



555 FITNESS LEANFIT LEVEL II



TRAIN HARD

DO WORK

BE READY



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By: 555 Firefighter Fitness, Inc.

The purpose of this LeanFit Level 2 cycle is to get the person that has not exercised in a very long time on the road to performing some kind of cardiovascular exercise on a regular basis. This program is more advanced than our Level 1 Leanfit cycle but starts off slow intentionally. We want to acclimate the user's body slowly back into regular activity. Little good is done if the user experiences severe muscle pain in the first week or two of starting an exercise program. We recommend doing the first months' worth of workouts, two to three times per week. You can work up to 4-5 times a week as your body gets stronger. As with any exercise program, please consult your doctor before beginning this or any program.





Week 1

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row.

Renegade Rowing WOD: 4 x 2:00 w/:30 rest

Or

Running WOD: 7rds, 2 minute run, 1 minute walk

Workout:

*10 minute cardio (stairmill, treadmill, bike, elliptical, you choose), each minute increase speed and incline or resistance.

*Then, 5rds, 500m row or 400m run, 5-box step-ups (20")(1R+1L=1rep), 10-KBS (16/12kg), 15-sit-ups.

*Then, 5 minute Airdyne ride. 3 minutes legs & arms, 1 minute arms only, 1 minute legs only.



Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row

Renegade Rowing WOD: 10 x 250m row w/:45 rest

OR

Running WOD: Run 1/2 mile, 25-air squats, 10-walking lunges (1R+1L=1rep), run 1/2 mile

Strength: 4 x 10 of back squat @ 50% of 1RM

WOD:

*10 minute cardio, you choose the cardio. Every minute increase speed, resistance, or incline.

*Rest 3 minutes

*Row 500m or run 400m, 10-burpees, rest 3 minutes, row 500m or run 400m, 10-thrusters (65/45), rest 3 minutes, row 500m or run 400m, 10-burpees, rest 3 minutes, row 500m or run 400m, 10-thrusters (65/45)

*Rest 3 minutes

*10 minute cool down cardio. Treadmill walk or AirDyne is the best

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row



Strength: 4 x 10 @ 50% of bench press

WOD: *15 minute cardio. Choose your cardio machine, increase your speed, incline and/or resistance every minute.

*Then, 2k row or 1 mile run, 5-push-ups, 10-20" box step-ups, 15-sit-ups, 20-air squats, 1k row or 1/2 mile run, 20-air squats, 15-sit-ups, 10-20" box step-ups, 5-push-ups, 2k row or 1 mile run

*15 minute cardio cool-down (treadmill or outside walk or Airdyne bike is perfect)

Day 4

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 50% of Press

WOD:

*20 minutes of cardio. Feel free to do 2-10 minute sessions on different machines. As always, every minute change the speed, incline or resistance. Go hard. This is a 30-35 minute session total.

*4rds, 10-burpees, 10-OHS w/broomstick or PVC pipe, 5-20" box step-ups (1R+1L=1rep), 5-hand release push-ups



Day 5 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-pass throughs, 10-push-ups, 10-air squats, 5-sit-ups, 200m jog or 250m row

Strength: 4 x 10 @ 50% of squat cleans

WOD:

*15 minutes of cardio. Change speed, incline or resistance every minute....

*Rest 5 minutes

*3rds, 1 minute of air squats, 1 minute of sit-ups, 1 minute of push-ups, 1 minute of burpees, then, bunk out, including SCBA, breathing air. Shoot for under 2 minutes. Take gear off. Rest 3 minutes. Repeat.

*10 minute cool-down walk

Day 6 _____ **Date:** _____ .

Warm-up: Light stretching. This is a full body, 30 minute, stretching video.

https://www.youtube.com/watch?v=DZ7hrD0Z_3o

WOD:

*20 minute cardio. Walk outside or on treadmill, elliptical or bike (recumbent, upright or AirDyne). Easy pace.

Week 2

Day 1 _____ **Date:** _____ .

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Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 50% of push press

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every minute. Go hard. 30 minute workout.

*AMRAP10, 2&2 air squats, sit-ups, 4&4 air squats, sit-ups, 6&6 air squats, sit-ups, etc.... Keep adding 2 reps to each exercise until the 10 minutes are up.

Day 2

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 50% of deadlift

WOD:

*10 minutes of cardio. Change speed, incline, and/or resistance every minute.

*10,9,8,7,6,5,4,3,2,1, of OHS w/broomstick, burpees

*10 minute walk, easy pace, treadmill or outside

*1,2,3,4,5,6,7,8,9,10 of V-ups, tuck jumps

*10 minutes of cardio. Change speed, incline, and/or resistance every minute

Day 3

Date: _____ .



Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row.

Strength: 4 x 10 @ 50% of snatch

WOD:

*15 minutes of cardio of your choice. Change speed, incline and/or resistance up or down every minute

*rest 3 minutes

*AMRAP7, 10-grasshoppers (1R+1L=1rep), 15-push-ups

*rest 3 minutes

*2k row or 1 mile run

*rest 3 minutes

*AMRAP8, , 10-4 count flutter kicks, 15-sit-ups

*rest 3 minutes

*5 minutes of cardio of your choice. Easy pace

Day 4

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row.

Strength: 4 x 10 @ 50% of push jerk

WOD:



*400m run, 10-air squats, 10-push-ups, 10-burpees

*400m run, 15-air squats, 15-push-ups, 15-burpees

*400m run, 20-air squats, 20-push-ups, 20-burpees

*400m run, 25-air squats, 25-push-ups, 25-burpees

Day 5

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-pass throughs, 10-push-ups, 5-air squats, 5-sit-ups, 200m jog or 250m row

WOD:

*10 minutes of cardio of your choice. Change speed, incline and/or resistance every minute up or down.

