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## 21 Day Rapid Fat Loss Program for Firefighters

Now is the time to stop feeling sorry for yourself and using excuses like “I do not have any time”, because you now hold in your hands my popular 21 Day Rapid Fat Loss Program that is designed specifically for firefighters. My workouts are fast, effective and only take 14-20 minutes, 3 days a week.

What is your excuse now? All you have to do is take action. It is said that only 5% of the people in the world are action takers. Will you fall in that 5%?

When you complete my 21 Day Rapid Fat Loss Program for Firefighters I have a special bonus for you. All you have to do is click on this link: [21 day firefighter fat loss results](#), fill out my questionnaire and tell me about all of the amazing results you have achieved.

Make sure to visit my Firefighter Fitness Blog at: [firefighterfitnessformula.com/blog](http://firefighterfitnessformula.com/blog)

In the next section, I share with you three very important tools to track you progress.

### How to Measure Progress

How do you measure your progress? I have worked with over 5,678 individuals and every one of them counted on the scale to measure their progress. The scale lies. Yes, you heard me right, the scale lies. When we step on the scale it will reveal your weight, but how much of that weight is fat and how much is muscle?

Let me give you an example: Lets say when you started my 21 Day Rapid Fat Loss Program your weight was 200 pounds and when completed my 21 Day Rapid Fat Loss Program your weight was 180 pounds. You have lost 20 pounds, which most people would be excited about, but what if I told you that you have just lost 15 pounds of muscle mass and 5 pounds of fat. Now, keep in mind that muscle is what gives us a solid, toned look and helps us burn calories and fat is what gives us a flabby and overweight appearance.

To make sure you measure your progress correctly I have included 3 effective ways to measure you progress below. I would strongly recommend using all three at the start, middle and end of the 21 day rapid fat loss program.

#### [Before and After Photos](#)

This will probably be the last one you pick, but it is the most important one. About 99% of the individuals I work with refuse to have a before picture taken. They are all afraid to see what they really look like. Suck it up and take the picture. This is exactly how you look and how your friends and family see you. So why hide it?

When you compare the pictures you want to look for changes. (ie. - Maybe you can notice a outline of your abs, or your belly does not hang over your pants anymore).

## [Body Composition](#)

Have a trained professional take a body fat composition. The body fat composition will give you a break down of how much muscle and fat you have on your body.

## *Circumference Measurements*

Get a seamstress tape and take circumference measurements. Measure around you belly, arms, chest, and thigh. If you are losing inches, you are moving in the right direction. Make sure to measure the same area each time.

## **The Workout**

First start by performing a light warm up for 5 minutes. This can consist of jogging on a treadmill, jumping jacks or any type of movement that will elevate the body's temperature.

Each workout will consist of five movements and will be preformed for 30 seconds each in a circuit fashion. When you complete all five of the movements you will rest for 30 seconds. After your 30 second rest you will repeat the circuit 4 more times for a total of 5 sets. (tip: Use a stop watch with a repeat timer. If you use this method set the timer for 35 seconds. This will give you 5 seconds to move to your next workout.)

I have also included a cardio program that you will use in between workouts. This will allow you to train up to 5 days a week and you can adjust the my program to fit your schedule. It is important to have at least 2 days of rest each week. Take a look at the 21 Day Rapid Fat Loss Program below:

## **21 Day Rapid Fat Loss Program**

### ***Day 1 - Workout #1 (Measure current body composition and take before pictures)***

Weighted Lunges  
Cross body Mountain Climbers  
Shoulder Press  
Front Squats  
Dumbbell Rows (right and left side)

### ***Day 2 - Cardio #1***

Treadmill - 1 minute at 3 mph, followed by 1 minute at 6 mph  
Repeat for 20 minutes

**Day 3 - Workout #2**

Side Bends (right and left side)  
Jumping Jacks  
SB Oblique  
Mountain Climbers  
Atomic Sit Ups

**Day 4 - Cardio #2**

Treadmill - 1 minute at 3 mph, followed by 30 seconds at 8 mph  
Repeat for 20 minutes

**Day 5 - Workout #3**

Step Ups (right and left side)  
Bicep Curls  
Reverse Lunges  
Triceps Press downs  
Squat Touchdowns (right and left side)

**Day 6 - Rest**

**Day 7 - Rest**

**Day 8 - Workout #4**

Side Plank (right and left side)  
Treadmill  
Plank  
Treadmill  
Dumbbell Get Ups (right and left side)

**Day 9 - Cardio #3**

Treadmill - 30 seconds at 0 mph, followed by 30 seconds at 9 mph  
Repeat for 15 minutes

**Day 10 - Workout #5**

Push ups  
Squat Jumps  
Lat pull down  
Power Step Ups  
Incline Chest Press

**Day 11 - Cardio #4**

Treadmill - 1 minute at 5 mph, followed by 30 seconds at 9 mph  
Repeat for 10 minutes

**Day 12 - Workout #6**

One arm side bend to shoulder press  
Jumping Jacks  
Cross body Mountain Climbers  
Mountain Climbers  
Planks on SB

**Day 13 - Rest**

**Day 14 - Rest**

**Day 15 - Workout #7**

Hammer Curls  
Lunge to Twist  
Squat to Row  
Dips on a bench  
Jumping Lunges

**Day 16 - Cardio #5**

Treadmill - 30 seconds at 0 mph, followed by 30 seconds at 8 mph  
Repeat for 20 minutes

**Day 17 - Workout #8**

Burpees  
Air Planes  
SB/Medicine Ball Throws  
Walking V-ups  
Leg Lifts

**Day 18 - Cardio #6**

Treadmill - 30 seconds at 3 mph, followed by 2 minutes at 7 mph  
Repeat for 20 minutes

**Day 19 - Workout #9**

Kettle Bell (Dumbbell) Swings  
Cable Curls  
Dead Lifts  
Push Ups  
Band Pulls

**Day 20 - Rest**

**Day 21 - (Measure current body composition and take after pictures)**

# Lunges



Start by drawing in your lower abdomen inward toward your spine. With the weights held at your sides step forward and descend slowly by bending at the hips, knees and ankles. During the descent, maintain weight distribution between the heel and mid foot of the front leg. Activate the glute of the front leg and return to the starting position. Avoid leaning forward and do not let the knee of the front foot cross your toes, for this will lead to possible injury of the knee, ankle and spine.

