

January
2021

Fire Line Newsletter



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From the Balcony: Closing Out 2020

“This has been a year like no other” is an understatement! In a year which started out with energy for many aspects of our agency turned the opposite direction quickly in mid-March when the Covid-19 pandemic hit. We quickly began to focus our attention, resources and energy to combating the pandemic on the front lines and we had no time to waste because we knew our resources were going to be tested early and often.

We started out with a solid playbook in the form of our Infectious Disease Policy. The policy is a living-breathing document which established the framework of what our Personal Protective Equipment (PPE) should look like and how we would work to keep our personnel protected from others who might be suspected of being infected with Covid-19. The other thing we had going for us right away was a solid supply of PPE and the work of our EMS chief and lieutenants to keep us fully stocked with PPE created the basis for what was stocked over the pandemic. We have been fortunate to have been able to enhance our PPE and keep all of our rescue personnel safe.

We immediately began processes to sanitize our ambulances, apparatus and fire stations. Again, this was not new for us because of the forward thinking of our staff when they moved forward with the purchase of hydrostatic disinfectant sprayers well ahead of the pandemic. Our sanitation regiment became the standard for other EMS providers and law enforcement agencies.

We quickly began limiting the public in our firehouses which included interns and students. We began participating in virtual birthday drive by tours and eliminated station tours and other traditional public education events. Fire inspections and other public contacts were suspended and in some cases put on the shelf until the pandemic is over.

Although we saw a little bit of a lull in total calls for service in the early stages of the pandemic, we have seen a spike in drug related overdose deaths, shattering previous years’ records. In addition, we have seen an unprecedented number of fires in residential structures during the pandemic. Speaking of calls, we originally had hoped to have a referendum on the Fall ballot this year, but due to the pandemic it was decided to table the proposal until the April, 2021 election. Our hope is that we will have six additional firefighter/paramedics to staff a fourth ambulance beginning in January, 2022.

We managed to get a new parking lot at station one, a new garage door system at station two and in early December we will take delivery of a “Quint” fire truck which will run at station two. We are excited about this addition to our fleet and the added versatility it will bring.

During this pandemic you, the members of Fond du Lac Fire Rescue, have performed with expertise and professionalism. We can be thankful for so much including the general good health we’ve maintained throughout 2020. It’s because of your dedication, commitment and drive we continue to serve our community uninterrupted and there is no better gift to give than that.

*Until Next Month,
Be Safe and
Be Well
Fire Chief
Peter O’Leary*



FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson



Out with 2020, looking forward to 2021!

For most of us, if not all, we are happy to say goodbye to 2020 and are excited for 2021. This past year has been challenging to say the least, but with the New Year comes some really sensational things. Here is a preview of a few items that will be happening at Fond du Lac Fire Rescue in the Operations Division.

Quint 472 will be placed into service. As I am writing this article, I have crews working feverously on getting Q472 into service. This new 107' Pierce Velocity Ascendant Fire Apparatus will provide an added diversity for our fire and EMS responses to the citizens of Fond du Lac. Not only will we have the ability to operate as a Paramedic Engine company, but we will have the capability to be utilized in Truck company operations. This vehicle was designed to have all the latest safety options built-in, to include a "clean cab" environment which puts all of the contaminated gear and equipment outside of the crew cab. This is another step we have taken to reduce the incidence of cancer causing exposure to our membership. There will be some minor operational changes once the vehicle is placed in service, but all of these procedures are

designed to best serve the community.

Classroom/Training room addition. I am currently working with the other city departments to finalize the engineering and construction plans for the addition at station 1. This new construction will allow us to nearly double the size of the current training classroom, while adding in the ability for the space to be used as a community room. The improvements will include public bathrooms and the capacity for the area to be secured from the rest of the fire station. The technology of the Polycom communications will remain with the outer stations, we will just now have the increased space to hold larger classroom trainings and public events.

