

CANDIDATE ADVANCEMENT PROGRAM



MANUAL

**LOS ANGELES FIRE DEPARTMENT
Firefighter Candidate**

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From the Office of the Fire Chief ...

Dear Aspiring Firefighter:

Excellence occurs when an individual recognizes an opportunity and pursues it with a passion.

It is my pleasure to introduce myself and welcome you to the profession of firefighting. You have taken the first step in preparing yourself for a lifetime commitment as a professional Firefighter. As a Firefighter you must be physically and mentally prepared at all times. You will be required to serve and help the public in several stressful situations during emergency and non-emergency operations. Firefighting is a hazardous career, sometimes life threatening and a person's level of physical fitness and mental acuity can be the difference between life and death for yourself or a colleague.

The Los Angeles Fire Department Recruit Training Academy takes tremendous pride in training and graduating some of the finest Firefighters in the world. There will be days at the Training Academy where everything a recruit does will be physical. The purpose of this Fitness Manual is to make sure recruits are prepared for the physical stresses that they will encounter throughout their career. In order to truly be prepared, a Firefighter recruit will have to embark on a continuous journey of fitness, education, training and injury prevention.

In the following pages of this book we hope to share some insight on what you can do to physically prepare yourself for long-term success as a Firefighter.

I hope and wish you success in becoming a Los Angeles Firefighter.

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Introduction

Among the most difficult challenges faced by firefighter recruits are the physical requirements of the Training Academy. To assist you in this area, the Los Angeles Fire Department (LAFD) offers the Candidate Advancement Program (CAP) to help you get physically fit and get accustomed to the rigorous training environment that a recruit will encounter in the training academy. The CAP also serves to familiarize candidates with certain aspects of firefighting and creates a framework for networking with others in the selection process. We strongly encourage all LAFD candidates to take advantage of this FREE program. All will benefit by:

- Learning what to expect in the LAFD Training Academy. Learn Fire Department culture and nomenclature.
- Identifying deficiencies in body mechanics and movement, while learning various corrective exercises that can help reduce injury.
- Networking with other candidates that are currently in LAFD's hiring process through group fitness, physical and social wellness.
- Firefighters who participate in the CAP will be provided mentorship, information, support and encouragement.

The CAP's goal is to assist candidates to be successful in the Training Academy and throughout their career.

Suggested Dress Code: Dark blue athletic shorts, short sleeve t-shirt (NO tank top or crop tops), white crew socks, and dark athletic shoes. DO NOT wear loose or restrictive jewelry.

Bring: Bring a foam roller to use during the session. For post session recovery, bring a healthy snack and water and/or electrolytes.

LAFD's grooming standards indicate a clean shave for males and for women to wear their hair in a neat, professional manner off the face and neck.

Code of Conduct

1. Respect yourself, candidates, instructors, and the facility at all times.
2. If you need assistance, ask an instructor.
3. Listen to instructors.
4. Arrive on time. All aspects of the session are important.
5. Support one another. Firefighting is a team activity. If one person fails, others must pick up their slack.
6. Leave your ego at home. Aim for progression.
7. Eat well. Proper nutrition and hydration will not only help you perform your best, but assist in your recovery from our intense training.
8. Technique-Consistency-Intensity. Learn to push your personal limits and stay within your ability in order to prevent injury. If an injury occurs, let an instructor know.
9. Enjoy the process. Fitness is a journey not an event.

Theoretical Hierarchy of Fitness



Nutrition & Hydration. The most essential piece that a firefighter needs to perform their best is an adequate diet and proper hydration. Proper nutrition and adequate hydration will increase firefighters' performance levels.

Mobility & Stability. The ability to maximize range of motion at a given joint while maintaining active muscular control on a joint to redirect force and control movement in the presence of normal muscle flexibility and joint mobility. Considering the kinetic chain, if the body is not able to make a movement, it will compensate with a poor movement elsewhere. This can cause undesired negative issues in the body.

Strength & Conditioning. The ability to use muscles or groups of muscles to apply force and the body's ability to process, deliver, store and utilize energy and deliver oxygen. This includes core strengthening, resistance training, cardio conditioning, all coupled with functional movements.

Rest & Recovery (Regeneration). A candidate will be physically, mentally, and emotionally exhausted during the Training Academy. Each candidate will need to efficiently use their rest time to recover from the cumulative physical demands of the Training Academy in order to perform at their best and prevent injury.

Fit. The level that all candidates should aspire to reach. A proper program should be followed to monitor and track personal progress and results.

There is inherent risk in any physical activity.

Prior to any exercise, the LAFD recommends seeking a medical evaluation.

The LAFD and their employees assume no liability due to any exercises taken from this manual or the Candidate Advancement Program.

Be sure to train within the boundaries of your own capabilities/limitations.

General Guidelines

1. Perform the foam roll series and a functional dynamic warm up for about 10-15 minutes prior to each workout. This will allow the body to get prepared for physical demands. The dynamic warm up coupled with foam roll will greatly reduce the risk of injury.
2. Always pay attention to your body while exercising. If you feel weak, dizzy, nauseous, experience chest pain, joint pain, or have trouble breathing, immediately stop and seek professional assistance.
3. It is very important to progress your workload gradually. Be realistic. Increase your intensity, distance, duration by no more than 10% each week.
4. With all movements and exercises, use proper form. Do not sacrifice your technique and form for ego or heavier weight. This is when the potential for injuries will most likely increase. Learn the proper way to perform a movement or focus on the progressions to your goal. Seek professional assistance if you are not comfortable with a particular exercise.
5. Remember to cool down gradually after each workout. This may include low-intensity aerobic exercise and stretching. The cool down allows the muscles to relax and assists with the removal of metabolic waste in order for the body to return to its state prior to exercise.
6. Stay hydrated and well nourished. Nutrition and hydration shall be a priority in proper fitness. Without adequate hydration, the body will fatigue more easily, be more susceptible to cramping, unable to regulate body temperature, as well as increasing the risk of heat illnesses. Be sure to hydrate prior to becoming thirsty. As a general guideline to properly hydrate, approximately 24 ounces of water should be consumed per pound lost during exercise. Consumption of food within 30 minutes post-exercise is also highly recommended. This will assist in replenishing the body with nutrients.

The Candidate Advancement Program

Physical Preparation

This manual is designed to assist candidates with a structured workout plan that candidates can use on their own to develop strength, endurance, correct functional body movement deficiencies, and improve fitness and nutrition. When implemented correctly this program will help candidates succeed in the Training Academy by reducing injuries and improving overall fitness levels. Fitness is not the only component of the Training Academy, but being physically fit allows for focus on other important elements. It is a fact that candidates who enter the Training Academy lacking physical conditioning become prone to injuries and lack other elements required to be successful. This program can be the start of a commitment to fitness that will benefit you throughout your life. It is very important to get a full medical examination and a doctor's approval before starting any physical activity program. It is recommended that each candidate set goals and adjust the level of this program according to their capabilities.

Physical Requirements

Candidates that hope to be successful firefighters have to overcome several obstacles. They not only have to be physically fit at the beginning of their careers, they must stay fit throughout their careers and lives. However, being physically fit alone does not guarantee an injury-free career. Staying healthy requires vigilance towards proper nutrition/hydration and regular exercise. Firefighting operations encompass a wide variety of complex movements with several levels of loads, intensities and durations. The entire body must be well conditioned in order to be successful. Firefighting tasks such as carrying and operating heavy tools and equipment, manipulating loaded hose lines, placing and climbing wooden ladders, breaching walls and pulling ceilings are just some examples of what is required of a firefighter. Firefighters are also required to be Emergency Medical Technicians (EMT's). As a firefighter you may be called upon to lift or carry patients in uncomfortable and awkward positions, crawl into small spaces to reach and assist patients opening your body up to an increased chance of injury.

Candidate Fitness Manual

A candidate fitness manual will not only identify strengths and weaknesses, but also create motivation, consistency, and help prevent injury. It will behoove you to keep a daily log of exercises and activities in order to be successful in preparation for the LAFD Training Academy. The Candidate Advancement Program coupled with your candidate fitness manual will help guide you to prepare for success.

Injury Prevention

A firefighter does not have a set schedule as when they might be called to perform. Each incident is simply unpredictable. Therefore, our overall fitness conditioning must be constant. Firefighters do not have an off-season. In order to serve the public safely and effectively, we must prepare ourselves physically, mentally, and emotionally for anything. Due to the physical demands of the job and the inability to predict when incidents might occur, the injury potential is high. Those with a decreased fitness level have a higher potential for injury. It is not a matter of “*if*”, but a matter of “*when*” they will get a minor or major injury. Even the most prepared and fit firefighter will face some amount of injury throughout their career. Several injuries occur in the gym whether it be due to improper form, lifting too much too quickly, or from insufficient warm-up and preparation. Our goal is to minimize and prevent the amount of injuries we *can* control and to build the durability, strength, and knowledge to be able to completely recover safely and quickly to return to work at 100 percent. Injury prevention includes what we put into our bodies as well as how we train our bodies’ movements to increase muscle memory.

