

FIREMAN, POLICEMAN, ARMED SERVICES Workout Plan

This group of people is extremely important to all of us. If they are not in tip top shape, healthy and feeling well, they cannot perform their everyday duties. We take our hats off and salute all of them for every service rendered. This group of people has schedules all hours of the day. So, we have created a workout that is less than one hour. The Body Evolution fireman, policeman and armed services workout is designed to keep you lean, fit and gain lean muscle mass without becoming too big. This workout works you to fatigue and helps your muscles breakdown quickly and repair quickly.

This workout is designed to isolate the entire upper body in one separate day and the entire lower body on another day. NOTE: one week you will work the upper body two days and the next week you switch to the lower body for 2 days. You will continue to switch upper body and lower body workouts every other week.

Monday = Upper Body / Cardio / Abs

Tuesday = Cardio / Abs and Calves

Wednesday = Lower Body / Cardio / Abs

Thursday = Cardio / Abs and Calves

Friday = Upper Body / Cardio / Abs

Saturday = Cardio / Abs and Calves

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

UPPER BODY WORKOUT

CHEST

You will be selecting 2 exercises for the chest and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
LIFT — IE:INCLINE PRESS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (reduce weight)	Hurting Burn	No rest
LIFT — IE:DIPS			
12	10 (different lift)	Excruciating burn	2 minutes

SHOULDERS

You will be selecting 2 exercises for the SHOULDERS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
LIFT — IE:FRONT RAISES			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (reduce weight)	Hurting Burn	No rest
LIFT — IE:SHOULDER OR MILITARY PRESS			
12	10 (different lift)	Excruciating burn	2 minutes

BACK

You will be selecting 2 exercises for the back and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
LIFT — IE: LAT PULL DOWNS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
LIFT — IE: SEATED ROWS			
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

ARMS-BIS AND TRIS

You will be selecting 2 exercises for the BIS/TRIS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
BIS — LIFT — IE: STANDING BARBELL CURLS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
LIFT — IE: HAMMER CURLS			
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes
TRIS — LIFT — IE: TRICEP PULL DOWNS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
LIFT — IE: FRENCH CURLS			
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

ABS

4 SETS OF THE FOLLOWING ORDER:

1. LEG UP CRUNCHES-40
2. FROG KICKS-15
3. LEG DOWN CRUNCHES-40
4. CROSSOVERS-30 either side

TOTAL TIME: 55 minutes

LOWER BODY WORKOUT

QUADS

You will be selecting 2 exercises for the QUADS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
LIFT — IE: LEG PRESS			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
LIFT — IE: SQUATS			
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

HAMSTRINGS

You will be selecting 2 exercises for the HAMSTRINGS and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
LIFT — IE: LYING HAMSTRING CURL			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
LIFT — IE: HAMSTRING LUNGES			
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

CALVES

You will be selecting 2 exercises for the calves and utilizing them in the order below as follows. You will be increasing weight on each rep as you move up.

Reps	Intensity	Feeling	Rest Period
LIFT — IE: SEATED CALF RAISE			
12	5	Warm up	1 minute
10	6	Starting to feel tension	1 minute
8	7	Feeling quite a burn	1 minute
6	8	Consistent Burn	1 minute
12	9 (<i>reduce weight</i>)	Hurting Burn	No rest
LIFT — IE: STANDING CALF RAISE			
12	10 (<i>different lift</i>)	Excruciating burn	2 minutes

ABS

4 SETS OF THE FOLLOWING ORDER:

1. LEG UP CRUNCHES-40
2. FROG KICKS-15
3. LEG DOWN CRUNCHES-40
4. CROSSOVERS-30 either side

TOTAL TIME: 45 minutes

CARDIO - How much is adequate?

IN REGARDS TO CARDIO, WE BELIEVE THAT UNLESS YOU ARE ABOVE 15% BODYFAT FOR A MAN AND 20% BODYFAT FOR A WOMAN THAT YOU SHOULD ONLY DO 3-4 DAYS FOR 20 MINUTES. Those minutes should be intervals and each minute should become more difficult. If you are over the bodyfat recommendation, than each day should be done for 30 minutes after you are done lifting. NOTE: your warmup for your workout should be done with your ab workout.

CARDIO INTENSITY CHART

Minutes	Intensity	Feeling
1	5	Warm up
2	5	Warm up
3	6	Starting to feel tension
4	7	Feeling quite a burn
5	8	Consistent burn
6	9	Hurting Burn
7	6	Starting to feel tension
8	7	Feeling quite a burn
9	8	Consistent Burn
10	9	Hurting Burn
11	6	Starting to feel tension
12	7	Feeling quite a burn
13	8	Consistent Burn
14	9	Hurting Burn
15	6	Starting to feel tension
16	7	Feeling quite a burn
17	8	Consistent Burn
18	9	Hurting Burn
19	10	Excruciating burn
20	5	Rest and recuperate