# Cross Body Mountain Climbers



Start in a push up position. Bring your right knee forward towards your left elbow as you rotate your right hip under your body. Return the right leg to the starting position and repeat with the opposite side.



# Standing Shoulder Press



Position your feet shoulder width apart. Begin by holding the dumbbells at shoulder height, palms facing forward. Push the dumbbells into a full extension overhead. Avoid letting the back arch at any time. Lower the dumbbells back towards the shoulders.

# Dumbbell Rows



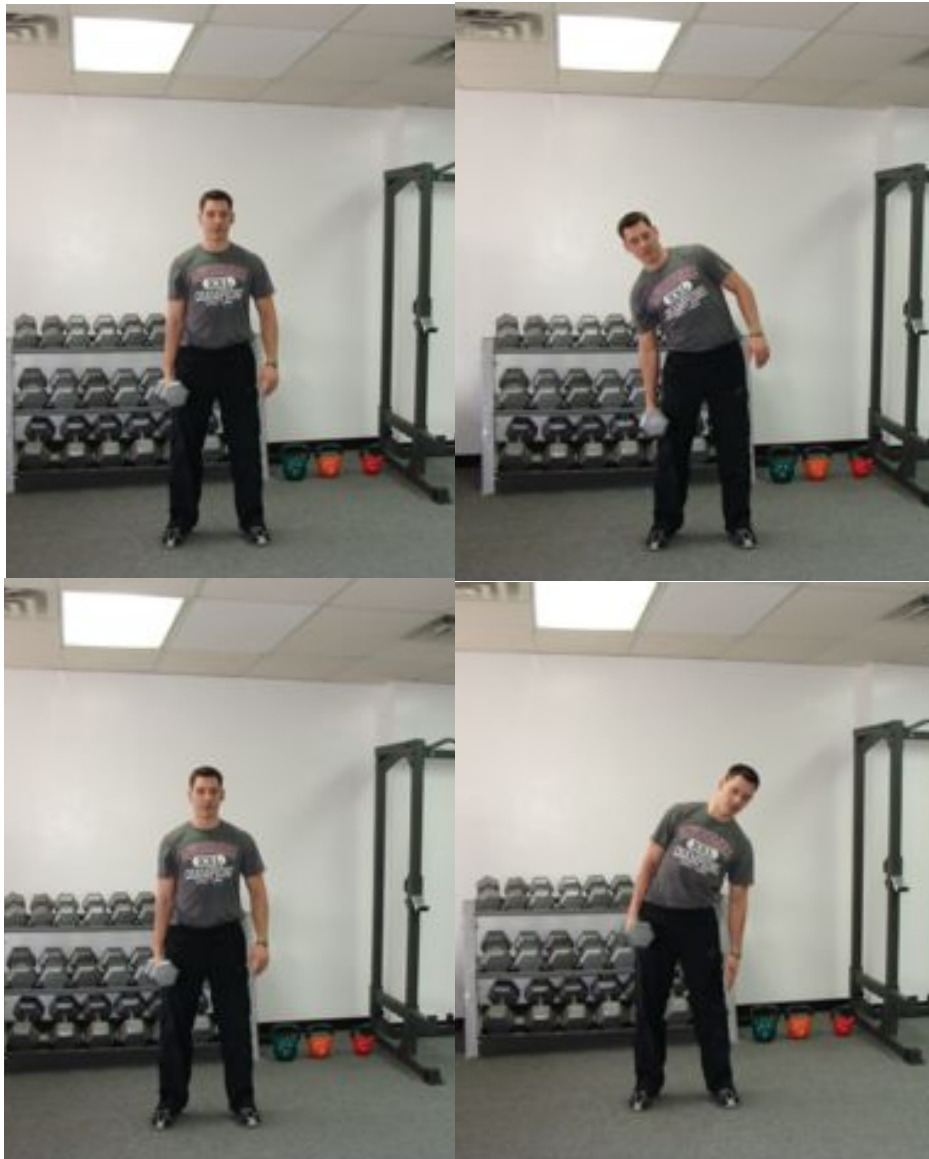
Start with the same side hand and knee on a bench. Grasp a dumbbell with the opposite hand and start the motion by pulling the dumbbell towards your side by bending at the elbow. Slowly lower the weight towards the floor to finish the movement.

# Front Squats



Stand with feet shoulder width apart and dumbbell positioned as shown in the picture above. From the start position, draw in your lower abdomen inward towards your spine. Squat by bending at the knees and hips. Keep the weight on the heels of your feet. Drive through the feet extending the ankle, knee, and hip joints to return to the top of the movement.

# Side Bends



Start with a dumbbell in you left or right hand. Tip your body towards the dumbbell and then lift the weight by tipping to the opposite side of the body. Make sure to keep your head in line with the upper body.