Concrete approaches at Station 1. The front and rear aprons in front of the apparatus room at station 1 are in terrible shape. In 2021 and 2022, the concrete is planned to be replaced. This will be done over the two years to try and lessen the impact of FR operations for response. In 2021, the concrete off of Main St. will be replaced and 2022 will see the replacement of the concrete off of 21st St. During this construction phase, there

will be challenges for our vehicles coming out of the station, but bearing in mind with patience and safety, we should be able to get through this temporary problem.

Hazardous Materials vehicle and trailer replacement. We are currently working with Fleet services on specification on a replacement for our current Haz Mat response vehicle. The current vehicle is a 1998 GMC that was donated to us from Alliant Energies. The current trailer is a 2004 that was donated to us when we stopped housing the CPAT firefighter fitness exam equipment. The new Truck and Trailer will be customized to the needs of a true Hazardous Materials Team and response. The set-up will feature items like an incident command post and removable carts for decon and entry teams.

With 2020 now in our rearview mirror, we look forward to some great possibilities and things to come in 2021. One thing we have experienced with 2020, is that we can get through adversity and come out better for it on the other-side!

***Until next Month...
Stay Safe!***



Operations by the Numbers

November, 2020	By Month		Year-To-Date	
	Last Year	This Year	Last Year	This Year
PREVENTION				
Total Inspections	283	214	2833	2219
Total Defects	172	89	1743	1100
SUPPRESSION				
Alarms Involving Fire	11	14	105	119
Fire Mutual Aid Given	3	1	13	12
Fire Mutual Aid Received	3	0	1	3
Service/Good Intent Calls	51	62	490	544
False Alarms/False Calls	24	19	367	284
Other Calls	8	9	168	158
Total Fire Alarms & Calls	94	104	1130	1105
EMS				
Total Ambulance Calls	480	586	5754	5819
Total Fire/EMS Responses	574	690	6884	6924
Fire Property Loss	\$16,550.00	\$111,800.00	\$433,468.00	\$803,700.00
Fire Contents Loss	\$25,210.00	\$66,005.00	\$219,906.00	\$293,071.00
Engine Assisted EMS Calls	211	228	2545	2482

