



SAMPLE WEEK OF FIT BY FIRE WORKOUTS

**Fitness program designed specifically
for firefighters, by expert trainers, who
are also firefighters!**

MONDAY



Coaches Session Notes

The front-end power and strength work today is meant to improve your explosiveness, not to see how much weight you can throw. The Metcon workout Sandbaggin is a benchmark workout we will retest.

A1. 5x5 BARBELL HANG POWER SNATCH

<https://www.youtube.com/watch?v=I9tzC-hQErk>

If you don't have access to Barbell feel free to substitute Double Dumbbells or an Odd Object like a heavy Sandbag.

A2. 5x5 SQUAT JUMPS

<https://www.youtube.com/watch?v=q1CKLzDFFOg>

Looking for speed out of the bottom on this one. Make sure you are going down below parallel (if possible) on each squat, but do not bottom out.

A3. 5x10 BALL SIDE TOSSES

<https://www.youtube.com/watch?v=xGI0v1URIXg>

Drive with the through the legs with rotation in the hips, torso, and shoulders maintained together. 10 reps per side.

B. METCON 'Sandbaggin'

3 Rounds of:

20 Lateral Burpee Jumps (Over Odd Object/ Sandbag)

15 Sandbag Squat Cleans

10 Weighted OH Straight-Leg Sit-Up

Rest 2 Min between rounds

Looking to hit intense unbroken rounds with longer rest on this conditioning BURN. If you don't have an odd/object or sandbag you can use a light barbell weight, dumbbells or medball. But if possible get creative with a duffle bag or something that is imbalanced.

C. Recovery

90 seconds per side pigeon stretch

<https://www.youtube.com/watch?v=Z1P1LTmI9aQ>

TUESDAY



Coaches Session Notes

Building on our deadlift progression, make sure to reference your weights as we have added reps today. Read the notes about the tempo for the single-arm bridging bench and have fun getting after some weight on the farmers carries today.

A. 5 Sets x 8 SUMO DEADLIFT OR HEX BAR

<https://www.youtube.com/watch?v=cECXzxhg7YA>

Start a clock and perform 1 set every 2 min. You DO NOT need to hit a max, we should always have a good 2-3 reps in

reserve on all 5 sets. Keep a double overhand grip and no lifting straps.

B1. 3-4 Sets x 8 TEMPO SINGLE-ARM BRIDGE BENCH

<https://www.youtube.com/watch?v=JHqXv7BBfkA>

(3-1-X-1) Lower down for 3 sec. pause at the bottom, explode up, pause at the top and repeat for 8 reps per side

B2. 3-4 Sets 20m DB FARMERS CARRY 1-ARM

<https://www.youtube.com/watch?v=7LvJuQSDX78>

20 Meter each arm of a 'heavy' single arm farmers carry today. If you don't have the space to walk you can substitute to 20 sec. each side plank.

C. METCON 'Tabataround'

6 Rounds of (3 min)

:20 of AirBike :10 rest

Rest 2 Min

4 Rounds of (6 min)

:20 Double Dumbbell Deadlifts :10 rest

:20 Push-Ups :10 rest

:20 Sit Ups :10 rest

Rest 2 Min

6 Rounds of (3 min)

:20 of AirBike :10 rest

Feel free to substitute the AirBike for another cardio option if needed. The double dumbbells dont need to be overly heavy, we are looking for quick reps filling the whole :20 unbroken every round.

D. Recovery

90 Seconds Lower Back Stretch

https://www.youtube.com/watch?v=lv_8cWvZWmq

WEDNESDAY



Coaches Session Notes

The workout focus should be on the couplet of pull-ups and heavy reverse lunges, try and challenge yourself there. The metcon is a rolling EMOM that is easily scalable intensity-wise.

A1. 5 Sets x 8 PULL-UPS OR OVERHAND CABLE PULL-DOWNS

<https://www.youtube.com/watch?v=1B7To7KonRU&t=68s>

This can be done on a cable machine, band-assisted on a pull-up bar, or for our more advanced athletes even done as a weighted pull-up.

A2. 5 Sets x 12 BAR REVERSE LUNGE (BACK RACK)

<https://www.youtube.com/watch?v=rqRHwhb3BV4>

Perform all 6 Reps on one Leg, rest, and perform on the second.

B1. 3 Sets of 15 DUMBBELL SHOULDER LATERALS

https://www.youtube.com/watch?v=UjLs_tw4EL8

Don't go heavy, look to stay slow and controlled with a slight pause just over shoulder height.

B2. 3 Sets of 15 HAMMER CURL

<https://www.youtube.com/watch?v=YmhQK3a1wY>

Adding a little accessory strength this week. Slow and controlled tempo throughout this neutral grip curl.

C. METCON EMOMx3

3 Rounds of

1 Minute Toes to Object

1 Minute of Machine Cardio

1 Minute Walking Lunges

1 Minute Skipping or Plate Fast Feet

1 Minute Rest

As many quality reps in each station as possible. For the machine station, you can use any cardio equipment you like and use the calories towards your score.

