

# SOUTH METRO FIRE RESCUE

## STRENGTH & CONDITIONING

NAME: \_\_\_\_\_

Training Objective(s) Basic Strength + Conditioning	Weeks 1-8	4 days per week	WINTER 2022	<b>Bold underlined exercise names</b> can be clicked for a video demonstration
--	--------------	-----------------	----------------	--

Suggested Schedule →

ON-DUTY		OFF-DUTY			
DAY 1	DAY 2	Active Rest	DAY 3	DAY 4	Active Rest

DAY 1	W 1+2		W 3+4		W 5+6		W 7+8	
WARM-UP >>	Walk/Bike x4-5:00		MOBILITY A (see below)		Stretch After workout!! (below)			
<b>STRENGTH</b>	set x rep	wt	set x rep	wt	set x rep	wt	set x rep	wt
1A: <b>Trap Bar Deadlift</b>	2x8	lite warm-up _____	2x8	lite warm-up _____	2x8	lite warm-up _____	2x8	lite warm-up _____
work up to moderate weight →	3x6	_____/_____/____	3x6	_____/_____/____	3x6	_____/_____/____	3x6	_____/_____/____
1B: <b>Side Plank</b>	4x15s e		4x15s e		4x20s e		4x20s e	
1C: <b>Band Pull-apart</b>	4x10		4x10		4x12		4x12	
2A: <b>DB Half-Kneel Shldr Press</b>	3x8e	_____/_____/____	3x8e	_____/_____/____	3x8e	_____/_____/____	3x8e	_____/_____/____
2B: <b>SB Glute Bridge</b>	3x10		3x10		3x12		3x12	
2C: <b>Dead Bug (hold)</b>	3x20s	switch every 5s	3x20s	switch every 5s	3x30s	switch every 5s	3x30s	switch every 5s
<b>Tempo Intervals</b>	x3 rounds		x3 rounds		x3 rounds		x3 rounds	
INC WALK / RUN / BIKE / ROW / STAIRS	x5:00	MOD 6 / 10	x5:00	MOD 6 / 10	x6:00	MOD 6 / 10	x6:00	MOD 6 / 10
	x3:00	LOW 4 / 10	x2:00	LOW 4 / 10	x3:00	LOW 4 / 10	x2:00	LOW 4 / 10

DAY 2	W 1+2		W 3+4		W 5+6		W 7+8	
WARM-UP >>	Walk/Bike x4-5:00		MOBILITY A (see below)		Stretch After workout!! (below)			
<b>Continuous Conditioning</b>	x45:00		x45:00		x45-60:00		x45-60:00	
INC WALK / RUN / BIKE / ROW / STAIRS	Maintain continuous low/moderate effort for Rx time.....Perform Torso work at any point during conditioning ↓↓↓							
<b>Torso Work</b>	<b>Band Pallof (tall kneel)</b> 3x8e		<b>Alt Superman</b> 3x8e		<b>KB Side Bend</b> 3x8e			

DAY 3	W 1+2		W 3+4		W 5+6		W 7+8	
WARM-UP >>	Walk/Bike x4-5:00		MOBILITY B (see below)		Stretch After workout!! (below)			
<b>STRENGTH</b>	set x rep	wt	set x rep	wt	set x rep	wt	set x rep	wt
1A: <b>BB Bench Press</b>	4x8	_____/_____/____/____	4x8	_____/_____/____/____	4x8	_____/_____/____/____	4x8	_____/_____/____/____
1B: <b>KB RDL</b>	4x8	_____	4x8	_____	4x8	_____	4x8	_____
1C: <b>Supine Leg Lift</b>	4x8		4x8		4x10		4x10	
2A: <b>DB Step-up</b>	3x5e	_____	3x5e	_____	3x6e	_____	3x6e	_____
2B: <b>Strap Inverted Row</b>	3x8		3x10		3x10		3x12	
2C: <b>PB Hip Ext Hold</b>	3x15s		3x15s		3x20s		3x20s	
2D: <b>Push-up Shldr Tap</b>	3x6e		3x6e		3x8e		3x8e	
<b>Continuous Conditioning</b>	x30:00		x30:00		x30:00		x30:00	
INC WALK / RUN / BIKE / ROW / STAIRS	Maintain continuous low/moderate effort for Rx time							

DAY 4	W 1+2		W 3+4		W 5+6		W 7+8	
WARM-UP >>	Walk/Bike x4-5:00		MOBILITY B (see below)		Stretch After workout!! (below)			
<b>HI-Intensity Intervals</b>	x5-6 rounds		x5-6 rounds		x6-8 rounds		x6-8 rounds	
INC WALK / RUN / BIKE / ROW / STAIRS	x20s	HI 8 / 10	x30s	HI 8 / 10	x20s	HI 8 / 10	x30s	HI 8 / 10
	x1:40	LOW 4 / 10	x1:30	LOW 4 / 10	x1:40	LOW 4 / 10	x1:30	LOW 4 / 10
<b>STRENGTH</b>	set x rep	wt	set x rep	wt	set x rep	wt	set x rep	wt
1A: <b>KB/DB Goblet Squat</b>	3x10	_____	3x10	↑ _____	3x10	_____	3x10	↑ _____
1B: <b>DB 1-arm Row</b>	3x10e	_____	3x10e	↑ _____	3x10e	_____	3x10e	↑ _____
1C: <b>Wt OH Sit-up</b>	3x8		3x10		3x10		3x12	
2A: <b>Push-up (3:0:1)</b>	3x6-8	disciplined tempo	3x6-8	disciplined tempo	3x8-10	disciplined tempo	3x8-10	disciplined tempo
2B: <b>SL Glute Bridge</b>	3x10e		3x10e		3x12e		3x12e	
2C: <b>KB Suitcase Carry</b>	3x75ft e	(30-50lb) _____	3x75ft e	(30-50lb) _____	3x100ft e	(30-50lb) _____	3x100ft e	(30-50lb) _____

MOBILITY A		MOBILITY B		STRETCH (x45s all)		ZONE	EFFORT
<b>Knee Hug</b>	x6e	<b>1-2-3-4 Squat</b>	x6	<b>Band 3-way Ham Stretch</b>		LOW	4 / 10
<b>Ankle Grab</b>	x6e	<b>St. Leg Raise</b>	x12e	<b>Pigeon Stretch</b>		MOD	6 / 10
<b>Iron Cross</b>	x6e	<b>Lying Knee Hug</b>	x6e	<b>Kneel Hip Flex Stretch</b>		HI	8 / 10
<b>Scorpion</b>	x6e	<b>Lying Ankle Grab</b>	x6e	<b>Monster Crawl Stretch</b>			
<b>St. Leg Raise</b>	x12e	<b>Sumo Hip Lift</b>	x6	<b>Doorway Pec Stretch</b>			
<b>Half-Kneel T-Spine</b>	x6e	<b>Open Book</b>	x6e				
<b>Jumping Jacks</b>	x20	<b>Seal Jacks</b>	x20				