Regeneration and Recovery

The ability to recover quickly and efficiently are the keys to success in the firefighting career. The body recovers the best during sleep. It is essential to get an adequate amount of sleep on a consistent and daily basis along with the proper liquid and food intake. Foam roll and movement preparation will also assist greatly with muscle regeneration and recovery.

Nutrition and Hydration

Nutrition: Food and its nutrients provides the body with the ability to create energy, build and repair muscle tissue, and regulate the body’s metabolism. Carbohydrates, protein and fats make up the food pyramid. Specifically, meats, vegetables, fruit, nuts, grains, and fats are essential in performing at an optimum level. The key is timing. Everyone metabolizes differently. A general guideline to follow is to eat three complete meals a day. In between the three meals, eat two quality snacks. If you’re goal is to keep or add bodyweight, have another snack before bedtime. It is extremely essential to have a healthy snack to fuel your body prior to any workout AND within 30 minutes after your workout.

Hydration: Keeping the body sufficiently hydrated throughout the day can reduce the risk of heat emergencies and aid in the body’s recovery process. Staying hydrated is an ongoing and lifelong process. The body cannot function well without sufficient amount of water in the system. Plan to drink water at about 20 minute intervals during training sessions. Sport drinks with electrolytes aid in the hydration process, but nothing can replace water.

Foam Roll

The foam roll will be used to assist with muscle regeneration and recovery. The more sensitive a certain area is, the more the muscles may require attention. Foam rolling breaks up adhesions and scar tissue formed within the body. It increases circulation to the muscles, which increase the recovery rate. The Training Academy will incorporate foam rolling within the workout program. It can be used during warm-up and it can be used post-workout to assist with recovery. The foam roll series should also be used on days off when you are not planning to workout.

NOTE: If you do not have access to a foam roll, to achieve the same effect, some examples of substitutes are a PVC pipe, a tennis ball, softball, or a lacrosse ball. If you have any further questions, feel free to ask for more alternatives.

Coaching Tips: Breath slow and controlled. Hold at sensitive areas when necessary.

Calves

Start Position: Sit with foam roll under the back of the calf with opposite leg placed on top.



Place hands on the ground behind the body for support.

Procedure: Using the hands for support, roll the calves over the foam roll. Move foam roll up and down the entire length of the back of each calf.

*May begin with both calves on foam roll at the same time.

Hamstring

Start Position: Sit with foam roll under the back of the hamstring. Place hands on the ground behind the body for support.



Procedure: Using the hands for support, roll each hamstring over the foam roll. Move foam roll up and down the entire length of the back of both hamstrings.

Gluteus Maximus/Piriformis

Start Position: Sit on the foam roll with hands on ground for support, knees bent, and feet flat on the floor (ie: Place outside of right ankle to the top of the left knee)



Procedure: Roll the area of the glutes over the foam roll.

You Should Feel: Sensitivity to the glutes on the side in which the knee is bent.

Illiotal Band (IT Band)

Start Position: Lie on the side with foam roll under outside of thigh (IT Band).

Place opposite foot flat on the floor in front of the bottom leg.

Procedure: Using arms for support roll the IT band over the foam roll from just above the knee to the hip.

*Advanced: Place top leg parallel with bottom leg when rolling.

You Should Feel: Sensitivity on the side of the thigh.



Quadriceps/Hip Flexor

Start Position: Face down using arms for support in push up position. Place the quadriceps/hip flexor area (in between knee and hip) over foam roll.

Procedure: Using the hands and/or forearms for support, roll the quadriceps/hip flexors over the foam roll from the top of the hip to just above the knee. Alternate legs. *Advanced: use softball, tennis ball, lacrosse ball, etc. in place of foam roll.



Latissimus Dorsi

Start Position: Lie on the side with foam roll under the bottom portion of the armpit.

Procedure: Using the legs for support, roll the upper body over the foam roll. Move it up and down the side from the armpit to the waist line.

You Should Feel: Sensitivity on the side being rolled.



Back

Start Position: Sit with foam roll perpendicular to the lower lumbar spine with knees bent and hands supporting head.

Procedure: Using the feet and legs for support, roll the upper and mid back over the foam roll.

Once you feel it under the end of your ribcage, stop. Do not hold on lower back. *May place hands behind head for support.

You Should Feel: Sensitivity to the muscles of the upper and lower back.



Movement Prep-Dynamic Stretches

Dynamic Stretching has been proven to not only decrease injuries, but also increase performance. The goal of a dynamic warm-up is to increase the heart rate and body temperature in order to raise the readiness of the muscles and the brain. The movements encompass multiple low-intensity movements and activities in several directions and planes of motion, which target specific body parts for the intended exercise. Each movement should be held for only 2-seconds at a time. It will benefit the participant to familiarize themselves with the movements displayed.

Elbow to Instep to Hamstring Stretch

Start Position: Standing.

Procedure: Step forward with right foot into lunge position. Place left hand on ground and right elbow to instep of right foot. Hold for 2 seconds. Next, place right hand outside of right foot and straighten right knee while pushing hips up and back towards the sky. Keep right foot flexed and left knee off the ground. Hold for 2 seconds. Drop hips and step forward to alternate legs.



Coaching Tips: Breath slow and controlled. Keep chest up and knee off ground. Contract glute of back leg during the lunge stretch.

You Should Feel: Stretching groins, hip flexors, glutes, and hamstrings.

Inch Worm

Start Position: Standing.

Procedure: Bend at waist reaching hands to floor. Walk hands to pushup position. Walk feet forward towards hands with knees straight. *Advanced: may walk hands past shoulders if body permits. May wear gloves if necessary.

Coaching Tips: Keep abdominals contracted. Keep knees straight.

You Should Feel: Stretching hamstrings. Core and shoulder stability.



Walking Straight Leg Raise

Start Position: Standing with feet parallel and arms reached forward.

Procedure: Step forward, bring leg out and up to straight leg position. Alternate legs.

Coaching Tips: Stay upright as possible with chest out.

You Should Feel: Balanced in standing leg and stretch in both hamstrings.



Reverse Lunge with Twist



Start Position: Standing.

Procedure: Step backward with left leg into a lunge position. Contract left glute. Reach with both hands overhead towards the side of the front right knee.

Coaching Tips: Keep good posture. Keep front knee over front foot.

You Should Feel: Stretch to hip flexor of back leg and glute and groin of front leg.

Quad/Hip Flexor Stretch

Start Position: Standing.



Procedure: Slightly squat with left knee and bend right knee to grab right ankle. Grab and pull right heel to right glute for two seconds. Contract right glute. Alternate legs.

Coaching Tips: Contract abdominals. Keep good posture. Avoid arching the back.

You Should Feel: A stretch in the quadriceps and hip flexors.

Piriformis Stretch

Start Position: Standing or Quadruped.

Procedure: Standing: Stand upright with shoulders down and back: While balancing, bring right foot into left hand and right knee into right hand. Hold for 2-seconds.

Quadruped: Using arms for support, bring lower shaft of left leg perpendicular to midline of body. Shift hips back and down. Hold for two seconds. Alternate legs.

Coaching Tips: Breath slow and controlled. Keep back straight and chest out.

You Should Feel: A stretch in the piriformis, glutes and hips.



OR



Double Leg Hip Crossover Stretch

Start Position: Lie facing up with hips and knees bent at a 90 degree angle. Brace both arms down towards floor, palms down.

Procedure: While contracting abdominals, slowly lower the knees and ankles to the right side, back to neutral, then to the left side. Hold each position for about 30 seconds.

Coaching Tips: Breath slow and controlled.

*Advanced: Keep knees straight and allow knees to fall to each side.

You Should Feel: A stretch in the lower back and torso.



Strength and Conditioning

The exercises displayed on the following pages may require a higher level of training and quality form. If you do not understand the procedure or are not familiar with any of the movements or exercises, it is highly advised that you DO NOT attempt to perform them. Be sure to ask a qualified professional for assistance. The following list of exercises is a small list. Once good movement is established, begin to load with weight incrementally.

Planks

Fireground Application: All fireground operations.

Start Position: Face down with bodyweight on forearms and toes. The closer the feet, the higher the difficulty.

Procedure: Pull abdominals in towards spine. Maintain for a desired amount of time. Maintain a straight line from the head, shoulders, hips, and heels.

Coaching Tips: Breath slow and controlled. Keep back flat and arms straight. Do not allow hips to raise or sag throughout the hold.



Front Leaning Rest Position

Fireground Application: All fireground operations.