*Rest 5 minutes

*AMRAP10 5-push-ups, 10-sit-ups, 15-air squats

*Rest 5 minutes

*Bunk out including airpack, then, AMRAP10 of 14 foot ladder carry (any distance or around the station), set the ladder (preferably in the grass or have someone heel the ladder), climb the ladder, touch the top, repeat.

OR

*10 minutes of cardio of your choice. Change speed, incline and/or resistance every minute up or down.

*5 minute cool-down walk, outside or on treadmill

Day 6

Date: _____ .



Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 8 @ 60% of back squat

WOD:

*15 minutes of cardio. Choose your cardio, change speed, incline and/or resistance every minute up or down.

*Rest 5 minutes

*5rds, 15-20" box step-ups, 25-air squats, 15-burpees

*Rest 5 minutes

*10 minutes of cardio. Choose a different cardio. Change speed, incline and/or resistance every minute up or down.

*5 minute cool-down walk either outside or on treadmill

Week 3

Day 1

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-pass throughs, 10-push-ups, 10-sit-ups, 5-air squats, 200m jog or 250m row

Strength: 4 x 8 @ 60% of press

WOD:

*10 minutes of cardio. Choose your cardio. Every minute change your speed, incline and/or resistance up or down.



*5rds, 1:00 max effort air squats, 1:00 max effort burpees, 1:00 rest

*10 minutes of different cardio. Every minute change your speed, incline and/or resistance up or down.

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-sit-ups, 10-air squats, 10-push-ups, 200m jog or 250m row

Strength: 4 x 8 @ 60% of bench press

WOD:

*10 minutes cardio. Change speed, incline, and/or resistance every minute

*Rest 2 minutes

*5rds, 5-push-ups, 10-air squats, 15-burpees, 20-sit-ups

*Rest 5 minutes

*10 minutes cardio. Easy, consistent pace.

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

WOD:

*10 minutes of cardio. Go hard.

*5 minutes of rest

*3rds, 10-grasshoppers, 10-plyometric push-ups, 10-tuck jumps



*5 minute rest

*10 minutes of cardio (different from first). Change speed, incline, and/or resistance every minute

*Rest 5 minutes

*3rds, 10-V-ups, 10-diamond push-ups (thumbs and index fingers touch to form a diamond), 10-burpees

*Rest 5 minutes

*10 minutes of cardio. Easy, consistent pace.

Day 4

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-sit-ups, 10-air squats, 10-push-ups, 200m jog or 250m row

Strength: 4 x 8 @ 60% of snatch

WOD:

*2rds, 400m run, 40-push-ups, 300m row, 30-burpees, 200m run, 20-pull-ups, 100m row, 10-V-ups

Day 5

Date: _____ .

Firefighter Functional Fitness Friday, F4

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 5-inchworms, 10-pass throughs, 5-push-ups, 10-sit-ups, 200m jog or 250m row

Strength: 4 x 8 @ 60% of push press



WOD:

*10 minutes of cardio. Every minute change speed, incline and/or resistance. Go hard.

*Rest 5 minutes

*AMRAP15 or until your airtank runs out, bunk out, hook up (air source w/mask), then rounds of 50m absorbent bag carry or 2 buckets of foam, ladder carry around the station, set the ladder, climb the ladder, return ladder to apparatus, roll out and re-roll section of supply line, 5-burpees in full gear (keep head straight so your helmet won't bind on your airpack).

*OR AMRAP15, 10-broomstick or PVC thrusters, 15-20" box step-ups, 20-sit-ups

*Rest 5 minutes

*10 minutes of cardio. Nice, comfortable steady pace.

Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-sit-ups, 10-air squats, 10-push-ups, 200m jog or 250m row

Strength: 4 x 8 @ 60% of deadlift

WOD:

*15 minutes of cardio. Steady pace

*Rest 5 minutes

*5rds, 10-broomstick or PVC pipe OHS, 10-push-ups, 10-broomstick or PVC pipe snatches, 10-burpees

*Rest 5 minutes



*15 minutes of cardio. Steady pace

*5 minute cool down walk, on treadmill or outside

Week 4

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-sit-ups, 10-push-ups, 10-air squats, 200m jog or 250m row

Strength: 4 x 8 @ 60% of OHS

WOD:

*50-air squats

*2 minute rest

*50-burpees

*2 minute rest

*50-sit-ups

*2 minute rest

*50-push-ups

*2 minute rest

*10 minute cool-down walk on treadmill or outside



Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 5-push-ups, 10-pass throughs, 200m jog or 250m row

Strength: 4 x 8 @ 60% of push jerk

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*1rd, 10-sit-ups, 10-V-ups, 10-4ct flutter kicks, 1 minute plank hold

*1 minute rest

*1rd, 10-air squats, 10-lunges (1R+1L=1rep), 10-inchworms, 1 minute squat hold

*1 minute rest

*1rds, 10-push-ups, 10-burpees, 20-pass throughs, 1 minute handstand hold (body against a wall)

*1 minute rest

*15 minutes of cardio. Easy, consistent pace

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

WOD:



*10 minutes of cardio. Go hard.

*5 minutes of rest

*3rds, 10-grasshoppers, 10-plyometric push-ups, 10-tuck jumps

*5 minute rest

*10 minutes of cardio (different from first). Change speed, incline, and/or resistance every minute

*Rest 5 minutes

*3rds, 10-V-ups, 10-diamond push-ups (thumbs and index fingers touch to form a diamond), 10-burpees

*Rest 5 minutes

*10 minutes of cardio. Easy, consistent pace.

Day 4

Date: _____.

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 20-pass throughs, 200m jog or 250m row

Strength: 4 x 8 @ 60% of squat cleans

WOD:

*1600m run or 2k row

*2rds, 21-tuck jumps, 21-box step-ups (24/20)



*800m run or 1k row

*2rds, 15-air squats, 15-sit-ups

*400m run or 500m row

*2rds, 9-burpees, 9-pull-ups

*5 minute cool-down walk

Day 5

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of back squat

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Bunk out fully.

