



## **No Games Gear: Workout Regimen**

With any and all of these workouts, remember; you are **training!** Start slow, listen to your body and if you feel pain due to injury please stop and consult a physician. *Please consult with a physician before you start any type of workout program.*

### **CHEST WORKOUT -**

5 minutes warm up (slow jog or exercise bike)

5 minutes of stretching

3 sets of 10 reps flat bench: start out with half your body weight and raise weight as needed

3 sets of 15 reps dumbbell flies: this weight should be light so you can do more repetitions.

3 sets of 10 reps pullovers: control the weight

2 sets of pushups to failure

\*As you advance try and do this work out for time. Do not stop and rest in between sets, or add ab crunches in between sets.

### **NEW CHEST WORKOUT-**

5 minutes warm up (slow jog or exercise bike)

5 minutes of stretching

3 sets of 20 reps floor benches: lay flat on the floor with desired dumbbell weight as you press the dumbbells up raise your legs approximately 6 inches off the ground. Lower your legs as you lower the dumbbells to your chest. Start with a light weight until you are comfortable with the motion.

3 sets of 20 reps aerobic ball bench press: rest your back on the aerobic ball and your feet should be flat on the ground. Balance yourself on the aerobic ball with the dumbbells in the lower position. Press the dumbbells while staying balanced on the ball. Start with a light weight until you are comfortable with the motion.

3 sets of 20 reps aerobic ball flies: start in same position as the aerobic ball bench press. Use a light weight so you can control the motion.

2 sets of nose dive pushups to failure. Start in a push up position with your hands close together. Raise your butt up to the sky. When you lower yourself lead with your nose towards your hands. When you get close to your hands arch back and raise your head so you finish with your head up and pelvis toward the ground.

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### **BACK WORKOUT -**

5 minute warm up (slow jog or exercise bike)

5 minutes of stretching

2 sets of pull ups to failure

3 sets of 10 reps lateral pull downs (behind the neck)

3 sets of 10 reps seated lateral rows

3 sets of 10 reps dumbbell lateral rows (standing)

2 sets of 10 reps dumbbell clean and rise

2 sets of pushups to failure

2 sets of 25 reps hyper extensions

2 sets of 35 reps ab crunches

2 sets of 20 reps leg lifts

*\*As you advance try and do this work out for time. Do not stop and rest in between sets, or add ab crunches in between sets.*

### **ARM WORKOUT-**

5 minute warm up (slow jog or exercise bike)

5 minute stretching

3 sets of 10 reps straight bar curls

3 sets of 15 reps dumbbell curls

2 sets of 20 reps concentration curls

3 sets of 15 reps triceps push downs

3 sets of 10 reps seated dumbbell triceps extensions, behind the head

2 sets of 20 reps standing triceps kickbacks

2 sets of pushups to failure

*\*As you advance try and do this work out for time. Do not rest in between sets, or add ab crunches in between each set.*



## **No Games Gear: Workout Regimen**

### **SHOULDER WORKOUT-**

5 minute warm up (slow jog or exercise bike)

5 minute stretching

3 sets of 12 reps seated dumbbell shoulder press

3 sets of 15 reps bent over dumbbell flies (use a light weight)

3 sets of 10 reps shoulder shrugs

2 sets of 25 reps large shoulder rolls (full shoulder circles, like throwing a baseball), again light weight

*\*As you advance try and do this work out for time. Do not rest in between sets, or add ab crunches in between each set.*

### **New Shoulder Workout-**

5 minute warm up (slow jog or exercise bike)

5 minute stretching

2 sets of pushups to failure

2 sets of 25 reps standing dumbbell presses. When the dumbbells are in the low position you should be in a squatting position. When press the dumbbells up move to a standing position.

2 sets of 30 reps of lateral raises. (10 front lateral raises, 10 side lateral raises and 10 lateral flies)

2 sets of pushups to failure

*\*As you advance try and do this work out for time. Do not rest in between sets or add ab crunches in between each set.*



## **No Games Gear: Workout Regimen**

### **LEG WORKOUT-**

5 minutes warm up (slow jog or exercise bike)

5 minute stretching

3 sets of 10 reps squats

3 sets of 20 reps leg extensions

3 sets of 20 reps leg curls

5 minute stretching

5 minute cool down (slow jog or exercise bike)

*\*As you advance try and do this work out for time. Do not rest in between sets, or add ab crunches in between each set.*

### **CORE WORKOUT-**

5 minute warm up (slow jog or exercise bike)

5 minute stretching

3 sets of 10 reps squad thrusts

1 set of pushups to failure

3 sets of 50 mountain climbers

1 set of pull ups to failure

3 sets of 10 box jumps

1 set of pushups to failure

3 sets of 25 sit ups

3 sets of 25 ab crunches

3 sets of 20 leg lifts

2 sets of 25 hyper extensions

*\*As you advance try and do this work out for time. Do not rest in between sets, or add ab crunches in between each set.*



## **No Games Gear: Workout Regimen**

### **AEROBIC WORKOUT-**

5 minutes warm up (slow jog of exercise bike)

5 stretching

20 minutes of activity (walking, walking / jogging, jogging, stair climber, elliptical, exercise bike, mountain bike or road bike)

5 minute cool down (slow jog or exercise bike)

*\*As you advance try and increase the duration and /or intensity of activity. With your running program add in wind sprints.*

### **NON CONVENTIONAL WORKOUTS-**

**Take a self defense class** – I strongly suggest this. As law enforcement professionals we are ALL tough both mentally and physically, but keep in mind that a good self defense class will make you realize that there are people out there that are bigger, stronger, faster and with more skill than you.

Hit a heavy bag- Do not try to knock the bag off the wall... this can lead to injury if it is done wrong. Instead, try to hit it lighter and do it for time.

Lap swim- This type of breathing is a lot different than any other exercise.

The best way to stay on track with any exercise program is to change these up periodically. Use these workouts as a guide to get yourself going, but I strongly suggest mixing these up whenever possible. Some options are:

Dropping the weight and doing more reps

Increase the weight and do fewer reps

Combine workouts

Split workouts

Work multiple body parts

Add aerobics in between sets

Add pushups, pull-ups and sit ups to aerobic workouts



## **No Games Gear: Workout Regimen**

With our profession **we do not pick the time or place for a fight!** At 3:00AM, after our trip to the diner is the time when we are going to be fighting for our lives. Good physical conditioning is important in all aspect of life, both personal and professional. But, keep in mind that proper physical conditioning will help complete our most important job...TO GET HOME SAFE!

STAY SAFE,

Bill Fearon