Start Position: Move to the top of the push-up position. Wrists should be directly under shoulders, body in straight line with head in neutral position and balls of feet on floor. The closer the feet, the higher the difficulty.

Procedure: Pull abdominals in towards spine. Maintain position for a desired amount of time. Maintain a straight line from the head, shoulders, hips, and heels.

Coaching Tips: Breath slow and controlled. Keep back flat and arms straight. Do not allow hips to raise or sag throughout the hold.

Hanging Leg Raise

Fireground Application: All fireground operations. Core stability.

Start Position: Hanging from pull up bar with palms facing away from body and thumbs around the bar. Place hands slightly wider than shoulder width apart.

Procedure: Without swinging, keep knees straight and pull feet and legs up so hips are at a 90 degree angle in the air. Hold for allotted time.

Coaching Tips: Do not swing body or legs.

Glute Bridges

Fireground Application: Lifting objects such as a hose, ladder, or patients.

Start Position: Lie face up on back on the floor. Bend knees, have feet flat on the floor and arms next to the side.

Procedure: Engage core and push through the heels to lift hips off the floor. Shoulders, hips, and knees should be in a straight line. Hold position for a count of 3-5 seconds and return in control to start position.

Coaching Tips: Should feel movement in hamstrings and glutes. Do not hyperextend back.

Good Mornings

Fireground Application: Lifting objects such as a hose, ladder, or patients.

Start Position: Standing with feet shoulder-width apart and toes pointed forward.

Procedure: Initiate movement with bend at hips. With slight knee bend, push hips back keeping back straight and a neutral spine.

Coaching Tips: Should feel movement in hamstrings NOT low back. Do not allow knees to bend into a squat position.

Dead Lift with Kettlebell *DISCLAIMER*****

If unfamiliar, do NOT attempt without proper instruction, supervision, or guidance.

Fireground Application: Lifting equipment such as a hose, ladder, or patients from the ground.

Start Position: Standing with feet hip-width apart and knees slightly bent. Appropriate weighted kettlebell should be placed between legs with handle lined up perpendicular to body.

Procedure: Contract core and keep shoulders back and down with palms facing body. Shift hips backwards and begin to reach for weight while keeping back flat. Grasp weight, contract hamstrings and glutes to return to standing position while pushing the body weight through the heels. Guide weight back to starting position with the same movement.

Coaching Tips: Keep weight very close to the body throughout the movement. Do not allow back to round during the movement. Keep chest out.

You Should Feel: Working glutes, hamstrings, and back.



Squats

Fireground Application: Lifting objects such as a hose, ladder, or patients.

Start Position: Standing with shoulder-width apart and toes pointed forward or slightly turned outward.

Procedure: Initiate movement with bend at hips. Squat by pushing hips back and down until the thighs are parallel to the floor. Extend hips and knees until legs are straight into neutral position.

Coaching Tips: Push body weight through heels not the toes. Do not allow knees to move forward past the toes.



Split Squat

Fireground Application: Lifting equipment or patients from the ground.

Start Position: Standing with shoulder-width apart and toes pointed forward.

Procedure: Step forward with right foot and bend both knees until they are both at 90 degree angles and the back knee is just above the floor. Keep right foot flat on the floor. Push through the front right hip to return to starting position. Repeat for exercise. Alternate legs.

Coaching Tips: Keep chest up and posture upright. Do not allow front knee to move beyond the front foot.



Step Ups

Fireground Application: Stepping into the cab of a fire engine, stepping onto a tailboard, climbing stairs.

Start Position: Standing with shoulder-width apart and toes pointed forward.

Procedure: Lift right foot to box step and lean slightly forward. Contract the right glute while bringing the left foot up to the box step. Alternate by stepping down with the leg that initiated the movement.

Coaching Tips: Keep upright posture. Maintain hip, knee, and ankle alignment. Keep body weight over midline of front foot.



Push Ups

Fireground Application: Forcible entry, rescue, ceiling breach

Start Position: Push up position with arms directly under shoulders.

Procedure: While keeping core tight, using the arms, lower body to floor so the chest is just above the floor. Control the body as the arms push back up, pushing chest away from the floor.

Coaching Tips: Keep body and core tight and straight.



Wall walk

Fireground Application: Raising a ladder.

Start Position: On stomach with hands under shoulders and elbows back towards heels. Feet should be facing a wall. Wrists should be directly under shoulders, body in straight line with head in neutral position and balls of feet on floor. The closer the feet, the higher the difficulty.

Procedure: Pull abdominals in towards spine. Move to the top of the push-up position. Simultaneously walk feet up the wall and hands towards the base of the wall until head is through the arms and eyes are facing the wall. Maintain a straight line from the head, shoulders, hips, and heels. Hold for a desired amount of time.

Coaching Tips: Breath slow and controlled. Do not allow thighs to touch wall. Keep back flat and arms slightly bent. Do not allow hips to raise or sag throughout the movement. If you feel unsafe at any time, bring legs down in a safe manner.

Renegade Rows

Fireground Application: Forcible entry, starting equipment, ceiling breach, and halyard raise.

Start Position: Push up position with arms directly under shoulders. Hand should be holding dumbbell.

Procedure: While keeping core tight and legs spaced for balance, row arm up and back to core of body. Elbow should move towards the ceiling. Hold movement, then slowly lower down to floor. Alternate arms. Control the body as the arms alternate keeping the body inline.

Coaching Tips: Keep body and core tight and straight.

Burpees

Fireground Application: Advancing a hose line from the prone position.

Start Position: Standing.

Procedure: Lower body to floor using the squat position. Quickly push the legs back behind body into a push-up position. Perform a push-up. Immediately return feet under body to the squat position. From the squat position, jump as high as possible. Land in the squat position with knees soft and hips pushed back.

Coaching Tips: Keep a fast pace. Fully extend legs during push-up position.

Jump as high as possible with a soft landing. Keep movements controlled.



Pull Ups

Fireground Application: Pulling body over a parapet, pulling body up a ladder, raising a ladder halyard.

Start Position: Hanging from pull up bar with palms facing away from body with thumbs around the bar. Place shoulders slightly wider than shoulder width apart.



Procedure: Without swinging, pull chest to bar. Return to start position.

Coaching Tips: Do not swing body or legs. Fully extend elbows after each repetition.

Chin Ups

Fireground Application: Pulling body over a parapet, pulling body up a ladder, raising a ladder halyard.

Start Position: Hanging from pull up bar with palms facing towards body. Place hands shoulder width apart.

Procedure: Without swinging, pull chest to bar. Return to start position.

Coaching Tips: Do not swing body or legs. Fully extend elbows after each repetition.

Push Press

Fireground Application: Lifting ladder or equipment overhead.

Start Position: Stand with feet under the hips. Hold bar or dumbbell in front of shoulders in the front squat position.

Procedure: Engage core, drop hips back and down to a *slight squat* position and quickly push back up through the starting position. Push bar or dumbbell overhead with hips, knees, and elbows fully extended. Control weight to the starting position.

Coaching Tips: Do not allow knees to move forward past toes. Do not begin pushing the weight overhead until the hips are fully extended.

Thruster

Fireground Application: Lifting ladder or equipment overhead.

Start Position: Stand with feet in the squat position. Hold bar or dumbbell in front of shoulders in the front squat position.

Procedure: Engage core, drop hips back and down to a *squat* position and quickly push back up through the starting position. Push bar or dumbbell overhead with hips, knees, and elbows fully extended. Control weight to the starting position.

Coaching Tips: Do not allow knees to move forward past toes. Do not begin pushing the weight overhead until the hips are fully extended.

Kettlebell Swing (KB) *DISCLAIMER*****

*DO NOT attempt without proper instruction, supervision, or guidance.

Fireground Application: Equipment manipulation, forcible entry, rescue, etc.

Start Position: Standing with feet hip-width apart and knees slightly bent. Appropriate weighted KB should be placed between legs with handle lined up perpendicular to body. Grasp KB with both hands. Keep arms straight and palms facing body.

Procedure: Contract core, keep back flat, while keeping shoulders back and down. Lower body into squat position by shifting hips back. Pushing the hips forward, stand up and simultaneously raise the arms in front of body until they are parallel to the floor. Without pausing, allow the KB to quickly swing back to the starting position.

Coaching Tips: Do not allow back to round during the movement. Keep chest out. The power should be coming from the glutes and hamstrings.

You Should Feel: Working glutes, hamstrings, and core.



Conditioning Workouts

The Conditioning Workouts shall be performed approximately 5-10 minutes after strength training. The workouts are categorized and listed in phases. Since each phase lasts four weeks, each list shall be repeated four times. Each time it is repeated, challenge yourself to beat your own recorded time or weight even if it is simply by seconds or a couple lbs. It is highly suggested that each candidate chooses the most appropriate workout for their ability level. Good form is of the greatest concern. If form begins to fail, immediately stop the movement and re-evaluate one's ability level. **Decrease weight or reps or alter the workout option prior to progression.** It is okay to modify if necessary. Remember, this is to *prepare* you for the academy.