# Jumping Jacks



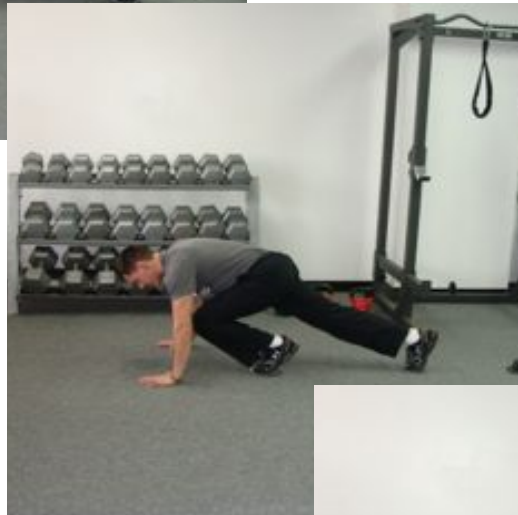
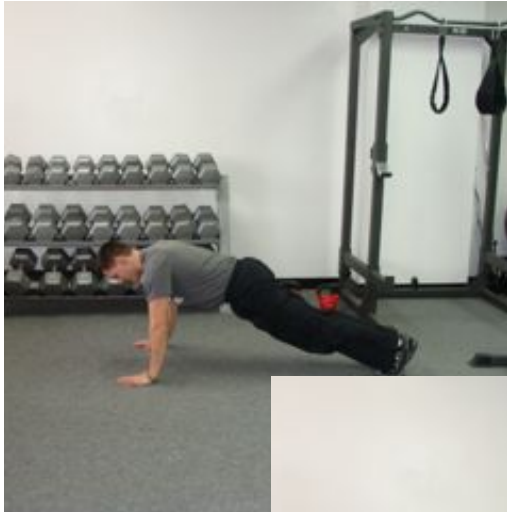
Start with your feet together, knees bent, hands at your sides and looking straight ahead as shown. Keep your lower abdomen drawn in towards your spine. Start by jumping in the air and separating your feet and extending your arms above your head. When the feet hit the floor reverse the motion back to the starting position.

# Stability Ball Obliques



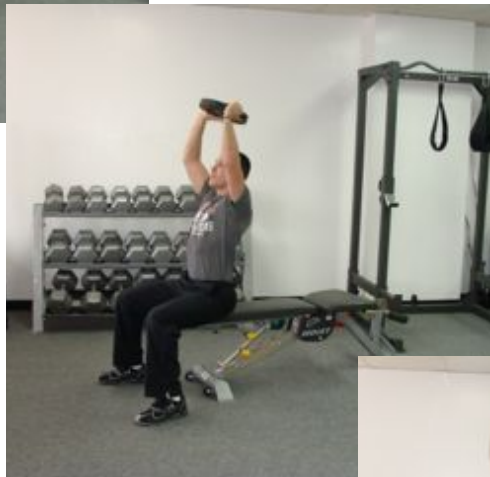
Sit on the ball. Slowly roll down the ball until the ball is in the small of your back. Keep your feet shoulder width apart. Start the movement by rotating one shoulder forward as you crunch up. When you reach the top of the crunch it is important to stop the rotation and drive your elbow forward. (Imagine as if you are going to push your elbow between your knees.) Then lower back down to the starting position.

# Mountain Climbers



Start in a push up position. Keep your lower abdomen drawn in towards your spine. Step in towards the hands with one foot. Simultaneously switch feet position (the forward leg extends back and the extended leg comes forward).

# Atomic Sit-Ups



Start by lying on a bench with a plate held above your head. Start the motion by throwing the weight forward, letting the upper body follow until you are in a seated position with the weight above your head. Complete the motion by standing up. Reverse the order to complete the movement. It is important to keep the weight above your head at all times.



# Step Ups



Place one foot flat on a box and the other foot on the floor as pictured. Step forward by raising your back foot off of the floor. The back leg should now be positioned in a 90 degree angle as pictured. Return to the starting position by reversing the order.

# Dumbbell Curls



Stand with your feet shoulder width apart and lower abdomen drawn in towards the spine. The palm of your hands will be facing towards the ceiling. Perform bicep curl by flexing at the elbow. Keep shoulder blades retracted (pulled back) throughout the curl. Slowly lower the dumbbells back to the side of the body by extending the elbows.

# Reverse Lunges



In a standing position, step one leg backwards bending at your knee and hip, lower your back leg towards the ground. Make sure to keep your weight in the front leg. Explode through the glute of the front leg and return to the starting position. Repeat for the opposite side.

# Tricep Press Down



Stand with your feet shoulder width apart. Keep your lower abdomen drawn towards your spine. Your shoulder blades should remain retracted and depressed through the movement. Hold the rope with the palms of your hands facing each other and elbows flexed 90 degrees. Extend the triceps by pushing hand towards the ground until the arms are fully extended. Avoid letting your shoulder roll forward.

# Side Planks



Start by laying on your right side. Place your elbow directly below your arm pit. Raise your hips off of the floor by placing the weight between your elbow and feet as shown. Slowly lower your body back to the floor.

# Squat Touchdowns



Begin by balancing on one leg (opposite leg remains parallel to stance leg). Draw your lower abdomen inward toward your spine. Squat down bending the ankle, knee, and hip while reaching toward, OR, touching your toe with the opposite hand. Activate the glutes and return to the starting position.

# Dumbbell Get Ups



Start by laying on your back with the dumbbell in your right hand. Keep the right knee bent with the foot on the ground and the left leg flat on the ground. Start the motion by rotating onto your left elbow and hip. Keep the arm perpendicular to the floor throughout the movement. Next, push off with your left hand and come up to a lunge position. Then follow up the lunge position by standing up. Reverse the order to end the movement.