*5rds, "Search and Rescue", 50m belly crawl, 50m farmers carry (2-25# dumbbells), 2 minutes rest after each round.

*Take off bunkers after 5 rounds completed

*10 minutes cardio, easy pace

Day 6

Date: _____ .



Warm-up: 2rds, 10-jumping jacks, 10-air squats, 5-inchworms, 10-push-ups, 20-pass throughs, 10-sit-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of bench press

WOD:

*15 minutes cardio. Easy, steady pace.

*3rds, 10-box step-ups (24/20), 10-push-ups, 10-sit-ups

*10 minute treadmill walk

*3rds, 5-pull-ups, 10-burpees, 15-air squats

*10 minute cardio. Easy, steady pace.

*3rds, 10-thrusters w/broomstick or PVC pipe, 10-tuck jumps

*5 minute cool-down walk outside

Week 5

Day 1

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row.

Strength: 5 x 5 @70% of Press

WOD:



*21-18-15-12-9-6-3 burpee, pull-up, push-up, sit-ups

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of cleans

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute

*5rds, 5-hang power snatch (w/broomstick), 10-burpees, 5-hang power cleans (w/broomstick).

*10 minute walk either on treadmill or outside

*5rds, 5-OHS (w/broomstick), 10-20" box step-ups, 5-power snatch (w/broomstick)

*10 minutes of cardio. Change speed, incline and/or resistance every minute

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row.

Strength: 5 x 5 @ 70% of front squat

WOD:

*15 minutes of cardio. Easy pace.



*10rds, 5-pull-ups, 10-push-ups, 15-air squats.

*10 minute walk either treadmill or outside.

*10rds, 5-pull-ups, 10-push-ups, 15-air squats.

*10 minutes of cardio. Easy pace.

*5 minute cool-down walk, outside

Day 4

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of push press

WOD:

*AMRAP5, 5-burpees, 5-sit-ups, 5-pull-ups

*Rest 3 minutes

*AMRAP5, 10-thrusters (broomstick), 100-singles

*Rest 3 minutes

*AMRAP5, 5-burpees, 5-sit-ups, 5-pull-ups

*Rest 3 minutes

*AMRAP5, 10-thrusters (broomstick), 100-singles

Day 5

Date: _____ .



Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of deadlift

WOD:

- *10 minutes of cardio. Every minute change speed, incline, and/or resistance.
- *Bunk out completely, including air pack. Be on air.
- *Get a section of supply line. Whether 50' or 100' section, drag hose distance equal to its length, roll hose, carry hose to beginning spot, repeat until your vibe alert starts to sound.
- *OR (if not at station), AMRAP15, 10-thrusters (barbell or broomstick), 5-burpee box step-ups, 10-deadlifts (barbell or broomstick)
- *Unbunk, and/or rest 5 minutes
- *10 minutes of cardio. Easy pace
- *5 minute cool-down walk outside

Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of OHS

WOD:

- *10 minutes of cardio. Go hard.



*5 minutes rest

*4rds, 10-thrusters (broomstick), 10-air squats, 10-push-ups

*10 minute walk.

*30-20-10 of burpees, sit-ups

*10-minutes of cardio. Easy pace

Week 6

Day 1

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 5 x 5 @ 70% of push jerk

WOD:

*AMRAP30, 800m run or 1k row, 10-OHS w/broomstick or PVC pipe, 20-sit-ups, 20-burpees, 10-push-ups

Day 2

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*50-thrusters (w/broomstick or PVC pipe), 30-push-ups, 100-singles



*10 minute walk on treadmill

*50-OHS (w/broomstick or PVC pipe), 30-burpees, 100-singles

*10 minutes of cardio. Easy pace.

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-push-ups, 10-sit-ups, 200m jog or 250m row.

Strength: 6 x 4 @ 75% of bench press

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*AMRAP10, 400m run, 15-push press w/broomstick or PVC pipe, 15-push-ups, 15-box jumps (24/20")

*10 minute walk on treadmill

*AMRAP10, 400m jog, 15-thrusters w/broomstick or PVC pipe, 15-sumo deadlift high-pull w/broomstick or PVC pipe, 15-box step-ups (24/20") (1R+1L=1rep)

*10 minutes of cardio. Easy pace.

*5 minute cool-down walk either on treadmill or outside.

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row.

Strength: 6 x 4 @ 75% of back squat



WOD:

*5 minutes of cardio. Change speed, incline and/or resistance every minute.

*3rds, 15-clean and jerks w/broomstick or PVC pipe, 50-walking lunges (1R+1L=1rep), 800m run

*5 minute walk. Either on treadmill or outside.

Day 5

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row.

WOD:

*10 minutes of cardio, hard.

*5 minutes rest

*AMRAP20, 5-strict pull-ups off of bucket, 7-OHS w/14' roof ladder, farmers carry the length of truck bay and back w/2 water cans.

OR if not at fire station

*AMRAP20, 5-pull-ups, 7-OHS w/broomstick or PVC pipe, 50m farmers carry with dumbbells (or anything else you have) (40/25#)

*Rest 5 minutes

*5 minute easy jog

Day 6

Date: _____ .



Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row.

Strength: 6 x 4 @ 75% of cleans

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*25-thrusters (with broomstick or PVC pipe, 25-box jumps (24/20")), 25-push-ups, 25-sit-ups

*10 minute walk on treadmill

*25-grasshoppers, 25-4ct mountain climbers, 25-snatches w/broomstick or PVC pipe, 25-dips from a bench

*15 minutes of cardio. Easy pace.

Week 7

Day 1

Date:

Warm-up: 2rds, 10-jumping jacks, 15-air squats, 15-sit-ups, 15-push-ups, 200m jog or 250m row.

Strength: 6 x 4 @ 75% of front squat

WOD:

*5 minute cardio. Easy pace.

*5rds, 500m row or 400m run, 15-thrusters w/broomstick or PVC pipe, 15-push-ups.



*5 minute walk either on treadmill or outside.