Birthdays, Employment Milestones, Upcoming Events

UPCOMING EVENTS

New Year's Day

Friday, January 1

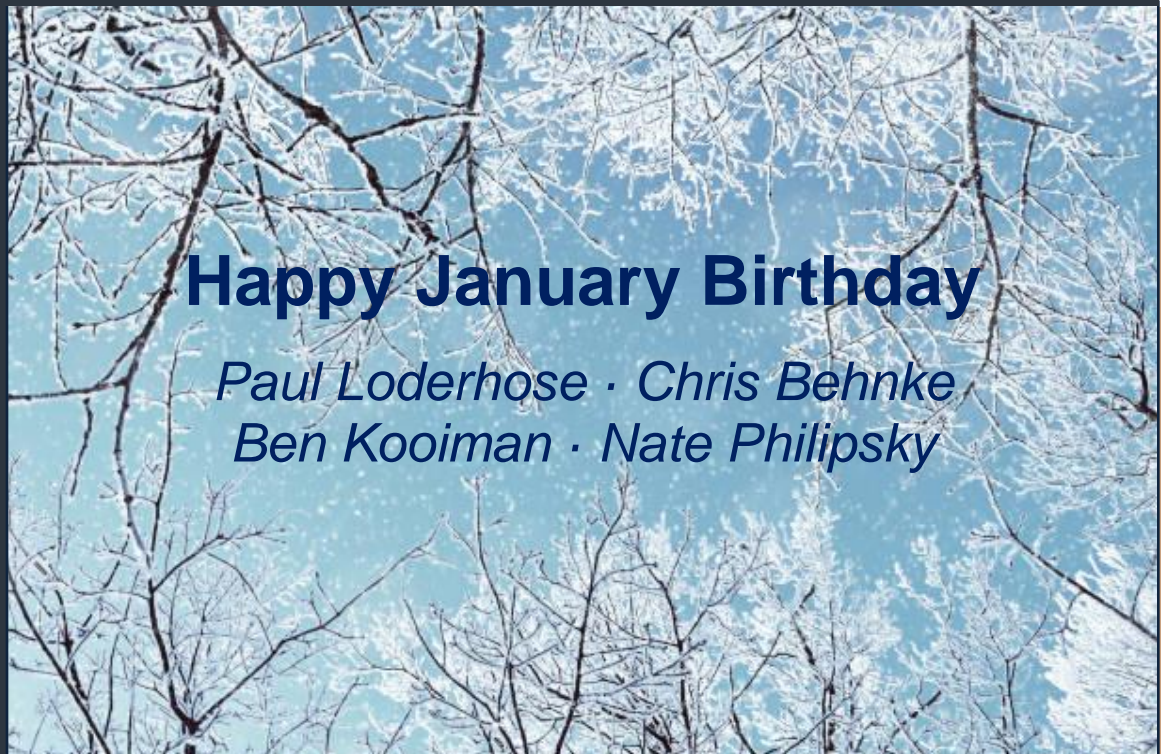
Martin Luther

King, Jr. Day

Monday, January 18

Inauguration Day

Wednesday, January 20





The Code Summary

By: Assistant Chief Todd Janquart

The Art of Dealing with Challenging Patients and Family

Often times in EMS, we focus solely on the clinical aspect of our jobs. Not to say this isn't a great thing, but what about the "human factor?" What about the different types of personalities and emotions that we encounter from patients and family members? This is a thought which often goes by the wayside. As we know, in EMS, we encounter people from all backgrounds with different personalities. Everyone expresses emotions differently in times of crisis. Some cry. Some scream. Some become violent. Some remain calm. This presents a unique challenge for us as EMS providers.

How we, as providers, react to and deal with challenging patients and family members is a highly important aspect of our job. Dealing with these situations in a professional and objective manner projects a positive image to the public, protects the integrity of our organizations, and may determine whether or not you go home in one piece at the end of your shift. In this article, I'd like to outline and elaborate on three rules for effectively dealing

with challenging patients and family members. In my 20 years as a provider, I find that following these rules and doing your best to be objective with patients and family members you encounter will aide in a successful outcome.

Be objective; Don't take it personally.

We've all encountered situations where we walked into a residence and a patient or family member



began screaming at us. How do we deal with this? Our first instinct as human beings is to become defensive and yell right back. "How dare this person scream at me? I'm not putting up with this!" I can guarantee you that doing this will make matters worse and possibly put you in a position of danger.

I know this because there was a time in my career

where I didn't always follow my own rules. As a provider, you must put yourself in a mental position to realize that it's not personal and you should never take it that way. How could a patient or family member be mad at you? They just met you three seconds ago! They couldn't possibly be mad at you. It's because they're not. They are upset about whatever outside factor is upsetting them that has nothing to do with you as a provider. You just happened to walk in and they're projecting their frustration onto you.

This is important to effectively manage these stressors outside of work and leave them at the door of the station when you report for duty. This is a huge factor in maintaining your patience and objectivity when dealing with challenging situations.

Identify and empathize with the outside factors that are upsetting a patient or family member.

I once walked into a house for an elderly woman not feeling well. Her son, who was about 6-foot-6, towered over me and began to scream. I knew how I reacted to this could mean the difference between whether or not I was going to need an ambulance. I quickly realized

that he was upset because his mother wasn't feeling well. It had nothing to do with me personally.

I said to him: "Sir, I realize you're upset because your mother is ill. I personally guarantee you that she will receive the best care possible and I will make sure I speak with the nurses and doctors in the hospital to make sure she is given priority care." This huge man broke down and began to cry. Which was a huge sigh of relief! The successful outcome in dealing with this particular situation was identifying and empathizing with the outside factor which was



upsetting him. It kept me in one piece, projected a good public image and protected the integrity of my organization. Most importantly, it offered this man reassurance that his

The Art of Dealing with Challenging Patients and Family Continued...

beloved mother was going to be well taken care of. Had I gotten defensive and began to yell back, the situation would've gone bad quickly. It's important to identify why someone is emotional in order to address it and deal with it in an objective and professional manner.