# Planks



Start by laying on your stomach and with your elbows positioned under your shoulders. Lift your hips off of the ground and hold. Make sure to keep your lower abdomen drawn in and position your head so you are looking at the floor.

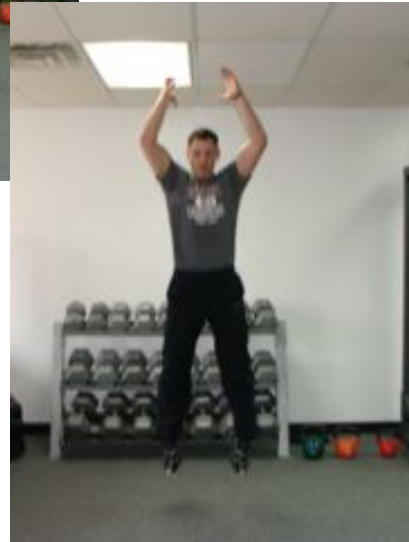
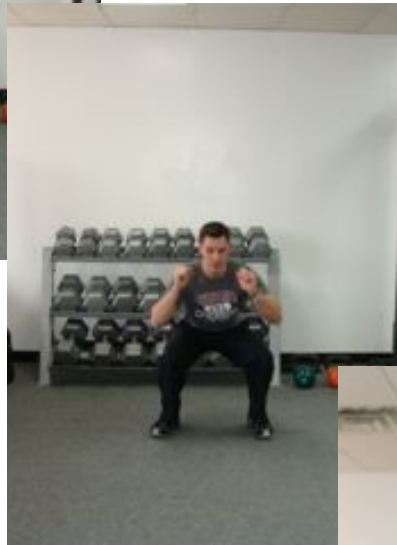
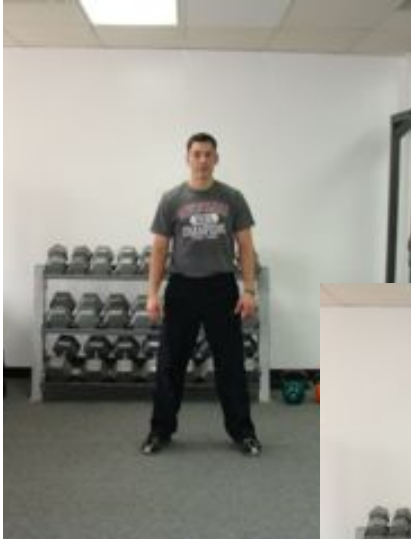


# Push Ups



Start in a push up position as shown. Place hands at a width that will allow the forearms to be perpendicular to the floor when the elbows are flexed at 90 degrees. Start by flexing at the elbows and lower the body. Push back to the starting position.

# Squat Jumps



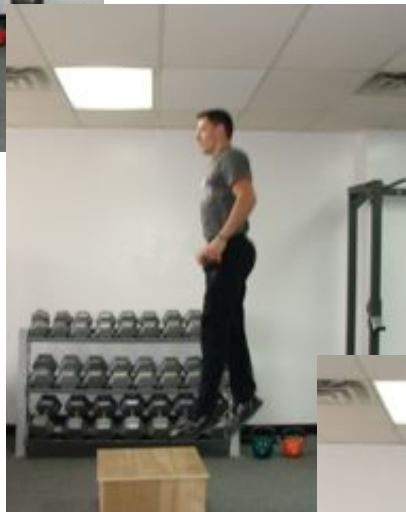
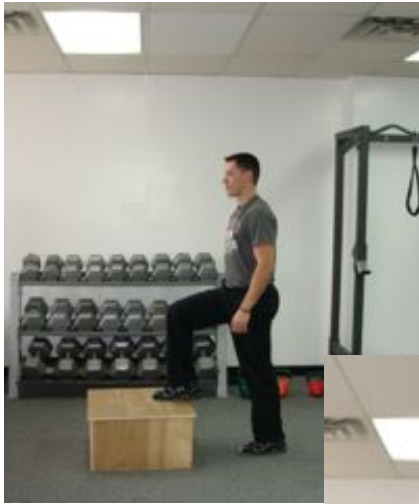
Start with your hands at your sides. Squat down to approximately 90 degrees by bending at the hip and knee joints. Initiate movement with an explosive vertical jump, and at the same time explosively push you arms overhead. Land onto toes and then heels. Cushion your land as you squat.

# Lat Pull Down



Maintain a tall posture throughout the movement. Grasp the bar shoulder width apart or wider. Pull the bar towards the collar bone. To end the movement, extend the arms back overhead.

