

BEGINNER

FIREFIGHTER CHALLENGE
FITNESS PROGRAM

AMOUNT WORKOUT REST REPS

8-10	back squats	2-3 min	x 3
8-10	back extensions	2 min	x 3
8-10	leg curls	1 min	x 3
1 min	planks <i>any type</i>	15 sec	x 3
100 m	row @ 100%	90 sec	x 3

8-10	bench press	2-3 min	x 3
8-10	pull ups	2 min	x 3
8-10	dips	1 min	x 1
8-10	ring rows	1 min	x 3
30 sec	row @ 50%	30 sec*	x 8

30-40 min hike, run, or walk *active recovery*

8-10	split squats	1 min*	x 3
8-10	deadlifts	2 min	x 3
8-10	GH raises	1 min	x 3
35 sec	side bridge	15 sec	x 3 *
10 sec	sprint	1 min	x 3

8-10	back squats	2-3 min	x 3
8-10	back extensions	2 min	x 3
8-10	leg curls	1 min	x 3
1 min	planks <i>any type</i>	15 sec	x 3
100 m	row @ 100%	90 sec	x 2

MONDAY

TAKE VIDEOS TO
ENSURE POSITION
ON MOVEMENTS

TUESDAY

ROWS SHOULD
BE STRONG BUT
MAINTAINABLE

**rest 3 min b/t sets 5&6*

WEDNESDAY

THURSDAY

FOCUS ON FORM,
SPEED, & TECHNIQUE

**per side*

FRIDAY

FOCUS ON FORM
& ENDURANCE

INTERMEDIATE

FIREFIGHTER CHALLENGE FITNESS PROGRAM

AMOUNT

WORKOUT

REST

REPS

8-10	front squats	2-3 min	x3
5-7	deadlifts	2 min	x3
9-11	leg curls	90 sec	x3
60 _{sec}	side bridge	30 sec	x2*
15 _{sec}	elliptical @ 100%	90 sec	x4

5-7	bench press	2-3 min	x3
5-7	pull ups	2 min	x3
5-7	dips	1 min	x1
5-7	ring rows	1 min	x3
60 _{sec}	row @ 50%	60 sec*	x8

55-65_{min}

hike, run, or walk

active recovery

8-10	step-ups	2 min	x3
4-6	back extensions	2 min	x3
6-8	leg curls	30 sec	x3*
2 _{min}	planks any type	15 sec	x2
150 _m	row @ 100%	2 min	x4

5-7	standing press	2 min	x3
5-7	bent over rows	2 min	x3
4-5	dumbbell press	1 min	x2
4-5	dumbbell row	1 min	x2
8 _{min}	elliptical @ 80-90%	4 min	x3

MONDAY

SIDE BRIDGE
DURATION GETTING
TOUGH, HANG ON

*per side

TUESDAY

NOTE HOW LONG
IT TAKES TO FEEL
RECOVERED

*rest 3 min b/t sets 5&6

WEDNESDAY

THURSDAY

SHOULD BE FRESH
AFTER A REST DAY,
HIT IT HARD

*per leg

FRIDAY

PRESSING
STRENGTH SHOULD
BE COMING ALONG

ADVANCED

FIREFIGHTER CHALLENGE

FITNESS PROGRAM

AMOUNT	WORKOUT	REST	REPS
4-5	back squats	2-3 min	x3
5-6	back extensions	2 min	x3
12	walking lunges	1 min	x2
2.5 min	planks any type	30 sec	x2*
10 sec	sprint	1 min	x4

4-5	standing press	2 min	x4
4-5	bent over rows	2 min	x4
4-5	dumbbell press	1 min	x1
12	walking lunges	1 min	x2
5 min	elliptical @ 80-90%	2 min	x4

60-75 min hike, run, or walk active recovery

4-5	front squats	2-3 min	x3
2-3	deadlifts	2-3 min	x3
8-10	back extensions	1 min	x3
80 sec	side bridge	20 sec	x2*
15 sec	elliptical @ 100%	2 min	x4

8-10	back squats	2-3 min	x3
8-10	back extensions	2 min	x3
8-10	leg curls	1 min	x3
1 min	planks any type	15 sec	x3
100 m	row @ 100%	90 sec	x4

MONDAY

FOCUS ON FORM,
SPEED, & TECHNIQUE

*per side

TUESDAY

ROWS SHOULD
BE STRONG BUT
MAINTAINABLE

WEDNESDAY

THURSDAY

BE SURE TO
RESERVE ENERGY
FOR THE 100% AD

*per side

FRIDAY

FINAL STRETCH-
FINISH STRONG!