

Firefighter Fitness - Advanced

Name _____ Age _____

Heart rate range: 65% _____ - 85% _____

	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Day 1								
Exercises	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps
Power Cleans	/	/	/	/	/	/	/	/
Snatches	/	/	/	/	/	/	/	/
Deadlifts	/	/	/	/	/	/	/	/
Barbell Military	/	/	/	/	/	/	/	/
Upright row	/	/	/	/	/	/	/	/
Shrugs	/	/	/	/	/	/	/	/
Barbell Bicep curl	/	/	/	/	/	/	/	/
DB curls	/	/	/	/	/	/	/	/
Hyperextension								

Cardio:								
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	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Day 2								
Exercises	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps
Front Squats	/	/	/	/	/	/	/	/
Leg Press	/	/	/	/	/	/	/	/
Step ups	/	/	/	/	/	/	/	/
Lying leg curl	/	/	/	/	/	/	/	/
Push ups	/	/	/	/	/	/	/	/
Seated leg curl	/	/	/	/	/	/	/	/
Incline DB press	/	/	/	/	/	/	/	/
Dips	/	/	/	/	/	/	/	/
Tricep pushdown	/	/	/	/	/	/	/	/
Nosebreakers								
ABS:								

Cardio:								
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