# Power Step Ups



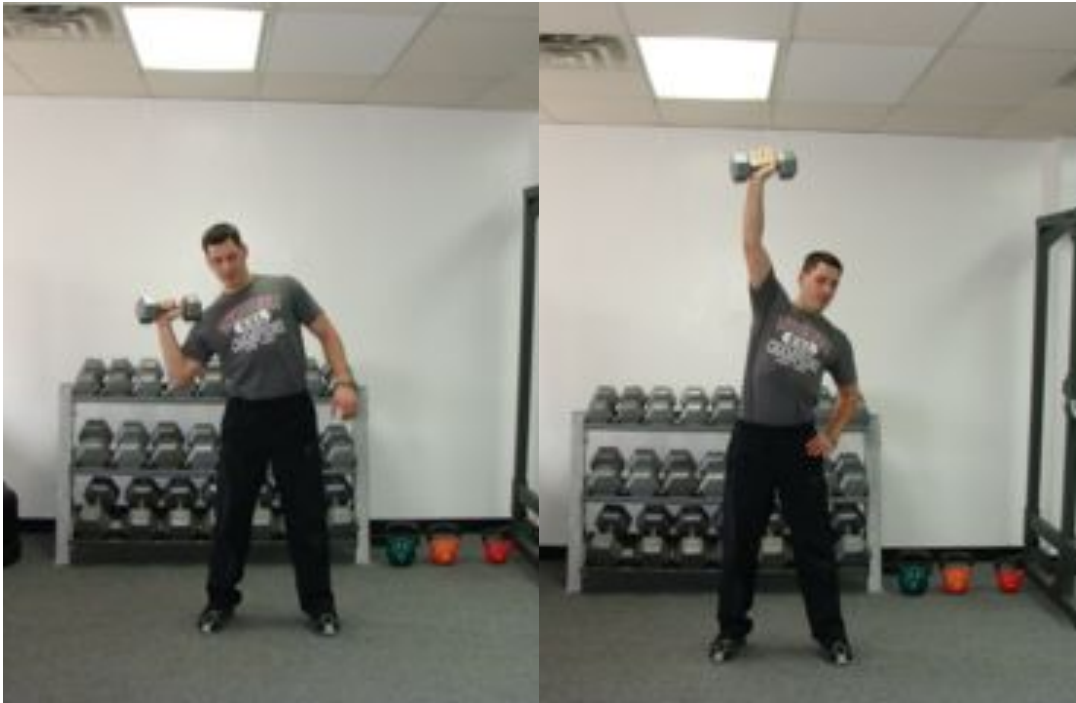
Begin with one foot flat on the box and your other foot on the ground. Push through the heel of your foot that is on the box and hop up in the air. Land with the opposite foot on the box and repeat the movement.

# Incline Chest Press



Start by laying on a bench as shown. Start with the arm at a 90 degree angle and the upper arm should be parallel to the floor. Press the dumbbells towards the ceiling until the arms are straight. Make sure not to elevate the shoulders off of the bench. Lower the dumbbells to the floor and stop when the back of the upper arm is parallel to the floor.

# Side Bend To Shoulder Press



Start with the dumbbell in one hand next to your shoulder. Tip towards the dumbbell side as pictured. Make sure to keep the head in line with the body. As you press the dumbbell towards the ceiling, you will tip towards your opposite side.

# Stability Ball Planks



Start in a prone position with your elbows on a stability ball and your feet on the floor. Draw in your lower abdomen inward towards your spine. Hold position for the required time. Maintain a straight line between your feet, hips and shoulders. Do not let your hips drop towards the ground.

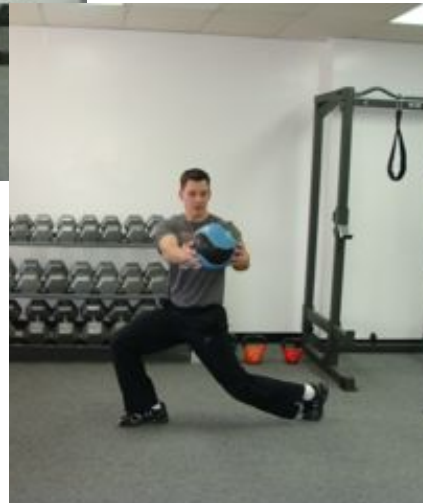
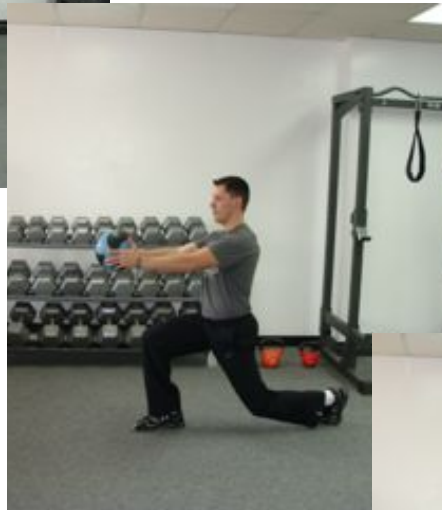
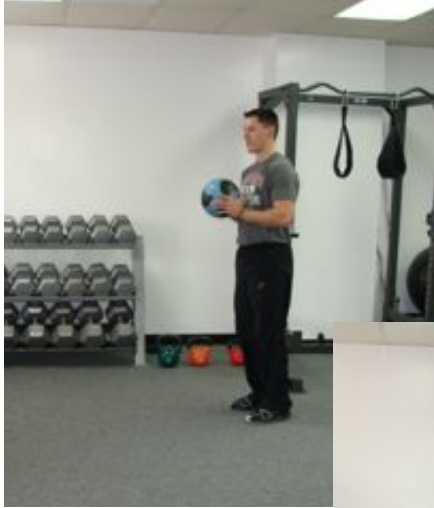
# Hammer Curls



Stand with your feet shoulder width apart and lower abdomen drawn in towards the spine. Perform bicep curl by flexing at the elbow. Your palms will remain facing each other. Keep shoulder blades retracted (pulled back) throughout the curl. Slowly lower the dumbbells back to the side of the body by extending the elbows.



# Lunge to Twist



Start by drawing your lower abdomen inward towards your spine. Step forward descending slowly by bending at the hips, knees and ankles. Slowly rotate at the spine towards the front leg. Use your hip and thigh muscles to push yourself back up to take the next step. As you lift your body, rotate your spine back to the starting position.