Day 2

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 20-air squats, 15-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 6 x 4 @ 75% of push press

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*AMRAP10, 10-20" box step-ups, 20-sit-ups, 30-single unders (jump rope) 5 minute treadmill walk

*AMRAP10, 25-air squats, 20-sit-ups, 10-push-ups

*10 minutes of cardio. Easy pace.

Day 3

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 20-air squats, 15-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 6 x 4 @ 75% of deadlift

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*4rds, 10-burpees, 15-OHS w/broomstick or PVC pipe, 20-sit-ups



*5 minute rest

*4rds, 10-push-ups, 15-tuck jumps, 20-grasshoppers

*15 minutes of cardio. Easy pace.

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 20-air squats, 15-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 6 x 4 @ 75% of OHS

WOD:

*3rds, 400m run, 5-snatches w/broomstick or PVC pipe, 10-push-ups, 15-thrusters w/broomstick or PVC pipe, 20-sit-ups, 500m row (or another 400m run), 2 minutes rest between rounds

Day 5 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 20-air squats, 15-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 6 x 4 @ 75% of push jerk

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 5 minutes

*One minute each of burpees, air squats, push-ups, sit-ups

*Bunk out fully, including air pack.

*Pull 2 sections of any size attack line, including nozzle



*Carry 2 times around the station

*Return to apparatus, drop hose and nozzle, hook up to outlet, stretch line.

*Unbunk, pick up and pack hose and nozzle

*10 minute cool-down walk

OR

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 5 minutes

*3rds, 1 minute each of burpees, air squats, push-ups, sit-ups, rest.

*10 minutes of cardio. Easy pace.

*5 minute cool-down walk.

Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 10-jumping jacks, 20-air squats, 15-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 6 x 4 @ 75% of snatch

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*EMOM12, Even 150m run, Odd 20-air squats

*5 minutes rest

*AMRAP12, 20-box step-ups (20"), 20-deadlifts w/broomstick or PVC pipe

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*10 minutes of cardio. Easy pace.

*5 minute cool-down walk

Week 8

Day 1

Date: _____ .

Warm-up: 2rds, 15-jumping jacks, 20-air squats, 15-sit-ups, 10-sit-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of bench press

WOD:

*7rds, 10-press w/broomstick or PVC pipe, 10-burpees with a lateral jump over broomstick or PVC pipe

Day 2

Date: _____ .

Warm-up: 2rds, 15-jumping jacks, 20-air squats, 15-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of back squat

WOD:

*15 minutes of cardio. Choose your cardio. Change speed, incline and/or resistance every minute.

*Rest 5 minutes



*3rds, 30-stiff legged deadlifts w/broomstick or PVC pipe, 20-thrusters w/broomstick or PVC pipe, 10-push-ups

*10 minutes of cardio. Easy pace.

*5 minute cool-down walk on treadmill or outside.

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of Press

WOD:

*30 minutes of cardio. Change speed, incline and/or resistance every 2 minutes

*Rest 5 minutes

*500m row or 400m run, 25-burpees, 500m row or 400m run, 25-step-ups (20" box), 500m row or 400m run, 25-push-ups, 500m row or 400m run, 25-sit-ups, 500m row or 400m run, 25-pull-ups

*10 minute cool-down walk

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row



Strength: 7 x 3 @ 80% of cleans

WOD:

*100-singles (jump rope)

*30-20-10 of thrusters (w/broomstick or PVC pipe), push-ups, 20" box step-ups

*100-single (jump rope)

Day 5

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of front squat

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes rest

*bunk out, then 30-20-10 of tire flips, sledgehammer strikes, OHS w/2 1/2" hose, ground to shoulder w/absorbant bag

OR

*30-20-10 of push-ups, sit-ups, air squats, burpees

*Rest 5 minutes

*10 minute cool-down walk



Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of push press

WOD:

*20 minutes of cardio. Change speed, incline, and/or resistance every 2 minutes

*Rest 5 minutes

*30-burpee pull-ups

*Rest 5 minutes

*30-clean and jerks (use broomstick or PVC pipe)

*10 minutes of cardio. Easy pace.

Week 9

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 20-air squats, 20-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of deadlift

WOD:

*EMOM10 (every minute on the minute for 10 minutes) 10-hang snatch w/broomstick or PVC pipe



*EMOM10, 15-push-ups

*EMOM10, 10-sit-ups

Day 2

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 20-air squats, 15-sit-ups, 20-pass throughs, 200m jog or 250m row

Strength: 7 x 3 @ 80% of OHS

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*3rds, 10-push-ups, 15-pull-ups, 20-air squats

*rest 5 minutes

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*3rds, 10-thrusters w/broomstick or PVC pipe, 20-burpees, 30-singles (jump rope)

*5 minute cool-down walk

Day 3

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of Push Jerk

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every 2 minutes



*Rest 5 minutes

*EMOM5, 10-OHS w/broomstick or PVC pipe

*EMOM5, 20-air squats

*Rest 5 minutes

*EMOM5, 5-press (use either a barbell or any weight dumbbells you want)

*EMOM5, 5-pull-ups (strict)

*10 minute cool-down walk, treadmill or outside.

Day 4

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 7 x 3 @ 80% of snatch

WOD:

*AMRAP30 (As Many Rounds As Possible in 30 minutes), 500m row or 400m run, 5-clean and jerk w/broomstick or PVC pipe, 10-burpees, 15-air squats, 20-sit-ups, 100-singles (jump rope)

Day 5

Date: _____ .

Firefighter Functional Fitness Friday, F4



Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of bench press

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 5 minutes

*1 minute each of push-up, air squats, sit-ups, burpees

*Bunk out completely. That includes radio, gloves, hood, mask and connected and breathing air.

*Unbunk

*Rest two minutes

*Repeat the one minute exercises and bunk out two additional times for a total of three rounds

OR

*5rds, one minute each of push-ups, air squats, sit-ups, burpees, rest

*10 minute cool-down walk, either treadmill or outside.

Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of back squat



WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 5 minutes

*EMOM10, 10-squat cleans w/broomstick or PVC pipe

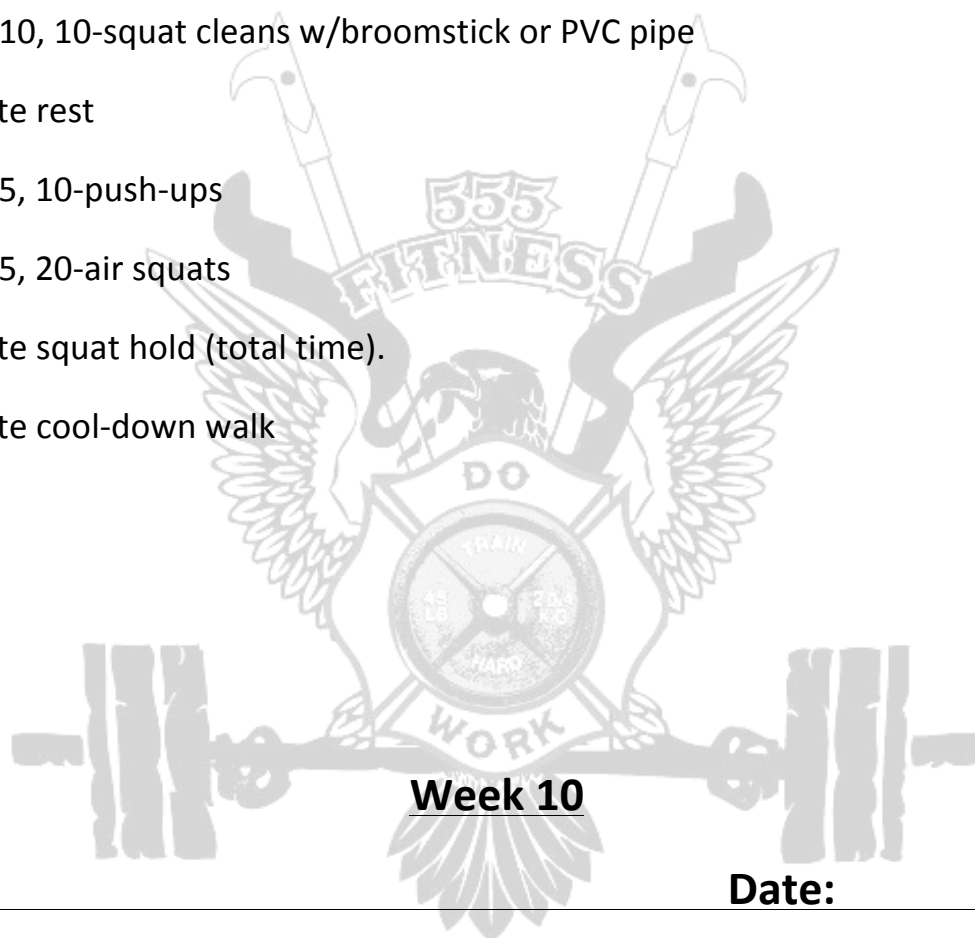
*5 minute rest

*EMOM5, 10-push-ups

*EMOM5, 20-air squats

*5 minute squat hold (total time).

*5 minute cool-down walk



Week 10

Day 1

Date: _____.

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of press

WOD:

*30 minute running clock



*First 10 minutes, odd minutes, 10-box step-ups (20"), even minutes, 20-air squats

*Second 10 minutes, odd minutes, 15-push-ups, even minutes, 5-hang power cleans w/broomstick or PVC pipe

*Third 10 minutes, odd minutes, 15-sit-ups, even minutes, 5-deadlifts w/broomstick or PVC pipe

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of cleans

WOD:

*10 minutes of cardio. Go hard!

*2 minutes of rest

*2rds, :30 handstand hold, 10-push-ups, 15-sit-ups, 20-air squats

*2 minute rest

*2rds, 10-thrusters w/broomstick or PVC pipe, 15-burpees, 20-V-ups

*2 minutes rest

*10 minutes of cardio. Easy pace.



Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of front squat

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*EMOM10, 5-squat cleans @ 60% of 1RM

*5 minute rest

*EMOM5, 10-burpees

*EMOM5, 5-power cleans w/broomstick or PVC pipe

*EMOM5, 5-pull-ups, strict

*5 minute cool-down walk

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of push press

WOD:



*AMRAP30, 3-Broomstick or PVC complex (with an overhead squat grip perform a back squat, push press, and overhead squat), 10-burpees, 400m run or 500m row.

Go to the 1:15 mark for an example of the complex.

https://www.youtube.com/watch?v=luAdG764ZHE&feature=em-subst_digest

Day 5 _____ **Date:** _____ .

Firefighter Functional Fitness Friday Franklin Fire style, F6

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of deadlift

WOD: Brought to us by Franklin (TN) Fire Department

*10 minutes of cardio. Change speed, incline, and/or resistance every minute.

*Rest 5 minutes

*Bunk out

*5rds, 10-tire flips, 20-push-ups, 20-box step ups (24/20) w/sledgehammer overhead, 20-sledgehammer strikes (10 each arm)

OR

*5rds, 10-burpees, 20-push-ups, 20-box step ups (24/20), 20-thrusters w/broomstick or PVC pipe

*5 minutes rest

*10 minutes of cardio. Easy pace.



Day 6

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of overhead squat

WOD:

*15 minutes cardio. Change speed, incline, and/or resistance every minute.

*Rest 5 minutes

*EMOM10, 20-air squats w/broomstick or PVC pipe on back

*Rest 5 minutes

*EMOM5, 15-sit-ups

*EMOM5, 10-push-ups

*Rest 5 minutes

*5 minutes of cardio, easy pace.

*5 minute cool-down walk

Week 11

Day 1

Date: _____ .



Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of push jerk

WOD:

*EMOM10, 10-push-ups (good form, strict)

*EMOM10, 5-hang snatch w/broomstick or PVC pipe

*EMOM10, 20-air squats

Day 2

Date: _____.

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 2 @ 90% of snatch

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every 2 minutes.

*Rest 5 minutes

*3rds, 10-box jumps (24/20), 20-push press w/broomstick or PVC pipe, 30-sit-ups

*10 minute of cardio, easy pace.

Day 3

Date: _____.

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row



Strength: 4 x 10 @ 55% of bench press

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 3 minutes

*EMOM10, 10-thrusters w/broomstick or PVC pipe

*Rest 2 minutes

*EMOM6, 15-push-ups

*EMOM6, 20-sit-ups

*Rest 3 minutes

*15 minutes of cardio. Easy pace

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of back squat

WOD:

*4rds, 25-front squats w/broomstick or PVC pipe, 20-box step-ups (20"), 15-pull-ups, 25-Pendlay rows w/broomstick or PVC pipe.

Day 5 _____ **Date:** _____ .



Warm-up: 2rds, 10-jumping jacks, 10-air squats, 10-sit-ups, 10-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of cleans

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Bunk out fully.

*5rds, "Search and Rescue", 50m belly crawl, 50m farmers carry (2-25# dumbbells), 2 minutes rest after each round.

*Take off bunkers after 5 rounds completed

*10 minutes cardio, easy pace.

Day 6

Date: _____ .

Warm-up: 2rds, 10-jumping jacks, 10-air squats, 5-inchworms, 10-push-ups, 20-pass throughs, 10-sit-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of front squat

WOD:

*15 minutes cardio. Easy, steady pace.

*3rds, 10-20" box step-ups, 10-push-ups, 10-sit-ups

*10 minute treadmill walk

*3rds, 5-pull-ups, 10-burpees, 15-air squats

*10 minute cardio. Easy, steady pace.

*3rds, 10-thrusters w/broomstick or PVC pipe, 10-tuck jumps



*5 minute cool-down walk outside

Week 12

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of front squat

WOD:

*3rds, 50-air squats, 7-pull-ups, 10-hang power clean w/broomstick or PVC pipe

*Rest 5 minutes

*3rds, 50-calorie row, 15-push-ups, 50-single unders (jump rope)

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of push press

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*2 minutes rest.

*AMRAP15 (as many rounds as possible in 15 minutes), push-ups, box jumps (24/20). 2,4,6,8..... (2 push-ups, 2 box jumps, then 4 push-ups, 4 box jumps)



*5 minute rest

*10 minutes of cardio. Easy pace.

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of deadlift

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every 2 minutes.

*5 minute rest

*EMOM10, 10-deadlifts w/broomstick, PVC pipe or barbell. Use good form.

https://www.youtube.com/watch?v=KoH_klnwdr0

*Rest 5 minutes

*EMOM5, 15-sit-ups

*EMOM5, 10-V-ups

*EMOM5, 10-box step-ups (20")

*5 minute cool-down walk

Day 4 _____ **Date:** _____ .



Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of OHS

WOD:*21-18-15-12-9-6-3 of front squat (w/broomstick or PVC pipe), burpees, pull-ups

Day 5 _____ **Date:** _____ .

Firefighter Function Fitness Friday, F4

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of push jerk

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes rest

*bunk out, then 30-20-10 of tire flips, sledgehammer strikes, OHS w/2 1/2" hose, ground to shoulder w/absorbant bag

OR

*30-20-10 of push-ups, sit-ups, air squats, burpees

*Rest 5 minutes

Day 6 _____ **Date:** _____ .



Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 10 @ 55% of snatch

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 3 minutes

*EMOM10, 10-thrusters w/broomstick or PVC pipe

*Rest 2 minutes

*EMOM5, 10-push-ups

*EMOM5, 10-sit-ups

*Rest 5 minutes

*15 minutes of cardio. Easy pace.

Week 13

Day 1

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200 m jog

Strength: 4 x 10 @ 55% of front squat

WOD:

*3rds, 50-jumping jacks, 40-air squats, 30-sit-ups, 20-push-ups



*Rest 5 minutes *3rds, 50-singles (jump rope), 30-4 ct. mountain climbers, 20-sit-ups, 10-burpees

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of bench press

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*3 minutes rest

*10, 9, 8, 7, 6, 5, 4, 3, 2, 1 of power cleans (with broomstick or PVC pipe. In between each round perform 50-singles (jump rope) and 10-push-ups

*5 minutes rest

*10 minutes cardio, easy pace

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of back squat

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every 2 minutes.



*5 minutes rest

*AMRAP20, 10-deadlifts w/broomstick or PVC pipe, 15-push-ups, 10-box step-ups (20")

*5 minutes rest

*10 minutes cardio, easy pace

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of Press

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*10,9,8,7,6,5,4,3,2,1 of thrusters (broomstick or PVC pipe), box step-ups (20")

*10 minute cool-down walk

Day 5 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of cleans

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.



*5 minute rest

*3rds of 1 minute of each push-ups, air squats, sit-ups, burpees, bunk out completely.

*Unbunk after each round, rest 3 minutes

OR

*5rds of 1 minute of push-ups, air squats, sit-ups, burpees, rest.

*10 minute cool-down walk

Day 6

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of front squat

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*EMOM10, 10-press with barbell

*5 minute rest

*EMOM5, 10-sit-ups

*EMOM5, 10-wall ball (use basketball or soccer ball)

*10 minute cool-down walk



Week 14

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65 % of push press

WOD:

*800m run, 70-sit-ups, 60-push-ups, 50-air squats, 40-20" box step-ups, 30-singles (jump rope), 20-burpees, 10-grasshoppers

http://www.youtube.com/watch?v=twfWsHd5_n4

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of deadlift

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*2 minutes rest

*21-snatches w/broomstick or PVC pipe

*1 minute rest

*15-snatches w/broomstick or PVC pipe

*1 minute rest



*9-snatches w/broomstick or PVC pipe

*5 minute rest

*15 minutes cardio, easy pace.