*****DO NOT attempt to exercise with bad form. Seek professional assistance.*****

Static Stretching

Static Stretching (holding a stretch for 30 seconds or more) *prior* to activity is *not* as beneficial as some may believe. Several studies have proved that static stretching prior to activity may in fact, lead to injury and decrease the ability to perform. However, static stretching does have a place in your workout. You can gain flexibility and increase recovery when performing static stretching *post-workout*.

Definitions and Descriptions

AMRAP: As Many Rounds/Repetitions As Possible

Conditioning: Designed to use various exercises to simulate firefighting tasks while increasing muscle strength, muscle endurance, and cardiovascular endurance. May use time or sets/reps as factors to complete the entire workout. Since a firefighter's demands, schedule, and task are never the same, it is important to simulate this by training the body as a whole.

Muscular Endurance: The ability for the muscles to exert and remain active for a long period of time at a submaximal force.

Muscular Strength: The muscles ability to exert maximal force in one contraction.

Power: A speed and strength combination that is the ability of the muscles to exert a maximum force in minimal time.

Sets/Rounds: A group of repetitions of an exercise in between rest periods.

Singles: Jump rope passes under feet one revolution per jump.

Repetitions: The number of times each exercise is completed.

Rest: The amount of time in between sets of exercises. This allows muscles time to recover before the next set.

Unbroken: Amount of repetitions able to complete *using good form* without resting.

Weight (Lbs): The amount of weight chosen should be challenging for each individual at the number of repetitions the exercise chart states. For example, if it is extremely easy to perform 10 squats with 95 lbs with good form, adjust the weight by increasing it slowly to make the exercise more challenging. Conversely, if 95 lbs is too difficult and the exercise cannot be performed with good form, decrease the amount of repetitions or decrease the weight accordingly. *The chosen weight should be challenging, yet should still be able to perform the movement safely, with good form, range of motion, and with no pain.*

Using the Fitness Manual

Each day should begin with foam roll series and dynamic warm up prior to strength training and conditioning. The guideline is to perform the strength training prior to conditioning. Prior to each strength movement, warm-up to the appropriate weight for your ability. Warm-up repetitions do not count towards your total workload.

Be sure to record the amount of weight used, repetitions, and sets/rounds completed, as well as modifications to any exercise. Passive stretching shall be incorporated in the cool down portion after the conditioning workout.

Phases: It takes about 4-6 weeks for the body to adjust to any fitness routine.

There will be four phases of this fitness manual. Each phase will consist of four weeks. The exercises **shall** be progressive. Each week will encompass four-five days of workouts. The weekly schedule is attempting to simulate the Training Academy.

Before each workout, the participant will be expected to:

1. Hydrate, nourish properly
2. Perform the Foam Roll Sequence
3. Perform a 10 minute Dynamic Warm-up

After each workout, the participant will be expected to:

1. Hydrate, nourish properly
2. Perform Static Stretching at 30 seconds each body part

Rest day: Depending on how your body adjusts to each workout, you have the option to rest and recover. Remember, that each individual has their own limits and boundaries. Rest and recovery are important to keep the body balanced, allow for recovery, and to decrease the potential for overtraining.

*****DISCLAIMER*****

Some of the following exercises require more experience, training, and skill.

If you do not understand or are not familiar with any of the movements or exercises, **DO NOT** attempt to perform them and ask a qualified professional for assistance.

Phase I - Week 1

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rounds/Lbs* | Rest 5 min | Set 2 Rounds/Lbs* | Notes |
|-------|-----------------------------|----------------------|---------------|----------------------|-------|
| 1 | 10 Burpees | | | | |
| 2 | 20 Squats | | | | |
| 3 | 10 Push Press* | | | | |
| 4 | 300m Run | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| TUE-2 | Exercise 1 Round for time x3 | Set 1 Time/Lbs* | Rest 4 min | Set 2 Time/Lbs* | Rest 4 min | Set 3 Time/Lbs* | Notes |
|-------|------------------------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 500m Row | | | | | | |
| 2 | 10 DB Thruster* | | | | | | |
| 3 | 15 Sit-ups | | | | | | |
| 4 | 20 Box jump to Step downs | | | | | | |
| 5 | 20 Push ups | | | | | | |
| 6 | 15 Sit-ups | | | | | | |
| 7 | 10 DB Thruster* | | | | | | |
| 8 | 500m Row | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| THU-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 150m Sprint | | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| FRI-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Pull ups | | | | | | | | | | |
| 2 | 10 Russian KB Swings* | | | | | | | | | | |
| 3 | 250m Row | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|--|------|-------|
| 1 | 10 Toes to Bar | | |
| 2 | 100m Farmer Carry @35 lb per hand | | |
| 3 | 10 Burpee Box Jumps | | |
| 4 | 400m Run | | |

Phase I - Week 2

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rounds/Lbs* | Rest 5 min | Set 2 Rounds/Lbs* | Notes |
|-------|-----------------------------|----------------------|---------------|----------------------|-------|
| 1 | 10 Burpees | | | | |
| 2 | 20 Squats | | | | |
| 3 | 10 Push Press* | | | | |
| 4 | 300m Run | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| TUE-2 | Exercise 1 Round for time x3 | Set 1 Time/Lbs* | Rest 4 min | Set 2 Time/Lbs* | Rest 4 min | Set 3 Time/Lbs* | Notes |
|-------|------------------------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 500m Row | | | | | | |
| 2 | 10 DB Thruster* | | | | | | |
| 3 | 15 Sit-ups | | | | | | |
| 4 | 20 Box jump to Step downs | | | | | | |
| 5 | 20 Push ups | | | | | | |
| 6 | 15 Sit-ups | | | | | | |
| 7 | 10 DB Thruster* | | | | | | |
| 8 | 500m Row | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| THU-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 150m Sprint | | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| FRI-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Pull ups | | | | | | | | | | |
| 2 | 10 Russian KB Swings* | | | | | | | | | | |
| 3 | 250m Row | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|--|------|-------|
| 1 | 10 Toes to Bar | | |
| 2 | 100m Farmer Carry @35 lb per hand | | |
| 3 | 10 Burpee Box Jumps | | |
| 4 | 400m Run | | |

Phase I - Week 3

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rounds/Lbs* | Rest 5 min | Set 2 Rounds/Lbs* | Notes |
|-------|-----------------------------|----------------------|---------------|----------------------|-------|
| 1 | 10 Burpees | | | | |
| 2 | 20 Squats | | | | |
| 3 | 10 Push Press* | | | | |
| 4 | 300m Run | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| TUE-2 | Exercise 1 Round for time x3 | Set 1 Time/Lbs* | Rest 4 min | Set 2 Time/Lbs* | Rest 4 min | Set 3 Time/Lbs* | Notes |
|-------|------------------------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 500m Row | | | | | | |
| 2 | 10 DB Thruster* | | | | | | |
| 3 | 15 Sit-ups | | | | | | |
| 4 | 20 Box jump to Step downs | | | | | | |
| 5 | 20 Push ups | | | | | | |
| 6 | 15 Sit-ups | | | | | | |
| 7 | 10 DB Thruster* | | | | | | |
| 8 | 500m Row | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| THU-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 150m Sprint | | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| FRI-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Pull ups | | | | | | | | | | |
| 2 | 10 Russian KB Swings* | | | | | | | | | | |
| 3 | 250m Row | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|--|------|-------|
| 1 | 10 Toes to Bar | | |
| 2 | 100m Farmer Carry @35 lb per hand | | |
| 3 | 10 Burpee Box Jumps | | |
| 4 | 400m Run | | |

Phase I - Week 4

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rounds/Lbs* | Rest 5 min | Set 2 Rounds/Lbs* | Notes |
|-------|-----------------------------|----------------------|---------------|----------------------|-------|
| 1 | 10 Burpees | | | | |
| 2 | 20 Squats | | | | |
| 3 | 10 Push Press* | | | | |
| 4 | 300m Run | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| TUE-2 | Exercise 1 Round for time x3 | Set 1 Time/Lbs* | Rest 4 min | Set 2 Time/Lbs* | Rest 4 min | Set 3 Time/Lbs* | Notes |
|-------|------------------------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 500m Row | | | | | | |
| 2 | 10 DB Thruster* | | | | | | |
| 3 | 15 Sit-ups | | | | | | |
| 4 | 20 Box jump to Step downs | | | | | | |
| 5 | 20 Push ups | | | | | | |
| 6 | 15 Sit-ups | | | | | | |
| 7 | 10 DB Thruster* | | | | | | |
| 8 | 500m Row | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|--------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Squat | / | 2-4 min | / | 2-4 min | / | |
| B | Pull Up | / | 2-4 min | / | 2-4 min | / | |
| C1 | Dip | / | 0 | / | 0 | / | |
| C2 | Renegade Row | / | 1 min | / | 1 min | / | |