D. Recovery

90 Seconds each Doorway Stretch

<https://www.youtube.com/watch?v=iqhmUyK3Xi4>

THURSDAY



Coaches Session Notes

Turkish sit-ups are on the list today. We have been working on progressing our Turkish Get-Ups, today's sit-up will allow us to get used to a heavier weight.

A. 3 Sets x 8 TURKISH SIT-UPS

<https://www.youtube.com/watch?v=Er8bEY3cXrM>

Make sure to stay belly braced throughout the whole movement. Another common fault is to not have your arm fully extended, so make sure you are pressing hard to the ceiling.

Complete 3 sets of 8 moderate weight Turkish sit-ups per arm for a total of 48 reps. Rest as needed between arms and rounds.

B1. 3 Sets x 12 SINGLE-ARM RUSSIAN KB SWINGS

<https://www.youtube.com/watch?v=Ecd9pL9aL3U>

10 Reps per side.

The goal here is to brace against the rotation of the shoulders and pick a weight heavy enough you have to drive the hip aggressively. A single dumbbell can be used in substitute if needed.

B2. 3 Sets x 10 HALF KNEELING STRICT PRESS

<https://www.youtube.com/watch?v=UyczToLPPm0>

10 Reps per side.

Half-Kneeling is a great way to stabilize and work on your side-to-side deficiencies. Make sure to pick a DB or KB you can fully lock-out every rep.

C. METCON 'Drop Set Go'

10-1 reps of:

Sandbag/ Odd Object Clean & Press
Air Squats

complete 100 Meter Run of 10 cal
Machine Cardio after every round.

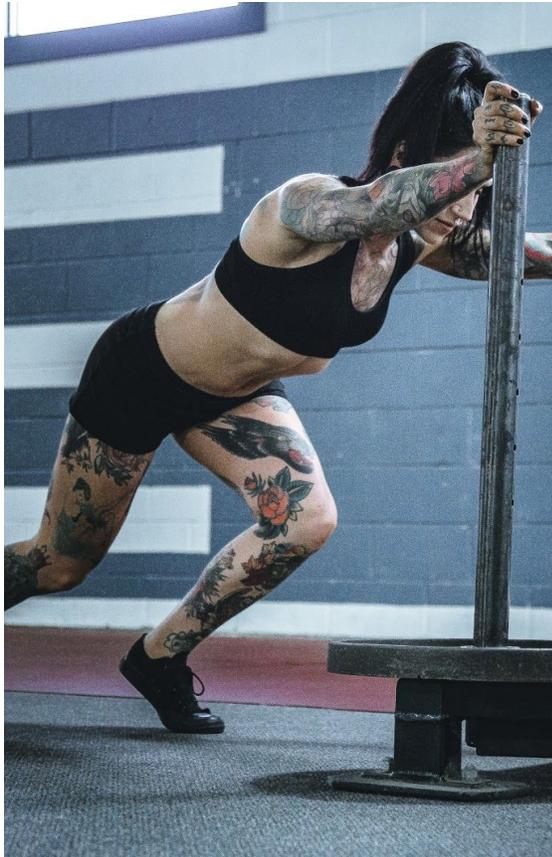
Descending work on the sandbag starting at 10 on round one, 9 on round 2... Pace early sets so you can stay consistent throughout.

D. Recovery

Banded Lat Stretch 1 min each Side

<https://www.youtube.com/watch?v=vYVAQ6NiO48>

FRIDAY



Coaches Session Notes

Looking to go heavy on the box squats today. You'll find that the tempo adds a lot of intensity to this movement, so be honest with your counts!

A. 5 Sets x 5 TEMPO BOX BACK SQUAT Tempo (3-1-1-1)

<https://www.youtube.com/watch?v=9MMsSQfiAQM>

On a running clock perform 5 reps every 2 min. Slowly sitting to a bench or box that brings you slightly below parallel. If you don't have access to a barbell feel free to substitute to DB front squats.

B1. 4 Sets x 10 SIDE CARRY STEP-UPS DB

<https://www.youtube.com/watch?v=UUrO58i-EWM>

10 total alternating reps as heavy as possible.

B2. 4 Sets of 40 Seconds Each STAR SIDE PLANK

<https://www.youtube.com/watch?v=HWT2SzcOAY0>

If you can't comfortably do the :40 in star, do what you can, and then drop down to regular side planks.

C. METCON 'Heavy Metal'

3-5 Rounds of:

50 Meter Heavy Sled Push

100 Meter Heavy Dual Front Rack Carry

Rest 3 Min between rounds.

*blending the lines between cardio and weight training on this finisher. I have given a range of sets because you may choose to build over 5 or stay heavy for 3 across.

D. Recovery

90 Seconds each Couch Stretch

<https://www.youtube.com/watch?v=4mwkNEk6qAU>

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<https://marketplace.trainheroic.com/workout-plan/team/the-crew2020-08-09%2021:11:16>