Day 2

Strength Training Day – Upper Body 1

WARM-UP – Dynamic Warm-up (5-10 Minutes)

- [Firefighter Warmup - For firefighter training, workday, or workout](#) (8 minutes)



Strength Focus – Push & Pull → Chest/Tries & Back/Bies

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
Chest Press – Any kind... DB, KB, BB, Cable, or Pushup (Standard or Narrow Grip)	3	5—10	3-3-1-1	2-minute active rest Squat Mobility Hold	Use one weight for all sets, do not increase weight each set, start at intended weight, then lower weight (Drop Set) if needed to finish reps/sets.
Pull Ups – Banded as needed... focus on neck to bar (N2B) or chest to bar (C2B) form	3	5—10	3-3-1-1	2-minute active rest Kneeling Quad Stretch	

Auxiliary Work – Push & Pull → Supersets (2-3 Sets)

EXERCISE	SETS	REPS	TEMPO	REST	NOTES	QR CODES
SLOW Push Up Superset w/ DB Skull Crushers	2—3	8—12	3-3-1-1	2-minute active rest	Select 2 Chest or Tricep exercises to perform back-to-back w/o rest between (Superset)	
DB Bent Over Row Superset w/ Bicep Curl (any kind)	2—3	8—12	3-3-1-1	2-minute active rest	Select 2 Back or Bicep exercises to perform back-to-back w/o rest between (Superset)	

Aerobic Finisher – 10 Minute AMRAP (AMRAP = As Many Rounds As Possible) ***

- 20 [Alternating Step Downs](#) (10 per side, weighted as desired)
- 10 [Slam Balls](#) or [Up Downs](#) (burpee w/ no pushup)
- 10 [Calories on Air Bike](#) or [Full Burpees](#) (burpees with pushup)



***Sub any aerobic exercise or go on a cardio machine for 10-15 minutes ([70 Bodyweight Cardio Exercises](#))

***Or sub any core exercises, planks, prone & an ab movement, or skip and provide more time for cool down/stretching

COOL DOWN – Select 2-3 Stretches (holding each 1-2 to minutes per side (p/s))

- [Scorpion Chest Stretch](#)



- [Couch/Box Quad & Hip Stretch](#)



WORKOUT PROGRAMMING – WEEK 1 – Day 3

Aerobic Day – Light Intensity Training (LIT, Zone 2) – Longer Cardio

WARM-UP – Dynamic Warm-up (5-10 minutes)

- [Firefighter Warmup - For firefighter training, workday, or workout](#) (8 minutes)



AEROBIC FOCUS – Longer Duration Workout → Zone 2

- Perform light intensity aerobic exercise for 30-45 minutes in **Zone 2**
- [Max Heart Rate Zone Calculator \(Zone 1 - 5\)](#)
 - **Zone 2 cardio** is a light-intensity, steady-state exercise performed at 60–70% of maximum heart rate, enabling prolonged effort while maintaining a conversation.
 - **Key Details and Usage Examples:**
 - ✓ The "Talk Test": You should be able to hold a full conversation comfortably but not sing
 - ✓ Physical Feel: It feels "comfortably steady," not strained, at roughly a 3-4 on a 0–10 RPE scale
 - **Common Examples:**
 - ✓ Brisk walking: Brisk, consistent walking (e.g., uphill or on a treadmill)
 - ✓ Slow Running/Jogging: A pace 2–3 minutes slower than your "race pace"
 - ✓ Cycling: Relaxed, consistent cycling
 - ✓ Swimming/Rowing: Slow-and-steady laps
 - ✓ Machine Workouts: Using a stair climber, elliptical, or rowing machine
 - **Duration: Often done for longer durations, such as 30—60 min. to maximize aerobic capacity**
 - **Benefits of Zone 2 Cardio:**
 - ✓ Boosts Mitochondrial Function: Increases size and number, enhancing energy efficiency
 - ✓ Improved Fat Metabolism: Enhances the body's ability to use fat as energy
 - ✓ Heart Health: Increases aerobic capacity and reduces resting heart rate
 - ✓ Reduced Stress: Lower cortisol levels and improved mental health