Conditioning

| THU-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 150m Sprint | | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 8-10 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 8-10 Reps | Notes |
|-------|----------------|--------------------------|---------|--------------------------|---------|--------------------------|-------|
| A | Good Morning | / | 2-4 min | / | 2-4 min | / | |
| B | Overhead Press | / | 2-4 min | / | 2-4 min | / | |
| | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | | Lbs / 10-12 Reps | |
| C1 | Glute Bridge | / | 0 | / | 0 | / | |
| C2 | Push Up | / | 1 min | / | 1 min | / | |

Conditioning

| FRI-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Pull ups | | | | | | | | | | |
| 2 | 10 Russian KB Swings* | | | | | | | | | | |
| 3 | 250m Row | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|--|------|-------|
| 1 | 10 Toes to Bar | | |
| 2 | 100m Farmer Carry @35 lb per hand | | |
| 3 | 10 Burpee Box Jumps | | |
| 4 | 400m Run | | |

Phase II - Week 1

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|-------|--|-----------------------------|---------|-----------------------------|---------|-----------------------------|---------|----------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| MON-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Deadlifts* | | | | | | | | | | |
| 2 | 15 Ball Slams @ 20 lbs | | | | | | | | | | |
| 3 | 120 Singles | | | | | | | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|------------------------------------|----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 10 Push Press* | | | | | | | | |
| 2 | 15 Pull Ups | | | | | | | | |
| 3 | 800m Run | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 / 6-8 Reps | Lbs | Rest | Set 4 / 6-8 Reps | Lbs |
|-------|--|-------------------------|---------|-------------------------|---------|-------------------------|-----|---------|---------------------|-----|
| A | Squat | / | 3-4 min | / | 3-4 min | / | | 3-4 min | / | |
| B | Rows | / | 3-4 min | / | 3-4 min | / | | 3-4 min | / | |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | | | |

Conditioning

| THU-2 | Exercise Run | 1 mile Run Time | Rest | 800m Run Time | Rest | 400m Run Time | Rest | 200m Run Time | Rest | 100m Run Time | Notes |
|-------|-----------------------------------|-----------------|------|---------------|------|---------------|------|---------------|------|---------------|-------|
| 1 | Run then Rest Rest = timed run | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|---------------------------------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 3.5 min | Set 2 Time | Rest 3.5 min | Set 3 Time | Rest 3.5 min | Set 4 Time | Rest 3.5 min | Set 5 Time | Rest 3.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 5 Burpees | | | | | | | | | | | |
| 2 | 150m Sprint | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|---------------------------------------|------|-------|
| 1 | 15 Thrusters @ 65 lbs | | |
| 2 | 15 Burpees | | |

Phase II - Week 2

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|---------------|--|-----------------------------|---------|-----------------------------|---------|-----------------------------|---------|-------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| 3 sets | | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| MON-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Deadlifts* | | | | | | | | | | |
| 2 | 15 Ball Slams @ 20 lbs | | | | | | | | | | |
| 3 | 120 Singles | | | | | | | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|---------------------------------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| TUE-2 | Exercise Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|-------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 10 Push Press* | | | | | | | | |
| 2 | 15 Pull Ups | | | | | | | | |
| 3 | 800m Run | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|-------|--|-------------------------|---------|-------------------------|---------|----------------------------|---------|----------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| THU-2 | Exercise Run | 1 mile Run Time | Rest | 800m Run Time | Rest | 400m Run Time | Rest | 200m Run Time | Rest | 100m Run Time | Notes |
|-------|-----------------------------------|-----------------|------|---------------|------|---------------|------|---------------|------|---------------|-------|
| 1 | Run then Rest Rest = timed run | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|---------------------------------|-------------------------|---------|----------------------------|---------|-------------------------|---------|-------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 3.5 min | Set 2 Time | Rest 3.5 min | Set 3 Time | Rest 3.5 min | Set 4 Time | Rest 3.5 min | Set 5 Time | Rest 3.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 5 Burpees | | | | | | | | | | | |
| 2 | 150m Sprint | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|---------------------------------------|------|-------|
| 1 | 15 Thrusters @ 65 lbs | | |
| 2 | 15 Burpees | | |

Phase II - Week 3

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|-------|--|-----------------------------|---------|-----------------------------|---------|-----------------------------|---------|----------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| MON-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Deadlifts* | | | | | | | | | | |
| 2 | 15 Ball Slams @ 20 lbs | | | | | | | | | | |
| 3 | 120 Singles | | | | | | | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|------------------------------------|----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 10 Push Press* | | | | | | | | |
| 2 | 15 Pull Ups | | | | | | | | |
| 3 | 800m Run | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|-------|--|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| THU-2 | Exercise Run | 1 mile Run Time | Rest | 800m Run Time | Rest | 400m Run Time | Rest | 200m Run Time | Rest | 100m Run Time | Notes |
|-------|-----------------------------------|-----------------|------|---------------|------|---------------|------|---------------|------|---------------|-------|
| 1 | Run then Rest Rest = timed run | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|---------------------------------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 3.5 min | Set 2 Time | Rest 3.5 min | Set 3 Time | Rest 3.5 min | Set 4 Time | Rest 3.5 min | Set 5 Time | Rest 3.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 5 Burpees | | | | | | | | | | | |
| 2 | 150m Sprint | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|---------------------------------------|------|-------|
| 1 | 15 Thrusters @ 65 lbs | | |
| 2 | 15 Burpees | | |

Phase II - Week 4

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|-------|--|-----------------------------|---------|-----------------------------|---------|-----------------------------|---------|----------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| MON-2 | Exercise 5 Min AMRAP x5 | Set 1 Rds/Lbs* | Rest 3 min | Set 2 Rds/Lbs* | Rest 3 min | Set 3 Rds/Lbs* | Rest 3 min | Set 4 Rds/Lbs* | Rest 3 min | Set 5 Rds/Lbs* | Notes |
|-------|----------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 5 Deadlifts* | | | | | | | | | | |
| 2 | 15 Ball Slams @ 20 lbs | | | | | | | | | | |
| 3 | 120 Singles | | | | | | | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|------------------------------------|----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 10 Push Press* | | | | | | | | |
| 2 | 15 Pull Ups | | | | | | | | |
| 3 | 800m Run | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps |
|-------|--|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|
| A | Squat | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | 3 sets | Time / 8-10 Reps | | Time / 8-10 Reps | | Time / 8-10 Reps | | |
| C1 | Hanging Leg Raise [30-60 sec] | / | 0 | / | 0 | / | | |
| C2 | Front Leaning Rest Position [30-60 sec] | / | 2 min | / | 2 min | / | | |

Conditioning

| THU-2 | Exercise Run | 1 mile Run Time | Rest | 800m Run Time | Rest | 400m Run Time | Rest | 200m Run Time | Rest | 100m Run Time | Notes |
|-------|-----------------------------------|-----------------|------|---------------|------|---------------|------|---------------|------|---------------|-------|
| 1 | Run then Rest Rest = timed run | | | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs / 6-8 Reps | Rest | Set 2 Lbs / 6-8 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 6-8 Reps | Notes |
|-------|---------------------------------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|-------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| B | Bench Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | |
| | | Set 1 | | Set 2 | | Set 3 | | | |
| C1 | Chin up (strict) [8-10 reps] | / | 0 | / | 0 | / | | | |
| C2 | Wall walk [3-5 reps] | / | 2 min | / | 2 min | / | | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 3.5 min | Set 2 Time | Rest 3.5 min | Set 3 Time | Rest 3.5 min | Set 4 Time | Rest 3.5 min | Set 5 Time | Rest 3.5 min | Set 6 Time |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|
| 1 | 5 Burpees | | | | | | | | | | | |
| 2 | 150m Sprint | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 3 Rounds continuous for time | Time | Notes |
|-----|---------------------------------------|------|-------|
| 1 | 15 Thrusters @ 65 lbs | | |
| 2 | 15 Burpees | | |