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of OHS

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*EMOM10, 5-squat cleans w/broomstick or PVC pipe

*5 minutes rest

*EMOM5, 10-dips (use a chair, wooden box, or tailboard)

*EMOM5, 10-sit-ups

*EMOM5, 10-jump lunges (1R+1L=1rep)

*10 minute cool-down walk

Day 4 _____ **Date:** _____ .



Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of push jerk

WOD:

*30 minutes total.

*Minutes 1-9, :30 on/:30 off of singles (jump rope)

*Minute 9 rest

*Minutes 10-19, :30 on/:30 off of burpees

*Minute 19 rest

*Minutes 20-29, :30 on/:30 off of wall ball (10 foot target, use a basketball)

Day 5 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 5 x 8 @ 65% of snatch

WOD:

*10 minutes of cardio. Every minute change speed, incline, and/or resistance.

*Bunk out completely, including air pack. Be on air.



*Get a section of supply line. Whether 50' or 100' section, drag hose distance equal to its length, roll hose, carry hose to beginning spot, repeat until your vibe alert starts to sound.

*OR (if not at station), AMRAP15, 10-thrusters (barbell or broomstick), 5-burpee box step-ups, 10-deadlifts (barbell or broomstick)

*Unbunk, and/or rest 5 minutes

*10 minutes of cardio. Easy pace

*5 minute cool-down walk outside

Day 6

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of bench press

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 5 minutes

*EMOM10, 10-front squats w/broomstick or PVC pipe

*Rest 5 minutes

*EMOM5, :45 plank/:15 rest

*EMOM5, 10-jumping pull-ups

*Rest 5 minutes

*10 minutes of cardio, easy pace.



Week 15

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of back squat

WOD:

*10 minutes of cardio, easy pace.

*21-15-9 of OHS (broomstick or PVC pipe), burpees

*Rest 5 minutes

*10 minutes of cardio, easy pace.

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of Press

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes rest

*3rds, 5-pull-ups, 10-push-ups, 15-sit-ups, 20-air squats

*5 minute rest



*10 minutes of cardio. Easy pace.

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of cleans

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes rest

*EMOM10, 10-OHS w/broomstick or PVC pipe

*5 minutes rest

*EMOM5, 15-push-ups

*EMOM5, 10-burpees

*5 minutes rest

*10 minutes cool-down walk

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of front squats



WOD:

*2rds, 15-power snatch (broomstick or PVC pipe), 400m run, 50-sit-ups, 40-push-ups, 30-hollow rocks, 20-burpees, 10-pull-ups

Hollow rock demo:

<https://www.youtube.com/watch?v=WxMtbEQFpnw>

Day 5

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of push press

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes rest

*bunk out, then 30-20-10 of tire flips, sledgehammer strikes, OHS w/2 1/2" hose, ground to shoulder w/absorbant bag

OR

*30-20-10 of push-ups, sit-ups, air squats, burpees

*Rest 5 minutes

*10 minute cool-down walk



Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of deadlift

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes of rest

*EMOM10, 6-push jerks w/either broomstick or 35# barbell. Concentrate on form!

*5 minutes rest

*EMOM5, 5-ring rows

*EMOM5, :45 handstand hold, :15 second rest

*10 minute cool-down walk

Week 16

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of OHS

TRAIN HARD

DO WORK

BE READY



WOD:

*3rds, 20-air squats, 400m run, 20-squat cleans w/broomstick or PVC pipe, 20-burpees

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of Push Jerk

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*Rest 2 minutes

*400m run or row 500m, then 21-15-9 of box step-ups (20"), power snatch (broomstick or PVC pipe)

*400m run or 500m row, then 21-15-9 of pull-up, thruster (barbell or broomstick)

Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 6 x 5 @ 75% of snatch

WOD:

*20 minutes of cardio. Change speed, incline and/or resistance every 2 minutes.

*Rest 5 minutes

*EMOM10, 10-power snatches (broomstick or PVC pipe)



*Rest 5 minutes

*EMOM5, 15-sit-ups

*EMOM5, 10-dips (use tailboard or utility bench)

*10 minute cool-down walk

Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of bench press

WOD:

*400m run or 500m row, 50-thrusters (broomstick or PVC pipe), 10-sit-ups

*400m run or 500m row, 40-thrusters (broomstick or PVC pipe), 20-sit-ups

*400m run or 500m row, 30-thrusters (broomstick or PVC pipe), 30-sit-ups

*400m run or 500m row, 20-thrusters (broomstick or PVC pipe), 40-sit-ups

*400m run or 500m row, 10-thrusters (broomstick or PVC pipe), 50-sit-ups

Day 5 _____ **Date:** _____ .

Firefighter Functional Fitness Friday, F4

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of back squat

WOD:



*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*3rds of 1 minute of each push-ups, air squats, sit-ups, burpees, bunk out completely.

*Unbunk after each round, rest 3 minutes

OR

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*5rds, 5-hang cleans (barbell), 5-press (barbell), 5-front squats (barbell), 10-burpees

Day 6

Date: _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of press

WOD:

*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*EMOM10, 10-deadlifts (barbell)