	Target zone	% of max HR bpm range	Example duration	Training benefit
Maximize Performance	5 MAXIMUM 	90–100% 171–190 bpm	Less than 5 minutes	Benefits: Increases maximum sprint race speed Feels like: Very exhausting for breathing and muscles Recommended for: Very fit persons with athletic training background
	4 HARD 	80–90% 152–171 bpm	2–10 minutes	Benefits: Increases maximum performance capacity Feels like: Muscular fatigue and heavy breathing Recommended for: Fit users and for short exercises
Improve Fitness	3 MODERATE 	70–80% 133–152 bpm	10–40 minutes	Benefits: Improves aerobic fitness Feels like: Light muscular fatigue, easy breathing, moderate sweating Recommended for: Everybody for typical, moderately long exercises
Lose Weight	2 LIGHT 	60–70% 114–133 bpm	40–80 minutes	Benefits: Improves basic endurance and helps recovery Feels like: Comfortable, easy breathing, low muscle load, light sweating Recommended for: Everybody for longer and frequently repeated shorter exercises
	1 VERY LIGHT 	50–60% 104–114 bpm	20–40 minutes	Benefits: Improves overall health and metabolism, helps recovery Feels like: Very easy for breathing and muscles Recommended for: Basic training for novice exercisers, weight management and active recovery

WORKOUT PROGRAMMING – WEEK 1 – Day 4

Aerobic Day – High Intensity Interval Training – (HIIT, Zone 4-5)

WARM-UP – Dynamic Warm-up (5-10 minutes)

- [Firefighter Warmup - For firefighter training, workday, or workout](#) (8 minutes)



AEROBIC FOCUS → Shorter Duration Workout w/ Higher Intensity (Zone 4-5)

- **1 Minute Max Reps/Sprint** (of any aerobic exercise or on any aerobic machine)
- **1 Minute Rest**
- **10 Rounds** (20 minutes total, 10 minutes of work/10 minutes of rest)

Aerobic Exercise Options

Select One Exercise to Perform the 1 Minute Intervals

1. If at a PF&R Station/Gym Location – **Air Bike**
2. OR if at a different gym – Air Bike if they have one, or any other cardio machine
3. OR if at a location with functional equipment – Slam Balls, Step Ups/Downs, Wall Balls
4. OR if at a location with no equipment – **Up Downs** (burpee w/ no pushup) or Mt. Climbers

- **Examples of body weight and functional aerobic exercises**

- [70 Bodyweight Cardio Exercises](#)
- [99 Of The Best Bodyweight Cardio Exercises You Can Do Anywhere](#)
- [99 Metabolic Exercises With Little To No Equipment - Renton Fitness Gym](#)



COOL DOWN → Select 2-3 Stretch (Hold 1-2 Minutes)

1. [Couch/Box Quad & Hip Stretch](#) – 1—2 minutes p/s
2. [Iron Cross Stretch](#) – 1—2 minutes p/s



Cool Down Recommendation

- Since this is a shorter duration workout day, if you have time, incorporate a longer mobility session for your cool down, such as *Knee Prehab 1*, *Lower Back Prehab 1*, or *Shoulder Prehab 1*
- [Knee & Hip Mobility - Knee Prehab 1 - Mobility & Flexibility Routine](#)
- [Lower Back Prehab 1 - Mobility Routine](#)
- [Shoulder Prehab 1 - Shoulder Warmup, Mobility & Stability Routine - 15 Minutes](#)



WORKOUT PROGRAMMING – WEEK 1 – Day 5 Strength Training Day – [Full Body 1](#)



Use the [Full Body 1](#) link or QR Code for full workout, video includes warmup & cool down.

WARM-UP – Dynamic Warm-up (5-10 Minutes)

- [Firefighter Warmup - For firefighter training, workday, or workout](#) (8 minutes)



STATION 1 – Strength Focus → Upper Body → PULL Station

🔧 Perform 1 minute per exercise, with a 10-15 second transition, 3 Sets

- Pull Ups – 5-10 reps, w/ 3-3-1-1 TEMPO for all pullups
✓ Banded as needed to focus on neck to bar (N2B) or chest to bar (C2B) form
- Bicep Curls (any kind) – 8-12 reps, w/ 3-3-1-1 TEMPO
- Bent Over or Prone (on Stomach) Reach Behind – performed slow for 1 minute
- Active Rest – [Squat Mobility Hold](#), Repeat – 3 sets, then move to Station 2