Spend as much time as it takes with a patient and/or family in order to facilitate care and transport.

As providers, there are times where we are in a rush. We're tired, were hungry and we need to get to the three other calls that are holding in the dispatch queue. It's OK to admit it. We've all done it. This often results in allowing someone to refuse that we could've spent more time convincing to go to the hospital. This also results in ineffective care and angry family members. Keep in mind that system resources are not your problem as providers. You must effectively care for the person in front of you before you move on to the next call.

best EMS educators on the planet, once said to me: "If you can't be with the one you love, love the one you're with." Meaning: take it one call at a time and take as much time as reasonably necessary to provide effective care and facilitate transport for someone who needs it. I once encountered this elderly lady with dementia who was failing to thrive. Her son wanted her transported to a hospital. She did not want to leave her bedroom. She did not have the capacity to refuse treatment due to her mental state and her son insisted that she be transported.



In this situation, what are my options as a provider? I'm absolutely not physically forcing an elderly woman with her dementia out of her room. I can't allow her to refuse. The only option I had is to convince this woman to be transported to a hospital willingly. I spent about a half hour talking with her, joking with her and laughing with her. In the end, she agreed to be transported to a hospital and as a bonus, asked me to marry her on the way. This was my first proposal during the course of my duties!

We have a wide array of challenges that we face every day. Our jobs as EMS providers are difficult, stressful and challenging. However, the most important things to consider are: keeping yourself safe and providing excellent customer service and patient care to those who call upon us. There's no amount of stress or impatience that is worth putting yourself, your patients or your respective organizations at risk.

The best way out of a difficulty is through it.

Will Rogers



News from the Station



We have a new addition to our fire suppression fleet and we are ecstatic! The 107 foot Quint was delivered to us where FDLFR members will work to put all of the equipment in place as we retire Truck 478. When Q472 is ready for service it will be at station two located at 4th & National. We hope to have factory training completed and all equipment in place in early January.

Thank you Fond du Lac!



Crews recently took part in an ice water rescue training at the Fairgrounds. The training helps to familiarize crews with not only the procedures they need to follow for a successful rescue, but also the equipment, from the rope lines and ice rescue suits to inflating the rapid deployment craft or banana boat.



Well-trained people are the best defense against fire.

By: Assistant Chief of
Training/Safety
James Knowles III

Second-Due Engine Duties

When arriving as the first-due engine company at a working fire, the priorities are pretty cut and dry: Secure a water supply, place the apparatus out of the truck's way, and stretch the attack line. Once the initial attack line is placed between the occupants and the fire, advance onto the fire to extinguish it at its origin.

Those are the basics of engine company operations—but what are our responsibilities when we're the *second*-due engine at a working fire?

Got Water?

The first question you must ask yourself is whether to secure a water supply. This will depend largely on your department's standard operating procedures (SOPs) and how your first-due engine went to work. As we've stated in previous articles, we're firm believers that every engine company should establish their own source of water, because it provides an additional water supply to the fireground, as well as an added measure of safety in the event that the first-due engine's water supply is interrupted. Plus, an engine without water is really just an expensive taxi.

Once you've established a water supply, place your

apparatus as close to the scene as possible—but without blocking the truck companies. We'll discuss why this is important later.

Stretching Lines

After appropriately positioning the second-due engine, take a minute to evaluate the hose stretch of the first-due engine. Most of the fires we respond to are extinguished using the initial attack line from the first-due engine, but if the placement of the initial attack line is going to be a difficult or long stretch, your company should help the first-due engine get their line in place. *Remember.* Make sure the line is stretched and flaked out to avoid any kinking issues.

It will be tempting to try to beat the first-due to the fire with your line, but you must resist the urge! Putting the first line on the fire in the shortest amount of time is in the best interest of the occupants and firefighters (especially those searching), so help the first-due engine get their line in place; they will return the favor someday.

Once the first-due line is stretched, the second engine needs to stretch a back-up line to support the initial

attack line and to protect the first-due hose team from fire moving behind them as they enter the structure. This line also serves as a safety line in the event that the initial hoseline loses water.

