



Endorsed by  CITY of CHARLOTTE

FPAT - Specialized Exercise & Training

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CFD | FPAT EXERCISES & WORKOUTS

Disclaimer

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Mobility & Function

[Alternating Reverse Lunge](#)
[Band Pass Through](#)
[Band Pull Apart](#)
[Floor/Wall Angels](#)
[Hip Drops](#)
[Horizontal Abduction](#)
[Inchworms](#)
[Palloff Press](#)
[Planks](#)
[Push-Pulls](#)
[Quadruped Bird Dog](#)
[Quadruped Shoulder Circles](#)
[Single Arm Single Leg Lateral Raise](#)
[Single Leg Bridge](#)
[T-Spine Open Books \(side lying/kneeling\)](#)
[Turkish Get Up](#)

Strength & Movement

[BB Push Press](#)
[Bent Over Plate Rows](#)
[Bodyweight Cossack Squats](#)
[Bulgarian Split Squat](#)
[Cable Single Arm Pulldown \(half-kneeling\)](#)
[Pull-Up](#)
[DB Front Shoulder Raise](#)
[DB Single Arm Clean & Press](#)
[DB Single Arm Row](#)
[DB Single-Arm Hang Clean \(no press\)](#)
[DB Sumo Deadlift](#)
[DB/KB Single Arm Push Press](#)
[Lat Pulldowns](#)
[Parallel Dips](#)
[Weight Plate Clean to Overhead Press](#)
[BB/DB Z-Press](#)

Fitness & Conditioning

[Bear Crawl](#)
[DB/ KB Woodchoppers](#)
[DB/KB Farmers Carry](#)
[DB/KB Suitcase Carry](#)
[Inverted Row](#)
[Loaded Walking Lunges](#)
[Mountain Climbers](#)
[Overhead March/Carry](#)
[Plank Pull Through](#)
[Plank Traveling Sliders](#)
[Rucking](#)
[Sandbag Bear Hug Carry](#)
[Sandbag Shoulder Carry](#)
[Squat to High Knee](#)
* [Ladder Climbs \(modified with equipment\)](#)
[Step-Ups](#)
[Zercher Carry](#)

Not Guaranteed at Stations

[Medicine Ball Slams](#)
[Rotational Medicine Ball Slams](#)
[Sled Drag \(multi-directional\)](#)
[Sled Push](#)
[Sled Rows](#)
[Sledgehammer Side Strikes](#)

CFD | FPAT Incumbent Workouts

Athleticism & Movement

TIMEFRAME	30-45 min.
Mobility & Function	5-10 min.
Strength & Movement	20-30 min.
Fitness & Conditioning	3-5 min.

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1	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Quadruped Shoulder Circles	2	10	Clockwise/Counter Clockwise	1	2	3	4	5
	b	Quadruped Bird Dog	2	10		1	2	3	4	5
	c	KB Single-Arm Push-Press	2-3	10		1	2	3	4	5
	d	Traveling Plank Sliders	2-3	10	Pull forward for 10 reps each direction = 1 set	1	2	3	4	5
	e	DB Single-Arm Single-Leg Lateral Raise	2-3	12-15		1	2	3	4	5

2	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Hip Drops	2	10	Left to Right = 1 rep	1	2	3	4	5
	b	DB Z-Press	2	10		1	2	3	4	5
	c	Plank Pull Throughs	2-3	10-15	Left to Right = 1 rep	1	2	3	4	5
	d	Sandbag Clean to Reverse Lunge	2-3	10		1	2	3	4	5
	e	TRX Row	2-3	10-15		1	2	3	4	5

3	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Monster Walks	2	15	15 steps down and back	1	2	3	4	5
	b	Side Plank to Row	2	15		1	2	3	4	5
	c	Walking Reverse Lunge	2-3	12		1	2	3	4	5
	d	Bent Over Row to Good Morning	2-3	10		1	2	3	4	5
	e	Cable Rotation Pull to Push	2-3	10	Both directions = 1 set	1	2	3	4	5

4	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Inchworms	2	5-10		1	2	3	4	5
	b	Wall Balls	2	12		1	2	3	4	5
	c	DB Single-Arm Clean and Press	2-3	10		1	2	3	4	5
	d	PT Ball Deadbugs	2-3	10		1	2	3	4	5
	e	Turkish Get Up	2	3-6		1	2	3	4	5

Athleticism & Movement

- [Bear Crawl](#)
- [Plank Pull Through](#)
- [Plank Traveling Sliders](#)
- [BB/DB Z-Press](#)
- [DB Single Arm Clean & Press](#)
- [DB Single-Arm Hang Clean \(no press\)](#)
- [DB/KB Single Arm Push Press](#)
- [Turkish Get Up](#)
- [Inchworms](#)
- [Single Arm Single Leg Lateral Raise](#)
- [Quadruped Bird Dog](#)
- [Quadruped Shoulder Circles](#)

CFD | FPAT Incumbent Workouts

Breaching & Swinging

TIMEFRAME	30-45 min.
Mobility & Function	5-10 min.
Strength & Movement	20-30 min.
Fitness & Conditioning	3-5 min.