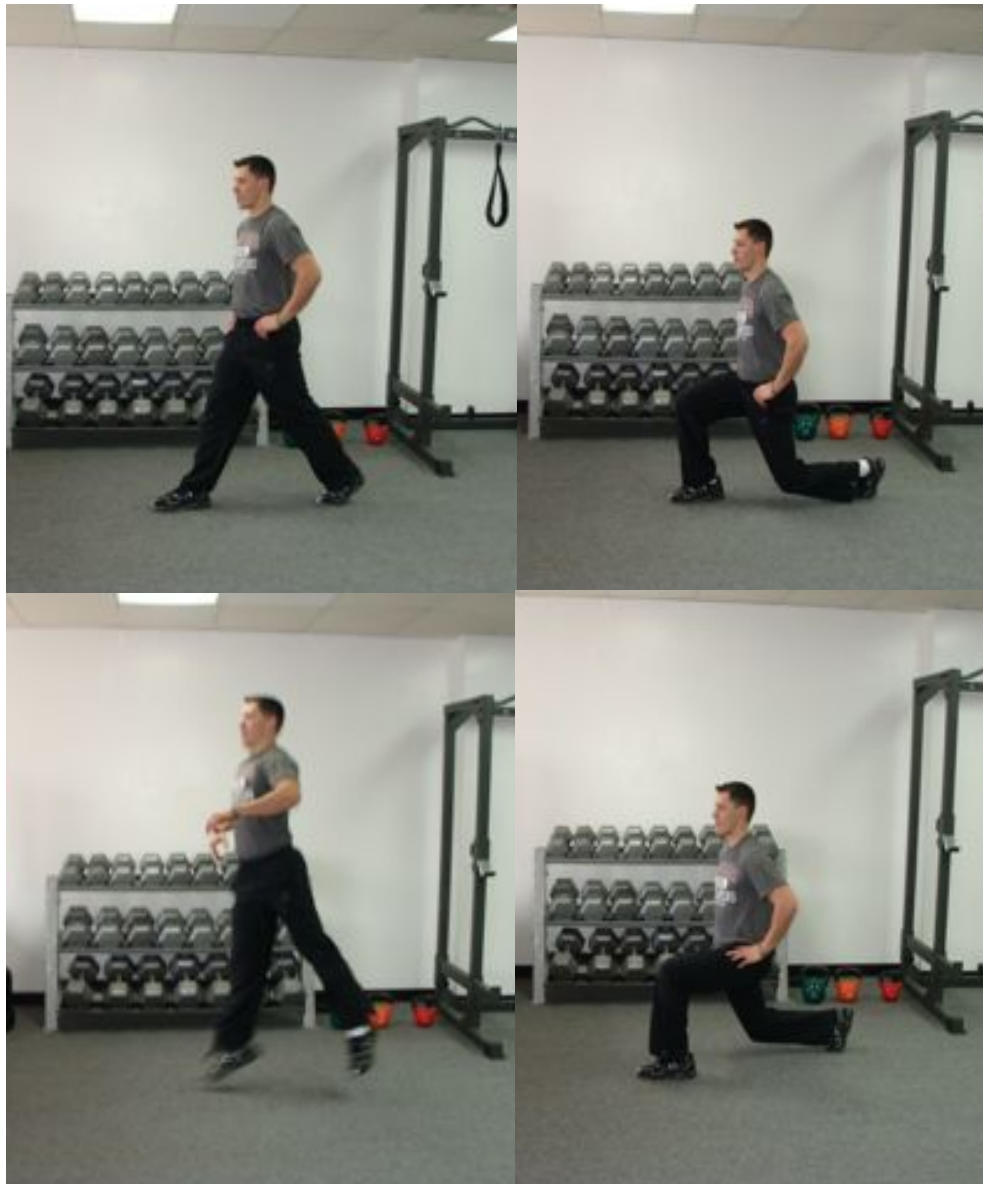
Start in a standing position as shown. Begin the movement by squatting towards the floor by bending at the ankles, hips and knees and reaching out with the arms. Then explode back to the standing position and pull the handles towards your sides.

# Bench Dips



Keep your glutes as close to the bench as possible. Feet should be together and knees slightly bent. With your hands close to the sides of the body, keep your arms straight and shoulder blades retracted (pulled back). Bend at the elbows and slowly lower your body down until the shoulders are just above elbow height. To return to the starting position, lift the body by straightening the elbows.

# Jumping Lunges



Start in a lunge position. Lower your back knee towards the floor. As you return to the starting position explode through the glutes and switch legs as you jump in the air. Repeat the movement for the opposite leg.