But from which engine should you stretch the back-up line? *The answer.* It depends. Ideally, you should advance the back-up line from the second-due engine with its own water supply, because doing so provides you with 1) two completely independent hoselines operating within the structure and 2) the best safety measure in the event that one of the engines loses water.

The challenge comes when the second engine isn't close enough to reasonably stretch the back-up line. This is why it's important to position the second-due engine as close to the fire building as possible. If the placement of the second-due engine is nowhere near the fire building, then the back-up line will need to come off the first-due engine.

Hoseline Size & Length

After determining which engine will stretch the back-

-up line should be the same size line, or greater, than the initial attack line; however, this rule only applies to *residential structures*. If the first-due engine made the mistake of pulling a 1¾" hoseline on a commercial structure, don't compound the problem by stretching another! Use 2½" hose for commercial occupancies.

With regard to hose length, keep in mind that the back-up line needs to be at least as long as the initial hoseline if stretching from the first-due engine and longer if stretching from your engine. Hoseline placement within the structure should also be considered when estimating hose length.

Going In

When advancing into the structure, the back-up line must follow the initial hoseline into the building through the same entrance and remain a short distance behind the initial team. The back-up line should be charged and ready to be put into operation in the event that the first line loses water or the fire overpowers the initial line.

If the back-up line is needed to control the fire,

Second-Due Engine Duties... continued



it's no longer a back-up line—it's an additional attack line. When this happens, notify command immediately, as a new back-up line will need to be deployed.

In multiple-story buildings, the back-up line should be deployed as discussed above; however, if the initial attack line is controlling and extinguishing the fire, the officer of the second-due engine should reposition the back-up line above the fire to stop fire extension. In this instance, you must estimate extra hose into

your stretch to cover the floor above the fire.

A Final Note

Operating as a second-due engine requires fire officers to make some crucial decisions in a short amount of time, but it also requires you to have a mindset that's different from that of the first-due crew. Although you're not going to be first-in, your tasks are equally as important to the success of the operation. Remember and train on the back-up line basics, and you'll have a solid foundation for both your mindset and your attack strategy.

Second-Due Basics

1. Secure a water supply.
2. Place the apparatus close to the structure without blocking the truck.
3. Assist the first-due engine with initial hoseline placement.
4. Stretch a hoseline of equal or larger size from the second engine.

5. Enter the same entrance as the initial attack line with equal or longer hose.

6. Support the initial line if needed or reposition to the floor above.

Source: Kirby, M. & Lakamp, T. (2011). Second-due engine duties. *Fire Rescue* (Issue 6, Vol 6). Retrieved from: <https://firerescuemagazine.firefighternation.com/2011/05/31/second-due-engine-duties/>

Arndt Street Fire - November, 2020



Current Status of New Construction

- Moraine Park Technical College at 235 N. National Ave. – Building is under construction.
- Fairfield Inn at 925 S. Rolling Meadows Drive – Building is under construction.
- River Hills Mixed Use Development on S. Main St. – Buildings 1, 2, 3, 4, 5, 6 & 8 are complete and 7 & 9 are under construction.
- Demolition continues at Forest Mall.
- Badger Liquor – Warehouse is under construction.
- Huberty CPA's on S. Pioneer Rd. – New Construction
- Excel Engineering – New addition.
- Capelle Bros./Diedrich – Building is under construction.

Winter Safety Tips for Kids



Always supervise children. Injuries can occur quickly when kids are sledding or snow tubing. It's important to keep a close eye on them. Pick a sledding location that is clear of obstructions like trees or fences and is covered in snow.



Winter can bring lots of family fun – whether this involves sledding and romping around in the snow or just hanging around together at home. Here are a few ideas for parents to keep their kids warm, healthy and safe during winter.

