

Firefighter Fitness - Intermediate

Name _____ Age _____

Heart rate range: 70% _____ - 85% _____

	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Exercises	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps	weight/reps
Step ups								
Squats								
Lunge								
Leg Press								
DB press								
Bench Press								
One Arm DB row								
Pull down								
Military press								
Upright row								
Tricep Extension								
Nose breakers								
DB bicep curl								
Barbell curl								
Hyper extension								
Push ups								
Chin ups								
Abs - decline								
crunches								
bicycle								

Cardio:								
---------	--	--	--	--	--	--	--	--