



## 5-5-5 FITNESS LEANFIT LEVEL I CYCLE



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By: 5-5-5 Firefighter Fitness, Inc.

TRAIN HARD

DO WORK

BE READY



The purpose of this LeanFit Level I cycle is to get the person that has not exercised at all or in a very long time on the road to performing some kind of cardiovascular exercise on a regular basis. This program starts off slow intentionally. We want to acclimate the user's body slowly back into regular activity. Little good is done if the user experiences severe muscle pain in the first week or two of starting an exercise program. We recommend doing the first months' worth of workouts, two to three times per week. You can work up to 4-5 times a week as your body gets stronger. As with any exercise program, please consult your doctor before beginning this or any program.

We also ask that you track your progress and reach out to us during the course of this 17 week cycle. 5-5-5 Fitness, and our community, is here to support you and we hope to use your story to encourage and inspire others. And don't worry – no matter how slow you may go, you're still lapping everyone sitting in the firehouse recliner.

**START DATE:** \_\_\_\_\_

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**Week 1**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Spend 5 minutes stretching your back, hamstrings, quads, ankles. Grab some water as well.

Workout: 20 minute walk. Nice easy pace. This is a starting point. Just commit to doing these workouts two to three times a week. You will see improvement.

**Week 2**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching.

Workout:

\*25 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Easy pace. Commit to doing this workout two to three times a week.

\*5-air squats, 5-push-ups, 5-sit-ups. Modify as needed. Do 1-3 rounds

Air squats - Find something to put under you bottom as a guide for how far to go down to if you'd like. Make sure it is a comfortable depth, not too far down. Keep knees out, back straight, heels on the ground. Just sitting down onto a chair and standing up will suffice.

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Push-ups - you can do them from your knees or even standing against a wall.

Sit-ups- Feel free to do crunches. DO NOT place hands behind your head. That only puts undue pressure on your neck.

**Week 3**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching

Workout:

\*30 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Easy pace. Commit to doing this workout two to three times a week.

\*2rds-3 rounds: 5-air squats, 5-push-ups, 5-sit-ups. Modify as needed.

Air squats-find something to put under you bottom as a guide for how far to go down to. Make sure it is a comfortable depth, not too far down.

Push-ups - you can do them from your knees or even standing against a wall

Sit-ups- Feel free to do crunches. DO NOT place hands behind your head. That only puts undue pressure on your neck.

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**Week 4**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Here is a new 5 minute stretching video. Only do what you are comfortable with. <https://www.youtube.com/watch?v=hsGgI0ThLG8>

Workout:

\*35 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Easy pace. Commit to doing this workout two to three times a week.

\*3-4 rounds: 10-air squats, 5-push-ups, 10-sit-ups. Modify as needed.

**Week 5**

**Date:** \_\_\_\_\_ .

Warm-up:

Workout:

\*40 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Easy pace. Commit to doing this workout three to four times a week.

\*4-5 rounds: 15-air squats, 10-push-ups, 15-sit-ups. Modify as needed.

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## **Week 6**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching.

Workout:

\*30 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Moderate pace. Commit to doing this workout three to four times a week.

\*2rds - 5 rounds: 20-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

## **Week 7**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Here is a new 5-6 minute stretching video. Commit to doing these stretches. I promise, it will make you feel better and function better.  
[http://www.youtube.com/watch?v=h2aBPh\\_2eEo](http://www.youtube.com/watch?v=h2aBPh_2eEo)

Workout:

\*40 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Moderate pace. Commit to doing this workout three to four times a week.

\*3 – 5 rounds: 15-air squats, 10-push-ups, 15-sit-ups. Modify as needed.

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**Week 8**

**Date** \_\_\_\_\_.

Warm-up: Light stretching. Here is a 5-6 minute stretching video. Commit to doing these stretches. I promise, it will make you feel better and function better.  
[http://www.youtube.com/watch?v=h2aBPh\\_2eEo](http://www.youtube.com/watch?v=h2aBPh_2eEo)

Workout:

\*45 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Moderate pace. Commit to doing this workout three to four times a week.

\*3 - rounds: 20-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

Air squats-find something to put under you bottom as a guide for how far to go down to. Make sure it is a comfortable depth, not too far down.