- **Adjust winter clothes for children's needs.** Dress babies and young children in one more layer of clothing than an adult would wear in the same conditions.
- **Keep exposure to the cold at a minimum.** Babies and young children don't have the same tolerance for cold that adults do. It's important to limit time outside.
- **Prevent colds and the flu by getting kids to** wash their hands frequently using soap and water and teach them to cover their mouth when sneezing or coughing by using the bend of their elbow.
- **Protect skin. Keep skin from being exposed to harsh temperatures to avoid frostbite.** Be aware of frostbite symptoms. If you notice your child's skin turning red or becoming numb, move to a warmer location and protect them from further exposure. Use warm water or blankets to raise their body temperature.

Fire Prevention

The Bureau Never Sleeps

By: Division Chief
Garth Schumacher



Ice Safety

I hope this finds all of you well and that your Holiday's were everything you'd hoped they would be. For the New Year I wish you all health and happiness!

January means many for us, a new year, a fresh start, a new exercise plan....For many Wisconsinites it means outdoor activities such as ice skating, ice fishing, snowmobiling, sturgeon spearing and the like. The cold weather brings us that rare opportunity to enjoy the frozen bodies of water and all their offered activities.

I personally grew up enjoying Lake Winnebago since I was 3 years old. Ice fishing with my father, snowmobiling, ice skating, climbing ice shoves, and floating on ice chunks when spring was close were common activities that were very enticing as a child and even adolescent. As eluded too, my friends and I would often find ourselves floating on ice chunks in the spring of the year, not an altogether safe practice by any means, but when unsupervised, a child growing up near this type of thing may try doing. Another thing we would do is climb these massive ice shoves whenever they presented themselves, I didn't realize until later in life that there are often voids in these shoves and should you break through your odds

are slim of getting out without immediate help. Often when the ice was just forming on the lake I would venture out on the shoreline and test the ice strength by stomping my foot, if the ice cracked I felt I was ok, if my foot broke through I usually turned around because I was on "thin ice".

You see, growing up there weren't any real charts or guidance as to ice thickness. Early ice my father would go out on the lake with a chisel and stop every few feet and slam the chisel down, if it went through on the first strike-roughly 2-3 inches, we didn't go any further, if he hit it more than once then he could proceed. This was not a good method of ice measurement I can tell you from experience, you tend to get wet and cold at some point.

For those of you that venture out on the lake, you also know that conditions can change overnight, where ice was once solid and safe, the next day could be thin and dangerous. My father put his ATV through the ice in a situation exactly like this, one day there was over a foot of ice, the next there was a gaping hole, all occurring from an unusually warm day, a few cracks in the ice and a large amount of runoff that opened a large whole in the ice.

The best thing you can do is to monitor ice conditions and know where you are and where you are going. Local fishing clubs, bait shops, even social media for the aforementioned is a good place to find out the latest conditions. Not, knowing conditions or the lake itself can get you into big trouble when you venture out, taking a GPS so you don't end up trying to drive up a river or stream when the fog rolls in or the snow blows and obscures everything is a lifesaving choice.

Be safe out there, have fun enjoying nature, but make good decisions beforehand, let someone know where you will be, know where you're going, take a GPS and update yourself on conditions, have a cellphone should you need assistance.

Ice Thickness Safety Chart

Ice safety tips for walking, fishing, driving and more:

Check the ice thickness before you go on it.

Four inches is the minimum ice thickness for walking.

Always go with a partner.

Get an ice update. Contact your state's Department of Natural Resources or a local bait shop for the latest ice reports. Then, compare

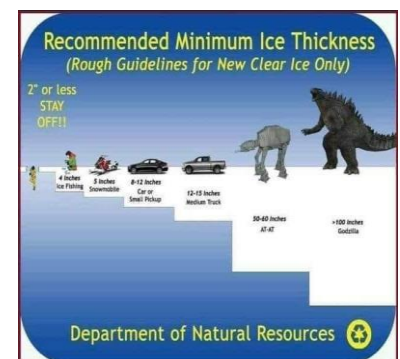
them to an ice thickness chart.

Pack a pair of ice picks. Attach these to a long cord. Screwdrivers work, too. If you fall into the water, you can pull yourself out using the picks. Tip: Use a wood-handled ice pick. If it falls into the water, it will not sink as quickly as a metal-handled pick.