STATION 2 – Strength Focus → Upper Body → PRESS Station

🔧 Perform 1 minute per exercise, with a 10-15 second transition, 3 Sets

- Shoulder Press – w/ DBs (or any equipment) 5-12 reps, w/ 3-3-1-1 TEMPO
- Lateral Raise to Front Lower, Front Raise back to Lateral Lower – **NO TEMPO FOR THIS ONE!**
- Bent-over or Prone (on Stomach) T-Position Circles – performed SLOW for 1 minute
- Active Rest – [Kneeling Quad Stretch](#), Repeat – 3 sets, then move to Station 3 or Aerobic Finisher



STATION 3 – Strength Focus → Lower Body → SQUAT Station

🔧 Perform approximately 1 minute per station, with a 10-15 second transition, 3 Sets

- Squats, ¼ Up Squats – Lower 3 count, hold at depth 3 count, up ¼ of the way hold 3 count, lower back down to depth hold 3 counts, stand back up = 1 rep
- Low Alternating Lunges – Hold a narrow squat, step one leg back and lower into a lunge, raise and step back into the narrow squat, step the other leg back and lower into lunge, continue alternating
- Alternating Side Planks w/ Twist & Reach – Performed SLOW
- Active Rest – Alter. Scorpion Stretch, Repeat – 2-3 sets, then move to Aerobic Finisher or Cool Down

AEROBIC FINISHER – Tabatas → Max Reps in 20 Seconds, 10 Second Rest, for 4 Minutes (8 Rounds)

- [Up Downs](#) (burpee in squat stance w/ no pushup)
- OR perform ... Air Bike, Full Burpees, [Alternating Step Downs](#), [Slam Balls](#)***
 - ***Sub any aerobic exercise or cardio machine ([70 Bodyweight Cardio Exercises](#))
 - ***Or sub any core exercises, or skip and provide more time for cool down/stretching



COOL DOWN – Select 2-3 stretches, holding each 1-2 to minutes per side (p/s)

1. [Scorpion Chest Stretch](#)



2. [Couch/Box Quad & Hip Stretch](#)



WORKOUT PROGRAMMING – WEEK 1 – Day 6 & 7

Aerobic, Mobility, &/or Rest/Recovery Days

WARM-UP – Dynamic Warm-up (5-10 Minutes)

- [Firefighter Warmup - For firefighter training, workday, or workout](#) (8 minutes)



HIIT Option – Repeat Day 4

LIT Option – Repeat Day 3

Mobility/Stretching Options

✚ All Mobility & Yoga videos below can be found on our [PFR Wellness YouTube Page](#)



✚ Lower Body Focus

- [Lower Back Prehab 1 - Mobility Routine](#) – 17 minutes
- [Lower Back Prehab 2 - Mobility Routine](#) – 15 minutes
- [FIREHOUSE YOGA - Back Care with Peer Fitness Trainer Sofia](#) – 26 minutes
- [FIREHOUSE YOGA - Hip Fix with Peer Fitness Trainer Sofia Onstad](#) – 25 minutes



✚ Knee Focus

- [Knee & Hip Mobility - Knee Prehab 1 - Mobility & Flexibility Routine](#) – 14 minutes
- [Knee & Hip Mobility - Knee Prehab 2 - Mobility & Flexibility Routine](#) – 23 minutes
- [Knee Mobility - Foam Rolling for Knee Pain](#) – 9 minutes
- [KNEE MOBILITY - Voodoo Flossing - Decrease Knee Pain](#) – 5 minutes
- [Squat Stretch Hold - How To Improve for Fitness Assessment](#) – 8 minutes



✚ Upper Body Focus

- [Shoulder Prehab 1 - Shoulder Warmup, Mobility & Stability Routine - 15 Minutes](#)
- [Shoulder Mobility - Lacrosse Ball Rolling](#) – 15 minutes
- [FIREHOUSE YOGA - Shoulder Opener with Peer Fitness Trainer Sofia Onstad](#) – 22 minutes
- [Overhead Mobility - How to Improve for Fitness Assessment](#) – 7 minutes
- [5 Minute Shoulder Lacrosse Ball Rolling - Rotator Cuff Muscle](#)

