

Top 1: Loaded Carry with ABC Extinguisher in Zercher Handle



Advantages of the Exercise:

- Uses many muscle groups
- Improves grip and posture
- Enhances endurance
- Improves the handling of scissors and spreaders
- Strengthens and stabilizes the core

Primarily trained muscle groups:

- Arms
- Neck
- Shoulders
- Core

Notes on execution:

- Upper chest
- Shoulders pushed backwards
- Belly stabilized
- Do not go into the hollow back

Top 2: Crawling



Advantages of the Exercise:

- Improves deep gaits
- Uses many muscle groups
- Improves coordination
- Improves endurance
- No equipment required

Primarily trained muscle groups:

- Arms
- Shoulders
- Core

Notes on execution:

- Move limbs diagonally and evenly
- Backside is deep
- Knees do not touch the floor
- Keep the pelvis straight and do not wiggle

- Gentle and controlled positioning with the hands

Top 3: Rowing in the loungeer slope



Advantages of the Exercise:

- Improves posture (injury prevention)
- Uses many muscle groups
- Less pain when wearing personal equipment

Primarily trained muscle groups:

- Back
- Arms
- Shoulders
- Neck

Notes on execution:

- Keep torso stable (tighten abdomen and buttocks)
- Shoulder blades away from ears
- Pull the shoulder blades tightly together when pulling
- Keep chest up to maintain good posture

Top 4: Squats



Advantages of the Exercise:

- Uses many muscle groups
- Stabilizes and mobilizes the ankles, knees and hips
- Improves endurance
- Great for burning fat
- No equipment required

Primarily trained muscle groups:

- Legs
- Backside
- Lower Back

Notes on execution:

- Stand with your feet slightly turned outwards about shoulder width
- Knees always move in the direction of the toes or slightly outwards
- Heels stay on the ground

- Keep upper body as upright as possible

Top 5: Pulling in the diamond handle



Advantages of the Exercise:

- Very specific
- Trains many muscle groups
- Trains muscles, strength endurance and endurance at the same time

Primarily trained muscle groups:

- Legs
- Back
- Arms
- Shoulders
- Neck
- Core

Hints for the exercise:

- Keep chest up

- Keep belly stabilized
- Lean back slightly and take small steps

Top 6: Farmer's Walk



Advantages of the Exercise:

- The best exercise to increase general physical strength
- Very specific
- Strengthens the neck and shoulder area to relieve pain when wearing personal equipment
- Learning how to lift correctly
- The working capacity is trained
- Weaknesses in the trunk and hips are exposed or improved by the exercise.

Primarily trained muscle groups:

- Whole body (with heavy weight)
- Neck
- Grip strength
- Core

Hints for the exercise:

- Hold chest up and shoulders back
- Keep belly stabilized

Top 7: Burpees



Advantages of the Exercise:

- Training the whole body
- No equipment required
- Great fat burner
- Improves endurance
- Perfectly suited for the training of strength endurance

Primarily trained muscle groups:

- Legs
- Core
- Arms
- Shoulders
- bosom

Hints for the exercise:

- When jumping backwards, keep the fuselage stable (do not sag).
- When jumping forward, place feet outside hands (jump out of knee bend position when heels are on floor to avoid knee pain)
- When landing after the extension jump, push your backside backwards, not your knees forward.

Top 8: Stair climbing



Advantages of the Exercise:

- Improves strength endurance in the legs
- Train endurance
- Very specific
- Competitive nature

Primarily trained muscle groups:

- Legs
- Backside

Hints for the exercise:

- Train different variables (2 steps at once, sprints, long flights of stairs etc...)

Top 9: Vacuum Breathing



Advantages of the Exercise:

- Improves fuselage stability
- Helps against stress
- Helps to keep calm in dangerous situations
- Prevents pain in the lower back and herniated discs
- Can be carried out anywhere
- Helps for a flat stomach
- Improves concentration

Primarily trained muscle groups:

- Deep abdominal muscles
- Intercostal muscles

- Diaphragm

Notes on execution:

- Breathe in the first 2/3 into the abdomen, breathe in the last 1/3 into the chest.
- When exhaling, pull the navel as far and as firmly as possible towards the spine and hold it as long as possible.

Top 10: Running



Advantages of the Exercise:

- Very easy to perform anywhere
- Improves endurance and ability to regenerate
- Reduces stress

Primarily trained muscle groups:

- Legs

Notes on execution:

- Switch between different variables (e.g. 1 hour jogging, 30 min interval training or 3+ hours hiking...)