Phase III - Week 1

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|-----------------------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Dips | | | | | | |
| 2 | 10 Goblet Squats @ 53 lbs | | | | | | |
| 3 | 5 Pull Ups | | | | | | |
| 4 | 150 Singles | | | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|----------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|-------|
| 1 | 100m Sprint | | | | | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|------------------------|
| A | Squats | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 400m Run | | | | | | | | |
| 2 | 10 Push Ups | | | | | | | | |
| 3 | 15 Russian Kettlebell Swings* | | | | | | | | |
| 4 | 5 Wall Walks | | | | | | | | |
| 5 | 400m Run | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|-------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|
| A | Deadlift | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 1.5 min | Set 2 Time | Rest 1.5 min | Set 3 Time | Rest 1.5 min | Set 4 Time | Rest 1.5 min | Set 5 Time | Rest 1.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-------|
| 1 | 500m Row | | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 1 Round for time | Set 1 Time/Lbs* |
|-----|------------------------------|--------------------|
| 1 | 10 Pull Ups | |
| 2 | 20 Push Ups | |
| 3 | 30 KB Swings @ 53 lbs | |
| 4 | 40 Squats | |
| 5 | 50 Burpees | |
| 6 | 40 Squats | |
| 7 | 30 KB Swings @ 53 lbs | |
| 8 | 20 Push Ups | |
| 9 | 10 Pull Ups | |

Phase III - Week 2

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|-----------------------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Dips | | | | | | |
| 2 | 10 Goblet Squats @ 53 lbs | | | | | | |
| 3 | 5 Pull Ups | | | | | | |
| 4 | 150 Singles | | | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|----------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull Ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|-------|
| 1 | 100m Sprint | | | | | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|------------------------|
| A | Squats | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 400m Run | | | | | | | | |
| 2 | 10 Push Ups | | | | | | | | |
| 3 | 15 Russian Kettlebell Swings* | | | | | | | | |
| 4 | 5 Wall Walks | | | | | | | | |
| 5 | 400m Run | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|-------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|
| A | Deadlift | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 1.5 min | Set 2 Time | Rest 1.5 min | Set 3 Time | Rest 1.5 min | Set 4 Time | Rest 1.5 min | Set 5 Time | Rest 1.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-------|
| 1 | 500m Row | | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 1 Round for time | Set 1 Time/Lbs* |
|-----|------------------------------|--------------------|
| 1 | 10 Pull Ups | |
| 2 | 20 Push Ups | |
| 3 | 30 KB Swings @ 53 lbs | |
| 4 | 40 Squats | |
| 5 | 50 Burpees | |
| 6 | 40 Squats | |
| 7 | 30 KB Swings @ 53 lbs | |
| 8 | 20 Push Ups | |
| 9 | 10 Pull Ups | |

Phase III - Week 3

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|-----------------------------|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Dips | | | | | | |
| 2 | 10 Goblet Squats @ 53 lbs | | | | | | |
| 3 | 5 Pull Ups | | | | | | |
| 4 | 150 Singles | | | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|----------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|-------|
| 1 | 100m Sprint | | | | | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|------------------------|
| A | Squats | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 400m Run | | | | | | | | |
| 2 | 10 Push Ups | | | | | | | | |
| 3 | 15 Russian Kettlebell Swings* | | | | | | | | |
| 4 | 5 Wall Walks | | | | | | | | |
| 5 | 400m Run | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|-------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|
| A | Deadlift | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 1.5 min | Set 2 Time | Rest 1.5 min | Set 3 Time | Rest 1.5 min | Set 4 Time | Rest 1.5 min | Set 5 Time | Rest 1.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-------|
| 1 | 500m Row | | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 1 Round for time | Set 1 Time/Lbs* |
|-----|------------------------------|--------------------|
| 1 | 10 Pull Ups | |
| 2 | 20 Push Ups | |
| 3 | 30 KB Swings @ 53 lbs | |
| 4 | 40 Squats | |
| 5 | 50 Burpees | |
| 6 | 40 Squats | |
| 7 | 30 KB Swings @ 53 lbs | |
| 8 | 20 Push Ups | |
| 9 | 10 Pull Ups | |

Phase III - Week 4

MONDAY

Strength Training

Date

| MON-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|-----------------------------|-------------------|------------------|-------------------|------------------|-------------------|-------|
| 1 | 10 Dips | | | | | | |
| 2 | 10 Goblet Squats @ 53 lbs | | | | | | |
| 3 | 5 Pull Ups | | | | | | |
| 4 | 150 Singles | | | | | | |

Strength Training

TUESDAY

Date

| TUE-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|----------------------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 2.5 min | Set 2 Time | Rest 2.5 min | Set 3 Time | Rest 2.5 min | Set 4 Time | Rest 2.5 min | Set 5 Time | Rest 2.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|-------|
| 1 | 100m Sprint | | | | | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs 4-6 Reps | Rest | Set 5 Lbs /4-6 Reps |
|-------|--------------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|------------------------|
| A | Squats | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Weighted Lunges [12-24 reps each] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Push Ups [15-20 reps] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 Round for time x4 | Set 1 Time/Lbs* | Rest 3 min | Set 2 Time/Lbs* | Rest 3 min | Set 3 Time/Lbs* | Rest 3 min | Set 4 Time/Lbs* | Notes |
|-------|---------------------------------|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 400m Run | | | | | | | | |
| 2 | 10 Push Ups | | | | | | | | |
| 3 | 15 Russian Kettlebell Swings* | | | | | | | | |
| 4 | 5 Wall Walks | | | | | | | | |
| 5 | 400m Run | | | | | | | | |

Strength Training

FRIDAY

Date

| FRI-1 | Exercise | Set 1 Lbs/4-6 Reps | Rest | Set 2 Lbs/4-6 Reps | Rest | Set 3 Lbs/4-6 Reps | Rest | Set 4 Lbs/4-6 Reps | Rest | Set 5 Lbs/4-6 Reps |
|-------|-------------------------------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|---------|-----------------------|
| A | Deadlift | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Dips [12-15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Pull ups (strict) [8-10 reps] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 1 Round for time x6 | Set 1 Time | Rest 1.5 min | Set 2 Time | Rest 1.5 min | Set 3 Time | Rest 1.5 min | Set 4 Time | Rest 1.5 min | Set 5 Time | Rest 1.5 min | Set 6 Time | Notes |
|-------|---------------------------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|---------------|-------|
| 1 | 500m Row | | | | | | | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise 1 Round for time | Set 1 Time/Lbs* |
|-----|------------------------------|--------------------|
| 1 | 10 Pull Ups | |
| 2 | 20 Push Ups | |
| 3 | 30 KB Swings @ 53 lbs | |
| 4 | 40 Squats | |
| 5 | 50 Burpees | |
| 6 | 40 Squats | |
| 7 | 30 KB Swings @ 53 lbs | |
| 8 | 20 Push Ups | |
| 9 | 10 Pull Ups | |

Phase IV - Week 1

MONDAY

Strength Training

Date

| MON-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|------------|-----------------------------|------------|----------------------------|------------|----------------------------|------------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Notes |
|-------|----------------------------------|-------------------|---------------|-------------------|-------|
| 1 | 10 DB Thruster @ 30lb each arm | | | | |
| 2 | 100m Farmer Carry 35lb each hand | | | | |
| 3 | 10 Box Jump to Step Downs | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each side] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round time x4 | Set 1 Reps/Lbs* | Rest 3 min | Set 2 Reps/Lbs* | Rest 3 min | Set 3 Reps/Lbs* | Rest 3 min | Set 4 Reps/Lbs* | Notes |
|-------|--|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 1 min of Russian Kettlebell Swings @ 35-53 lbs | | | | | | | | |
| 2 | 1 min of Mountain Climbers | | | | | | | | |
| 3 | 1 min Row (Note meters rowed) | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 min of exercise x5 | Set 1 Dist | Rest 3 min | Set 2 Dist | Rest 3 min | Set 3 Dist | Rest 3 min | Set 4 Dist | Rest 3 min | Set 5 Dist | Notes |
|-------|--------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|
| 1 | 5 Pull Ups + 10 Push Press @ 95 lbs | | | | | | | | | | |
| 2 | Sprint balance of min [Log Distance] | | | | | | | | | | |

Strength Training

FRIDAY

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|---|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Medicine Ball Hip Toss Each Side @ 20lbs | | | | | | |
| 2 | 15 Push Ups | | | | | | |
| 3 | 20 Walking Lunges | | | | | | |
| 4 | 50m Farmer Carry (53 lbs in one hand/switch hands half way) | | | | | | |
| 5 | 200m Run | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise | Time | Notes |
|-----|------------|------|-------|
| 1 | 3 Mile Run | | |

Phase IV - Week 2

MONDAY

Strength Training

Date

| MON-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|------------|-----------------------------|------------|----------------------------|------------|----------------------------|------------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Notes |
|-------|----------------------------------|-------------------|---------------|-------------------|-------|
| 1 | 10 DB Thruster @ 30lb each arm | | | | |
| 2 | 100m Farmer Carry 35lb each hand | | | | |
| 3 | 10 Box Jump to Step Downs | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each side] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round time x4 | Set 1 Reps/Lbs* | Rest 3 min | Set 2 Reps/Lbs* | Rest 3 min | Set 3 Reps/Lbs* | Rest 3 min | Set 4 Reps/Lbs* | Notes |
|-------|--|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 1 min of Russian Kettlebell Swings @ 35-53 lbs | | | | | | | | |
| 2 | 1 min of Mountain Climbers | | | | | | | | |
| 3 | 1 min Row (Note meters rowed) | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 min of exercise x5 | Set 1 Dist | Rest 3 min | Set 2 Dist | Rest 3 min | Set 3 Dist | Rest 3 min | Set 4 Dist | Rest 3 min | Set 5 Dist | Notes |
|-------|--------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|
| 1 | 5 Pull Ups + 10 Push Press @ 95 lbs | | | | | | | | | | |
| 2 | Sprint balance of min [Log Distance] | | | | | | | | | | |

