FIREFIGHTER FITNESS - BEGINNER

Name _____

Age _____ **Heart rate range:** 65% _____ - 85% _____

Exercises	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps
Leg Press								
Squats								
Lying leg curl								
Seated Row								
Chest Press								
Shoulder Press								
Tricep pushdown								
Bicep curl								
Hyperextension								
Abs: Crunches								
Abs: Bicycles								
Abs:Decline Sit ups								
CARDIO:								
STRETCH								

Exercises	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps
Leg Press								
Squats								
Lying leg curl								
Pull down machine								
Pec Dec								
Military press								
Tricep pushdown								
barbell curl								
Hyperextension								
Abs: Crunches								
Bicycles								
Decline Sit ups								
CARDIO:								
STRETCH								