Bring a lifejacket. If you break through while walking on ice, a life jacket can provide flotation and protection against hypothermia. Do not wear a flotation device when traveling in an enclosed vehicle.

Wear brightly-colored clothing. Bright colors make you easier to spot against the white snow and ice.

Remember the ice is never 100% safe!





Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



Fact

Nearly half of all space heater fires involve electric space heaters.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The leading information and knowledge resource
on fire, electrical and related hazards



PEER FITNESS TIPS

By: Peer Fitness Trainer
Jack Prall

Two Free-Weight Routines

You're stuck at home without the ability to go to the gym, and all you have for equipment are a set of dumbbells. Plus, you only have 30 minutes or less to get in a workout (including a warm-up), so what can you do?

Short answer – more than you might think. In fact, the variations are endless.

The two total-body workouts included in this article make it possible for you to target the main muscles of your body while using minimal equipment. These workouts can be done for a total of two to four times a week (two times each), but be sure to take at least one day off between workouts.

These workouts follow the Reps in Reserve (RIR) concept. With RIR, you perform a specific number of repetitions (reps) while leaving some in reserve – or “left in the tank” – before ending the set. This format helps you determine the effort you put into each exercise, which is helpful if you have just one set of fixed-weight dumbbells.

Aim for an RIR of 4 the first week you perform

these workouts. This means you should use an amount of weight that allows you to finish the set feeling like you could have done 4 more repetitions. On week 2, aim for an RIR of 3; on week 3, aim for an RIR of 2; and on week 4, aim for an RIR of 1. This sequence will help you progress each week and increase the intensity of your effort.

The recommended number of repetitions is given in parentheses after each exercise. This range is the ideal number of repetitions you should aim to work within for each exercise when considering your RIR, but this is completely up to you and your ability. Be aware that the upper limit of each listed rep range (20-30 reps) is included to reduce your chances of exhaustion and overtraining.

Before you get started with either of these workouts, warm-up for at least 2-5 minutes on your favorite cardio machine (if available) or walk or jog outside, if possible. If you don't have access to any cardio equipment, perform one minute of jogging in place or two to three sets of the following: five inchworms,

five body-weight squats (to a depth that is comfortable to you) and five body-weight deadlifts.

“The Dirty Seven” Full-body Workout (Days 1 and 5)

In 20 minutes, complete as many rounds as possible of the following movements:

- *Dumbbell front squats* (rep range of 10-20)
- *Diagonal raise* (5-20 reps per arm)
- *Dumbbell swing* (10-20 reps; while this exercise is traditionally done with kettlebells, it can be done with a dumbbell instead)
- *Lateral lunges with dumbbells* (5-20 reps per side)
- *Dumbbell squat to overhead press* (5-20 reps)
- *Reverse crunch* (10-20 reps)
- *Elevated glute bridge with dumbbells* (10-20 reps)

Rest for 30-60 seconds before repeating the round.

Full-body Workout (Days 3 and 7)

In eight minutes, complete as many rounds as possible of the following:

- *Dumbbell single-leg-single-arm Romanian deadlifts* (8-20 reps per leg)

- *Dumbbell front raises, alternating* (8-20 reps per arm)
- *Dumbbell chest presses, alternating* *8-20 reps per side)

Rest for 30-60 seconds before repeating the round.

At the end of the eight minutes, rest two minutes and then complete as many rounds as possible in eight minutes of the following:

- *Renegade rows* (5-20 reps per arm)
- *Dumbbell lateral raises* (8-20 reps)
- *Seated shoulder presses, alternating* (8-20 reps per arm)

Rest for 30-60 seconds before repeating the round.

When you have limited time or equipment, it's helpful to remember that you don't need to spend hours per week training to maintain your overall strength and fitness—all you need is some sort of tension on your muscles. Your body cannot tell the difference between the muscle tension it experiences from bands, barbells or dumbbells. The point is to keep moving and to maintain a fitness regimen, even if you only have a set of dumbbells.