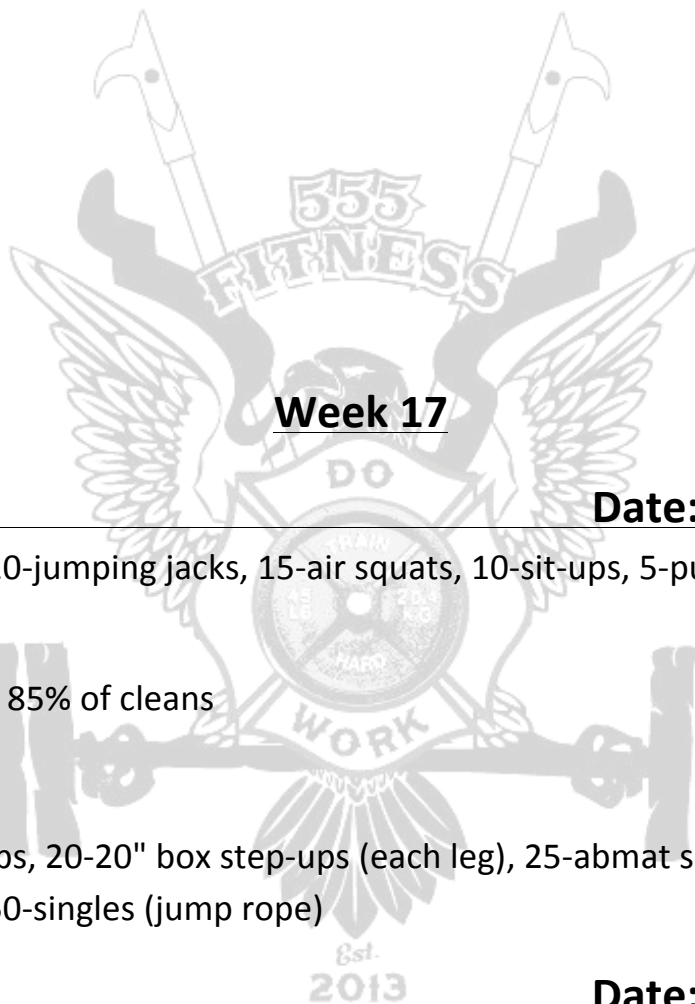
*5 minute rest



*EMOM5, 10-burpees

*EMOM5, 10-wall ball (use basketball)

*10 minute cool-down walk



Week 17

Day 1 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of cleans

WOD:

*5rds, 15-push-ups, 20-20" box step-ups (each leg), 25-abmat sit-ups (or just normal sit-ups), 50-singles (jump rope)

Day 2 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of front squat

WOD:

TRAIN HARD

DO WORK

BE READY



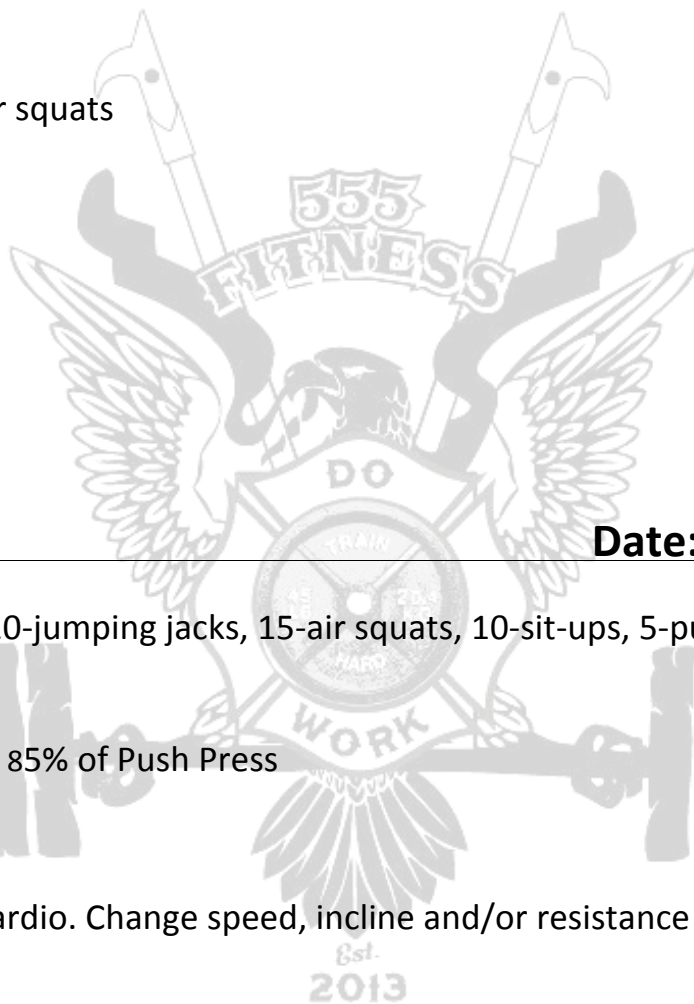
*15 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minute rest

*EMOM10, 10-back squats w/barbell

*5 minute rest

*EMOM10, 15-air squats



Day 3 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of Push Press

WOD:

*30 minutes of cardio. Change speed, incline and/or resistance every 2 minutes

*Rest 5 minutes

*500m row or 400m run, 25-burpees, 500m row or 400m run, 25-step-ups (24/20 box), 500m row or 400m run, 25-push-ups, 500m row or 400m run, 25-sit-ups, 500m row or 400m run, 25-pull-ups

*10 minute cool-down walk



Day 4 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of deadlift

WOD:

*200-singles (jump rope)

*30-20-10 of thrusters (w/broomstick or PVC pipe), sit-ups, box step-ups (24/20)

*200-singles (jump rope)

Day 5 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of OHS

WOD:

*10 minutes of cardio. Change speed, incline and/or resistance every minute.

*5 minutes rest

*bunk out, then 30-20-10 of tire flips, sledgehammer strikes, OHS w/2 1/2" hose, ground to shoulder w/absorbent bag

OR

*30-20-10 of push-ups, sit-ups, air squats, burpees

*Rest 5 minutes



*10 minute cool-down walk

Day 6 _____ **Date:** _____ .

Warm-up: 2rds, 20-jumping jacks, 15-air squats, 10-sit-ups, 5-push-ups, 200m jog or 250m row

Strength: 4 x 3 @ 85% of Push Jerk

WOD:

*20 minutes of cardio. Change speed, incline, and/or resistance every 2 minutes

*Rest 5 minutes

*30-burpee box jumps (20" box)

*Rest 5 minutes

*30-clean and jerks (use barbell {45lb})

*10 minutes of cardio. Easy pace