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1	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Overhead March / Carry		10-20	Can be performed with kettlebells / dumbbells	1	2	3	4	5
	b	BB Push Press	3-4	4 - 8		1	2	3	4	5
	c	Tricep Pushdown	4	10 - 12		1	2	3	4	5
	d	Pull-Up	4	10 - 12		1	2	3	4	5
	e	Push - Pulls	3		Perform 3 rounds / 1 minute rounds	1	2	3	4	5

2	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	DB/KB Woodchoppers	3	10 - 20		1	2	3	4	5
	b	Weight Plate Clean to Overhead Press	3 - 4			1	2	3	4	5
	c	Tricep Dip	4	10 - 15		1	2	3	4	5
	d	Paloﬀ Press	4	10 - 20	Each side*	1	2	3	4	5
	e	Medicine Ball Slam	3		Perform 3 rounds / 1 minute rounds	1	2	3	4	5

3	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	T-Spine Open Books	3	10 - 15	Each side*	1	2	3	4	5
	b	BB Bench press	4	4 - 8	Can perform DB press as well	1	2	3	4	5
	c	DB Front Shoulder Raise	4	10 - 15		1	2	3	4	5
	d	Lateral Raise	4	10 - 15		1	2	3	4	5
	e	Reverse Woodchop	3		Perform 30 s rotations each side for 1 minute / 3 rounds	1	2	3	4	5

4	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Horizontal Abduction	3	10 - 15	Perform with band/dumbbells	1	2	3	4	5
	b	Dumbbell Push Press	4	8 - 10		1	2	3	4	5
	c	Overhead Tricep Extension	4	10 - 12	Dumbbells / EZ bar curl ... can also be performed unilaterally	1	2	3	4	5
	d	Cable Single Arm Pulldown	4	10 - 12		1	2	3	4	5
	e	Rotational Medicine Ball Slam	3		60 sec. per round horizontally against a sturdy surface	1	2	3	4	5

Breaching & Swinging

- [Overhead March/Carry](#)
- [DB/ KB Woodchoppers](#)
- [BB Push Press](#)
- [Cable Single Arm Pulldown \(half-kneeling\)](#)
- [DB Front Shoulder Raise](#)
- [Weight Plate Clean to Overhead Press](#)
- [Paloﬀ Press](#)
- [Horizontal Abduction](#)
- [Push-Pulls](#)
- [T-Spine Open Books \(side lying/kneeling\)](#)

CFD | FPAT Incumbent Workouts

Carrying & Lifting

TIMEFRAME	30-45 min.
Mobility & Function	5-10 min.
Strength & Movement	20-30 min.
Fitness & Conditioning	3-5 min.

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1	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Floor/ Wall Angels	3	10		1	2	3	4	5
	b	Hip Drops	2	20		1	2	3	4	5
	c	Alt. Reverse Lunges	3	10		1	2	3	4	5
	d	Back Squat	4	8-10		1	2	3	4	5

2	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Floor/ Wall Angels	3	10		1	2	3	4	5
	b	Dips (bar or bench mod.)	4	10-15		1	2	3	4	5
	c	Sandbag Bear Hug Carry	2	Max Dist.		1	2	3	4	5
	d	DB Farmers Carry	2	Max Dist.		1	2	3	4	5

3	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Hip Drops	2	20		1	2	3	4	5
	b	Sumo Deadlift (BB or DB)	4	8-10		1	2	3	4	5
	c	Sandbag Shoulder Carry	2 (per side)		*Same side vs. alternating sides*	1	2	3	4	5
	d	DB Suitcase Carry	2 (per side)			1	2	3	4	5

4	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Bodyweight Cossack Squat	2	10		1	2	3	4	5
	b	Alt. Reverse Lunge	2	10		1	2	3	4	5
	c	Loaded Walking Lunges	3 (per side)	10		1	2	3	4	5
	d	Zercher Carry	3	Max Dist.		1	2	3	4	5

Carrying & Lifting

- [DB/KB Farmers Carry](#)
- [DB/KB Suitcase Carry](#)
- [Loaded Walking Lunges](#)
- [Rucking](#)
- [Sandbag Bear Hug Carry](#)
- [Sandbag Shoulder Carry](#)
- [Zercher Carry](#)
- [DB Sumo Deadlift](#)
- [Parallel Dips](#)
- [Bodyweight Cossack Squats](#)
- [Alternating Reverse Lunge](#)
- [Hip Drops](#)
- [Floor/Wall Angels](#)

CFD | FPAT Incumbent Workouts

Climbing & Endurance

TIMEFRAME	30-45 min.
Mobility & Function	5-10 min.
Strength & Movement	20-30 min.
Fitness & Conditioning	3-5 min.