# Burpees



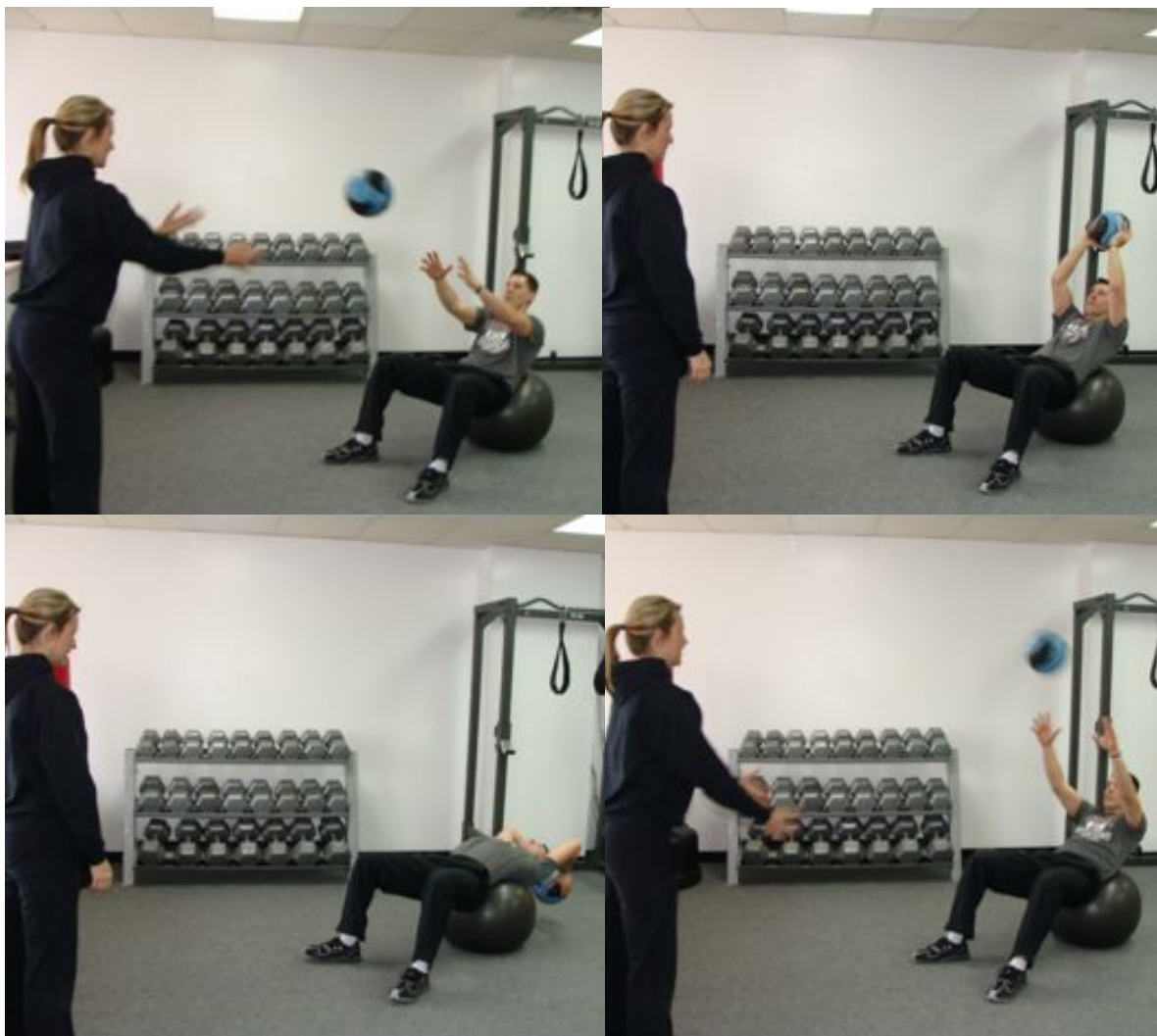
In a standing position, start the movement by bending at the ankles, knees and hips and placing your hands on the ground as shown. Kick your feet back to a push up position. Perform a push up by bending at the elbows and lowering your chest towards the ground. Push back to the top of the push up position and pull your knees towards your chest. Stand back up to the starting position.

# Air Planes



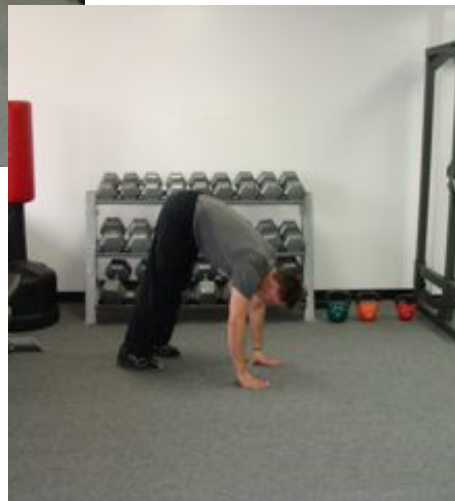
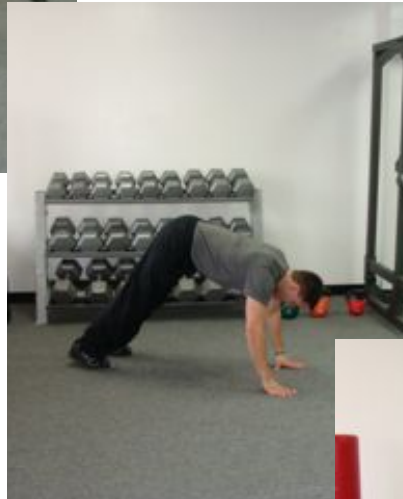
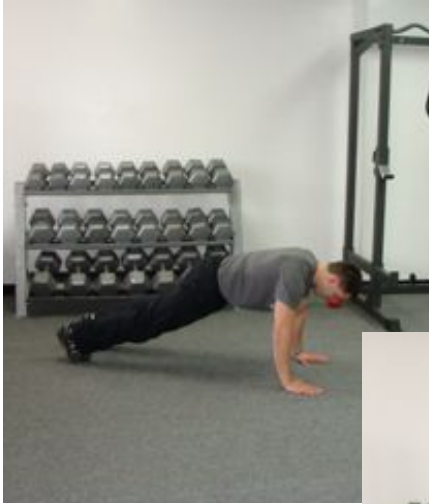
Start in a push up position with your hands shoulder width apart. Shift your weight onto one hand and lift the opposite hand towards the ceiling as you twist your body over top of the weight bearing arm.

# Stability Ball/Medicine Ball Throws



Sit on the ball. Slowly roll down the ball until the ball is in the small of your back. Keep your feet shoulder width apart. Start in the top of the crunch position and have your partner toss you the medicine ball. (Partner: be sure to throw the ball underhand. The ball should form an arch and the ball should clear their head if they were to miss it). As you catch the ball you will slow the balls momentum down by going back into a extended position over the ball. Then explode back to a crunch position returning the ball to your partner.

# Walking V-Ups



Start in a push up position with your lower abdomen drawn in towards your spine. Walk your hands back towards you feet. When you reach your feet, return to the starting position by walking your hands back out to a push up position.