Strength Training

FRIDAY

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|---|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Medicine Ball Hip Toss Each Side @ 20lbs | | | | | | |
| 2 | 15 Push Ups | | | | | | |
| 3 | 20 Walking Lunges | | | | | | |
| 4 | 50m Farmer Carry (53 lbs in one hand/switch hands half way) | | | | | | |
| 5 | 200m Run | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise | Time | Notes |
|-----|------------|------|-------|
| 1 | 3 Mile Run | | |

Phase IV - Week 3

MONDAY

Strength Training

Date

| MON-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|------------|-----------------------------|------------|----------------------------|------------|----------------------------|------------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Notes |
|-------|----------------------------------|-------------------|---------------|-------------------|-------|
| 1 | 10 DB Thruster @ 30lb each arm | | | | |
| 2 | 100m Farmer Carry 35lb each hand | | | | |
| 3 | 10 Box Jump to Step Downs | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each side] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round time x4 | Set 1 Reps/Lbs* | Rest 3 min | Set 2 Reps/Lbs* | Rest 3 min | Set 3 Reps/Lbs* | Rest 3 min | Set 4 Reps/Lbs* | Notes |
|-------|--|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 1 min of Russian Kettlebell Swings @ 35-53 lbs | | | | | | | | |
| 2 | 1 min of Mountain Climbers | | | | | | | | |
| 3 | 1 min Row (Note meters rowed) | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 min of exercise x5 | Set 1 Dist | Rest 3 min | Set 2 Dist | Rest 3 min | Set 3 Dist | Rest 3 min | Set 4 Dist | Rest 3 min | Set 5 Dist | Notes |
|-------|--------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|
| 1 | 5 Pull Ups + 10 Push Press @ 95 lbs | | | | | | | | | | |
| 2 | Sprint balance of min [Log Distance] | | | | | | | | | | |

Strength Training

FRIDAY

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|---|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Medicine Ball Hip Toss Each Side @ 20lbs | | | | | | |
| 2 | 15 Push Ups | | | | | | |
| 3 | 20 Walking Lunges | | | | | | |
| 4 | 50m Farmer Carry (53 lbs in one hand/switch hands half way) | | | | | | |
| 5 | 200m Run | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise | Time | Notes |
|-----|------------|------|-------|
| 1 | 3 Mile Run | | |

Phase IV - Week 4

MONDAY

Strength Training

Date

| MON-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|------------|-----------------------------|------------|----------------------------|------------|----------------------------|------------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| MON-2 | Exercise 10 Min AMRAP x2 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Notes |
|-------|----------------------------------|-------------------|---------------|-------------------|-------|
| 1 | 10 DB Thruster @ 30lb each arm | | | | |
| 2 | 100m Farmer Carry 35lb each hand | | | | |
| 3 | 10 Box Jump to Step Downs | | | | |

TUESDAY

Strength Training

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each side] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| TUE-2 | Exercise 1 Round time x4 | Set 1 Reps/Lbs* | Rest 3 min | Set 2 Reps/Lbs* | Rest 3 min | Set 3 Reps/Lbs* | Rest 3 min | Set 4 Reps/Lbs* | Notes |
|-------|--|--------------------|---------------|--------------------|---------------|--------------------|---------------|--------------------|-------|
| 1 | 1 min of Russian Kettlebell Swings @ 35-53 lbs | | | | | | | | |
| 2 | 1 min of Mountain Climbers | | | | | | | | |
| 3 | 1 min Row (Note meters rowed) | | | | | | | | |

Strength Training

THURSDAY

Date

| THU-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Squats | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Rows | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Russian Kettlebell Swings [12-15 reps] | / | 0 | / | 0 | / | 0 | | | |
| C2 | Single Arm DB Press [10 each side] | / | 2 min | / | 2 min | / | 2 min | | | |

Conditioning

| THU-2 | Exercise 1 min of exercise x5 | Set 1 Dist | Rest 3 min | Set 2 Dist | Rest 3 min | Set 3 Dist | Rest 3 min | Set 4 Dist | Rest 3 min | Set 5 Dist | Notes |
|-------|--------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|-------|
| 1 | 5 Pull Ups + 10 Push Press @ 95 lbs | | | | | | | | | | |
| 2 | Sprint balance of min [Log Distance] | | | | | | | | | | |

Strength Training

FRIDAY

Date

| TUE-1 | Exercise (Weight should progressively get heavier for each set) | Set 1 Lbs / 10-12 Reps | Rest | Set 2 Lbs / 8-10 Reps | Rest | Set 3 Lbs / 6-8 Reps | Rest | Set 4 Lbs / 4-6 Reps | Rest | Set 5 Lbs / 3-5 Reps |
|-------|--|------------------------------|---------|-----------------------------|---------|----------------------------|---------|----------------------------|---------|----------------------------|
| A | Deadlift | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| B | Overhead Press | / | 3-4 min | / | 3-4 min | / | 3-4 min | / | 3-4 min | / |
| | | Set 1 | | Set 2 | | Set 3 | | Set 4 | | |
| C1 | Jump Squats [15 reps] | / | 0 | / | 0 | / | 0 | / | | |
| C2 | Renegade Rows [10 each] | / | 2 min | / | 2 min | / | 2 min | / | | |

Conditioning

| FRI-2 | Exercise 10 Min AMRAP x3 | Set 1 Rds/Lbs* | Rest 5 min | Set 2 Rds/Lbs* | Rest 5 min | Set 3 Rds/Lbs* | Notes |
|-------|---|-------------------|---------------|-------------------|---------------|-------------------|-------|
| 1 | 10 Medicine Ball Hip Toss Each Side @ 20lbs | | | | | | |
| 2 | 15 Push Ups | | | | | | |
| 3 | 20 Walking Lunges | | | | | | |
| 4 | 50m Farmer Carry (53 lbs in one hand/switch hands half way) | | | | | | |
| 5 | 200m Run | | | | | | |

Conditioning

SATURDAY

Date

| SAT | Exercise | Time | Notes |
|-----|------------|------|-------|
| 1 | 3 Mile Run | | |

BASELINE FITNESS ASSESSMENT

The baseline fitness assessment is designed to measure the physical capacity of candidates without having to utilize equipment. The assessment consists of four basic movements in sequential order: pull-up, push-up, air-squats, and burpee, followed by the beep test. Your ability to perform at the recommended levels has proven to significantly increase your chances of success in the Los Angeles Fire Department Recruit Training Academy. The candidate will perform the following after a 10 minute warm up.

Pull – Ups

Recommended: 8 reps

As many pull-ups as possible in one minute

1. Standards

- Thumbs around the bar
- Palms facing away from face
- Arms fully extended at the bottom of each rep
- Chin over the bar at the top

2. Rest two minutes

Common mistakes

- Palms facing in
- Kicking, kipping, butterfly
- Jumping pull-up
- Not moving through full range of motion

Push – Ups

Recommended: 35 reps

As many push-ups as possible in one minute

1. Standards

- Hands directly under shoulders
- Fingers facing forward
- Arms fully extended at the top
- Descend to a target no more than 3 inches from floor
- Chest must touch target
- Body must move up and down as one unit

2. Rest two minutes

Common mistakes

- Elbows flaring wide
- Feet too far apart
- Upper body moving independently of lower body
- Incomplete range of motion
- Body not rigid throughout entire movement
- Piked body (elevated hips)

Air - Squats

Recommended: 45 reps

As many squats as possible in one minute

1. Standards

- Feet just outside the shoulders
- Knees and hips fully open at the top
- Hip slightly below the knee at the bottom

2. Rest two minutes

Common mistakes

- Not making contact with ball
- Hips not fully extended at top
- Heels coming off ground

Burpees

Recommended: 20 reps

As many burpees as possible in one minute

1. Standards

- Chest to the floor at the bottom
- Jump off the floor with knees and hips fully open at the top
- Clap above head when jumping
- Chest does not touch the ground

2. Rest 15 minutes

Common mistakes

- No clap above the head
- No jump
- Body not vertical at top

Beep Test

Recommended: Stage 7.1

See next page

Los Angeles *City* Fire Department

20 Meter Multistage Fitness Test (Beep Test)

The Beep Test is a multi-stage fitness test (MSFT) used to measure cardiorespiratory fitness and estimate maximum oxygen uptake (VO₂ max). The test requires participants to run 20 meters back and forth across a marked course keeping time with beeps. Every minute or so, the next level commences: the time between beeps gets shorter; participants must run faster. The Beep Test is used by sporting organizations around the world along with schools, the military, and others interested in gauging cardiorespiratory endurance, an important component of overall fitness. The test is also known as the Bleep Test, Pacer Test, 20m Shuttle Run Test or Léger Test.