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1	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Squat to High Knee	3-5	8-12	*FOR ALL 4 WORKOUTS	1	2	3	4	5
	b	Bulgarian Split Squat	3-5	8-12	*3-5 sets for strength, 8-12 reps per set*	1	2	3	4	5
	c	Plank	3-5	60 sec	*Increase weight for strength*	1	2	3	4	5
	d	Single Leg Bridge	3-5	8-12	*5 rounds for circuits - EMOM (every minute on the minute)*	1	2	3	4	5
	e	Floor/ Wall Angels	3-5	8-12	*Decrease weight for endurance*	1	2	3	4	5

2	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Bear Crawl	3-5	8-12		1	2	3	4	5
	b	Ladder Climbs (modified with equipment)	3-5	8-12		1	2	3	4	5
	c	Bodyweight Cossack Squat	3-5	8-12		1	2	3	4	5
	d	Mountain Climbers	3-5	8-12		1	2	3	4	5
	e	Inchworm	3-5	8-12		1	2	3	4	5

3	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Step Ups	3-5	8-12		1	2	3	4	5
	b	Single Leg Bridge	3-5	8-12		1	2	3	4	5
	c	Ladder Climbs (modified with equipment)	3-5	8-12		1	2	3	4	5
	d	Spiderman Extension	3-5	8-12		1	2	3	4	5
	e	Floor/ Wall Angels	3-5	8-12		1	2	3	4	5

4	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set				
			Sets	Reps per set		Set	Set	Set	Set	Set
	a	Bodyweight Cossack Squat	3-5	8-12		1	2	3	4	5
	b	Plank	3-5	60 sec		1	2	3	4	5
	c	Squat to High Knee	3-5	8-12		1	2	3	4	5
	d	Bulgarian Split Squat	3-5	8-12		1	2	3	4	5
	e	Mountain Climbers	3-5	8-12		1	2	3	4	5

Climbing & Endurance

- [Mountain Climbers](#)
- [Squat to High Knee](#)
- Ladder Climbs (modified with equipment)
- [Step-Ups](#)
- [Bodyweight Cossack Squats](#)
- [Bulgarian Split Squat](#)
- [Planks](#)
- [Single Leg Bridge](#)
- [Floor/Wall Angels](#)

CFD | FPAT Incumbent Workouts

Dragging & Pulling

TIMEFRAME	30-45 min.
Mobility & Function	5-10 min.
Strength & Movement	20-30 min.
Fitness & Conditioning	3-5 min.

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1	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set											
			Sets	Reps per set		Set	Set	Set	Set	Set	Set	Set	Set				
	a	Band Pull Apart	3	10		1	2	3	4	5							
	b	DB Suitcase Deadlift	4	12		1	2	3	4	5							
	c	Bent Over Plate Rows	4	8		1	2	3	4	5							
	d	Single Leg Bridge	2 (per side)	15		1	2	3	4	5							
	e	Pull-Ups	3	AMRAP	<i>*as many reps as possible*</i>	1	2	3	4	5							

2	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set											
			Sets	Reps per set		Set	Set	Set	Set	Set	Set	Set	Set				
	a	Band Pass Through	3	10		1	2	3	4	5							
	b	Lat Pulldowns	3	10		1	2	3	4	5							
	c	DB Sumo Deadlift	3	7		1	2	3	4	5							
	d	Single Arm Row	3 (per side)	8		1	2	3	4	5							
	e	Single Leg Bridge March	3	30 sec.	<i>*timed work for each set*</i>	1	2	3	4	5							

3	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set											
			Sets	Reps per set		Set	Set	Set	Set	Set	Set	Set	Set				
	a	Bodyweight Cossack Squats	2	6		1	2	3	4	5							
	b	Pull-Ups	3	7-10		1	2	3	4	5							
	c	DB Hip Thrust Bridge	3	15		1	2	3	4	5							
	d	Bent Over Plate Row	2	12		1	2	3	4	5							
	e	Unilateral Farmers Carry	4	30 sec.	<i>*timed work for each set*</i>	1	2	3	4	5							

4	Order	Exercise	not including warm-ups		Notes	WEIGHT / REPS / TIME per set											
			Sets	Reps per set		Set	Set	Set	Set	Set	Set	Set	Set				
	a	Bodyweight Alternating Reverse Lunge	3	12		1	2	3	4	5							
	b	Inverted Row	3	10		1	2	3	4	5							
	c	DB Suitcase Deadlift	2 (per side)	6		1	2	3	4	5							
	d	Single Arm Row	2	12		1	2	3	4	5							
	e	Plank Pull Through	3	1 min	<i>*timed work for each set*</i>	1	2	3	4	5							

Dragging & Pulling

- [Inverted Row](#)
- [Bent Over Plate Rows](#)
- [Pull-Up](#)
- [DB Single Arm Row](#)
- [Lat Pulldowns](#)
- [DB Sumo Deadlift](#)
- [Band Pass Through](#)
- [Band Pull Apart](#)
- [Single Leg Bridge](#)