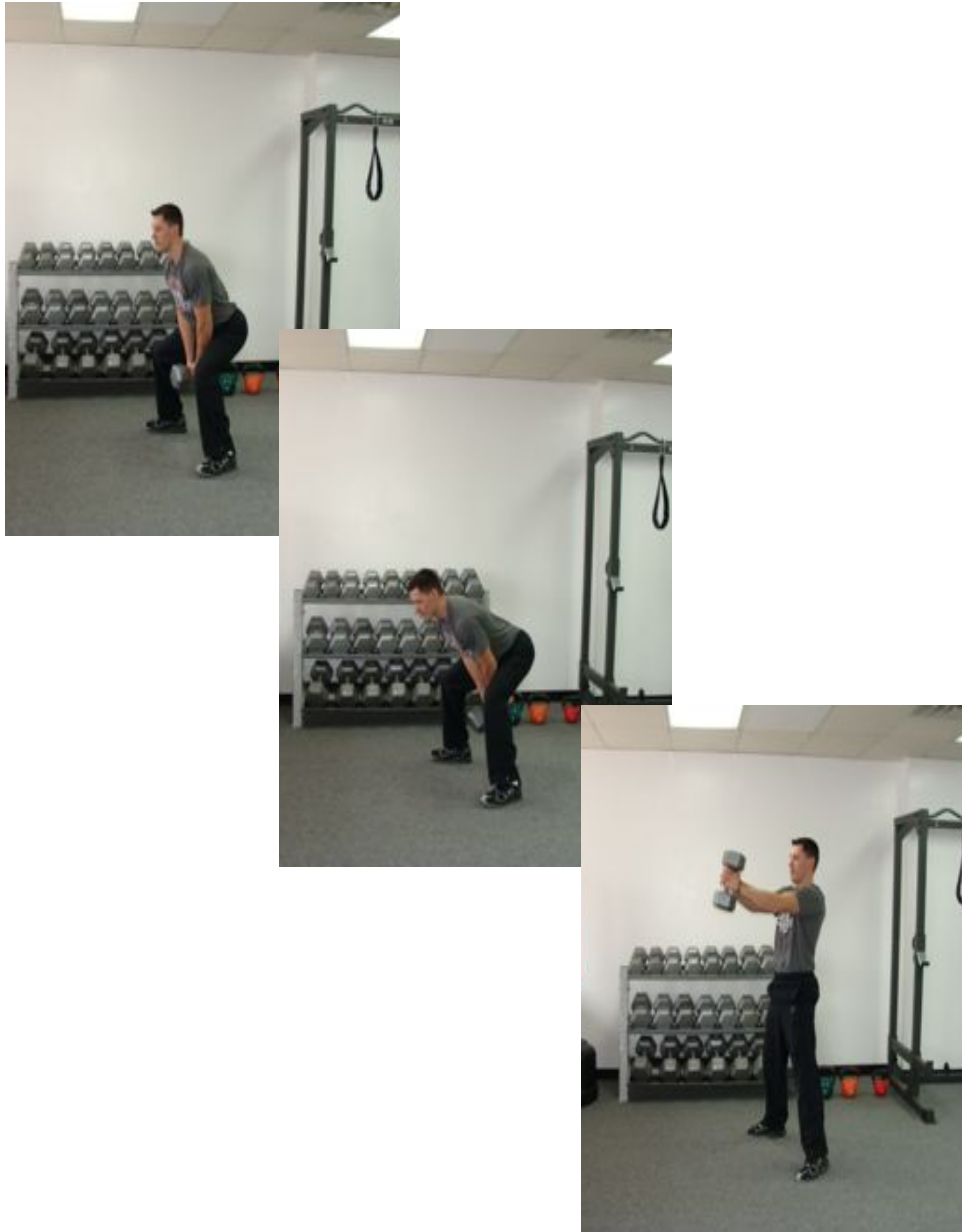


# Leg Lifts



Lay on your back and grasp a solid object with your hands above your head. Raise your feet towards the ceiling. Make sure to keep your lower abdomen drawn in towards your spine. Slowly lower your legs back towards the floor.

# Dumbbell Swings



Begin in a lowered squat position with both hands on the dumbbell. Pull the dumbbell back towards the thighs by rocking the body weight into the heels and brace wrists against inner thighs. Powerfully extend lower body to accelerate the dumbbell up and away. As it ascends, counterbalance the forward pull of the dumbbell by shifting your bodyweight back. As it descends along the same pathway, absorb the dumbbell with the entire body.

# Cable Culrs



Stand with your feet shoulder width apart and lower abdomen drawn in towards the spine. The palm of your hands will be facing towards the ceiling. Perform bicep curl by flexing at the elbow. Keep shoulder blades retracted (pulled back) throughout the curl. Slowly lower the back down by extending the elbows.

# Dumbbell Dead Lifts



Keep arms straight at all times. Lower the weights down until they reach your knees. Make sure to keep your back flat and chest up. Return to the start position by pushing through the glutes and keeping your head and chest up (this will keep the back safe).

# Band Pulls



Start as pictured. Keep your body in a squatted position. Your partner give you resistance as you pull him/her across the room by walking backwards. The goal is to use the quads (upper front thigh muscle).

# Firefighter Fitness Formula

Most of the firefighters I talk to are doing all of the wrong things and ultimately wasting a bunch of money on dead end fitness programs. Life is so much better when you have a predictable fitness formula that will help you achieve your fitness goals. Firefighter Fitness Formula does just that; it is designed specifically for firefighters. Click here to learn more > > > [firefighterfitnessformula.com](http://firefighterfitnessformula.com)