<https://www.youtube.com/watch?v=VoEiMqkGCY8>

Push-ups-you can do them from your knees or even standing against a wall.

<https://www.youtube.com/watch?v=a6YHbXD2XIU>

Sit-ups- Feel free to do crunches. DO NOT place hands behind your head. That only puts undue pressure on your neck.

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**Week 9**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Before AND after

Workout:

\*30 minute cardio. 5 rounds of 5 minute walk, 1 minute jog. Commit to doing this workout 3 to 4 times a week.

\*3-5 rounds: 20-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

**Week 10**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Don't forget to stretch!

Workout:

\*30 minute cardio. 5 rounds of 4 minute walk, 2 minute jog. Commit to doing this workout 3 to 4 times a week.

\*4 – 6 rounds, 15-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

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**Week 11**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Before AND after.

Workout:

\*30 minute cardio. 6 rounds of 4 minute walk, 1 minute jog. Commit to doing this workout 3 to 4 times a week.

\*5 – 6 rounds: 15-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

Air squats-find something to put under you bottom as a guide for how far to go down to. Make sure it is a comfortable depth, not too far down.

<https://www.youtube.com/watch?v=VoEiMqkGCY8>

Push-ups-you can do them from your knees or even standing

against a wall. <https://www.youtube.com/watch?v=a6YHbXD2XIU>

Sit-ups- Feel free to do crunches. DO NOT place hands behind your head. That only puts undue pressure on your neck.

**Week 12**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching.

Workout:

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\*30 minute cardio. 5 rounds of 3 minute walk, 2 minute jog. Commit to doing this workout 3 to 4 times a week.

\*6 rounds: 10-air squats, 10-push-ups, 15-sit-ups. Modify as needed.

Air squats-find something to put under you bottom as a guide for how far to go down to. Make sure it is a comfortable depth, not too far down.

<https://www.youtube.com/watch?v=VoEiMqkGCY8>

Push-ups-you can do them from your knees or even standing

against a wall. <https://www.youtube.com/watch?v=a6YHbXD2XIU>

Sit-ups- Feel free to do crunches. DO NOT place hands behind your head. That only puts undue pressure on your neck.

## **Week 13**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching.

Workout:

\*30 minute cardio. 4 rounds of 4 minute walk, 2 minute jog. Commit to doing this workout 3 to 4 times a week.

\*5 rounds: 15-air squats, 10-push-ups, 15-sit-ups. Modify as needed.

## **Week 14**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Here is a new 5 minute stretching video. Only do what you are comfortable with. <https://www.youtube.com/watch?v=tdNEzxpPhpo>

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Workout:

\*32 minute cardio. 4 rounds of 5 minute walk, 3 minute jog. Commit to doing this workout 3 to 4 times a week.

\*5rds, 15-air squats, 8-push-ups, 15-sit-ups. Modify as needed.

Air squats-find something to put under you bottom as a guide for how far to go down to. Make sure it is a comfortable depth, not too far down.

<https://www.youtube.com/watch?v=VoEiMqkGCY8>

Push-ups – Work on touch chest to ground.

Sit-ups- Feel free to do crunches. DO NOT place hands behind your head. That only puts undue pressure on your neck.

**Week 15**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching. Here is a new 5 minute stretching video. Only do what you are comfortable with. <https://www.youtube.com/watch?v=tdNEzxpPhpo>

Workout:

\*32 minute cardio. 8 rounds of 2 minute walk, 2 minute jog. Commit to doing this workout 3 to 4 times a week.

\*4 rounds: 20-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

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**Week 16**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching.

Workout:

\*35 minute cardio. 7 rounds of 2 minute walk, 3 minute jog. Commit to doing this workout 3 to 4 times a week.

\*5 rounds: 20-air squats, 10-push-ups, 20-sit-ups. Modify as needed.

**Week 17**

**Date:** \_\_\_\_\_ .

Warm-up: Light stretching.

Workout:

\*30 minute cardio. 6 rounds of 1 minute walk, 4 minute jog. Commit to doing this workout 3 to 4 times a week.

100 Air squats, 100 Pushups, 100 Situps as fast as you can

CONGRATULATIONS! You FINISHED the 17 week Lean 1 Fit Cycle.

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