Equipment:

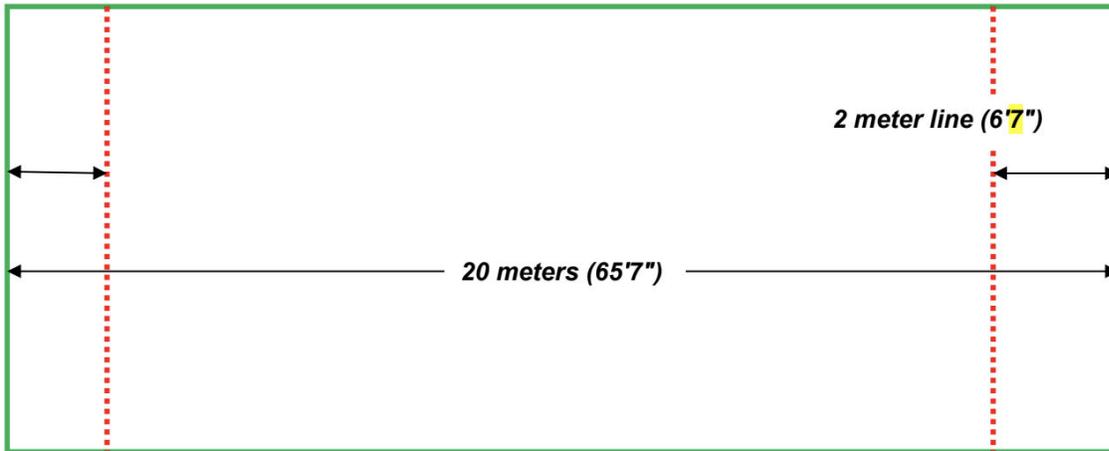
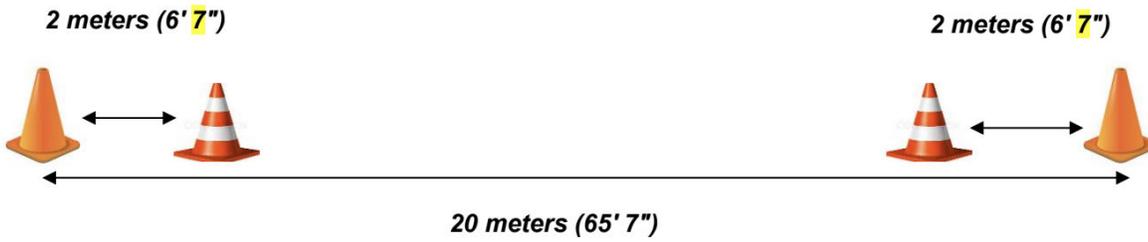
- Flat, non-slip surface suitable for running, which is at least 20m long with adequate space at each end for coming to a stop. Candidates are advised to wear supportive shoes that are made for lateral movements.
- Marking cones and/or tape
- 20m measuring tape
- Beep test audio (App can be downloaded from google play or the app store)
- Music player
- Recording sheets

Procedure:

- Start on the designated line.
- Proctors will be positioned on both sides of the course.
- Press the start button using the downloaded app. The candidate will start following the 5 second countdown.
- Candidates will run 20 meters to the opposite marker, crossing the 2 meter line before the next beep sounds.
- Wait there until the beep sounds before running back to the other marker
- Repeat this process for each shuttle until you are unable to keep up with the beeps. Remember, you must wait for the beep before starting the next shuttle.
- When you miss a beep you must continue to run to the marker in front of you, turn at the end, and try to catch up with the pace. The test ends when you fail to reach the opposite marker for two consecutive beeps.
- The candidate is given a warning the first time they fail to reach the line (within 2 meters); the test will conclude after the second fault.
- Your final score is the last level and shuttle you completed before missing a beep

The speed at the start of the test is quite slow; however it will increase with each level. A level lasts approximately 1 minute.

Beep Test Layout



The test is stopped if the subject fails to reach the line (within 2 meters) for two consecutive runs.

Android Users Google Play Search Beep Test (Ruval Enterprises)

- Nike Training Club: Fitness
Ad • Nike, Inc. • Health & Fitness
Download the NTC App
4.4 ★ 10M+
- Beep Test
Ruval Enterprises • Health & Fitness
Installed
- Beep Test - UK Police
Ruval Enterprises • Health & Fitness
10K+
- Beep Test Pro
Ruval Enterprises • Health & Fitness
3.3 ★ 10K+ \$2.49
- VMA Test (Beep test, PACER)
MrEliptik • Sports
100+
- BleepFit
Topnotch Develop... • Health & Fitness
1K+

Apple Users App Store Search Bleep Test



Bleep Test Lite

Put Your Fitness to the Test

★★★★★ 398

OPEN



Beep Test Leger

The Standard! Simple, Accurate

★★★★☆ 1

Candidate Baseline Fitness Assessment

Last Name: _____

First Name: _____

I understand the format of the baseline assessment being conducted. I also understand the standards for each movement performed. I have had all my questions answered.

Signature: _____

| Movement: | Pull Ups | Rest | Push Ups | Rest | Squats | Rest | Burpees | Rest | Beep Test | Notes |
|-------------------------|----------|-------|----------|-------|--------|-------|---------|--------|-----------|-------|
| Time: | 1 min | 2 min | 1 min | 2 min | 1 min | 2 min | 1 min | 15 min | Stage 7.1 | |
| Attempt 1 # of Reps: | | | | | | | | | | |
| Rater: | | | | | | | | | | |
| Date: | | | | | | | | | | |

Candidate will perform a self-assessment to be turned in at the conclusion of the Background Investigation and at Family Orientation

| Movement: | Pull Ups | Rest | Push Ups | Rest | Squats | Rest | Burpees | Rest | Beep Test | Notes |
|-------------------------|----------|-------|----------|-------|--------|-------|---------|--------|-----------|-------|
| Time: | 1 min | 2 min | 1 min | 2 min | 1 min | 2 min | 1 min | 15 min | Stage 7.1 | |
| Attempt 2 # of Reps: | | | | | | | | | | |
| Rater: | | | | | | | | | | |
| Date: | | | | | | | | | | |

| Movement: | Pull Ups | Rest | Push Ups | Rest | Squats | Rest | Burpees | Rest | Beep Test | Notes |
|-------------------------|----------|-------|----------|-------|--------|-------|---------|--------|-----------|-------|
| Time: | 1 min | 2 min | 1 min | 2 min | 1 min | 2 min | 1 min | 15 min | Stage 7.1 | |
| Attempt 3 # of Reps: | | | | | | | | | | |
| Rater: | | | | | | | | | | |
| Date: | | | | | | | | | | |

Tower Baseline Events

The following 7 events are a glimpse of what will be tested during the fire academy. The minimum required time to complete the tower baseline and be successful is under 6 minutes.

Event #1-Hand Lay 4" 100'



Event #2-Hose Pack and 35 lb KB to 6th Floor



Event #3-Drop Bag Ops on 4th Floor and Hoist Hose Roll (50' of 2 1/2" Hose)
After Completion, Bring Equipment Down



Event #4-Sledge Hammer 20x each side



Event #5-150' of 2 1/2" Hose Drag
Event #6-Hose Pull for 100'



Event #7-Dummy Drag simulation for 100'
***Simulate with sled drag with 230 lbs**
(180 lb plates and 50 lb sled) using webbing



Functional Movement Screen

In order to incorporate strength in relation to mobility and stability, the FMS (Functional Movement Screen) is utilized in the LAFD Training Academy. The Functional Movement Screen is used to assess and evaluate fundamental patterns of movement. This proven assessment allows individuals and instructors to identify asymmetries and dysfunctions in 7 movements. Research proves that these factors will increase the risk of injury. An injury in the Training Academy or even on the fireground can lead to devastating results.



By utilizing the Functional Movement Screen and identifying these movement patterns early, correctives can be implemented to the individuals and as a group to decrease the risk of injury. We would like to increase the ability to identify any compensatory movement patterns that may cause an increased risk of injury and any inefficient movement patterns that can cause decreased performance levels.

The option to perform a self movement screen is available online on Youtube under *Functional Movement Systems* with Gray Cook.

The better you can understand your movement patterns and possibly identify your own deficiencies, the higher potential to fix and retrain your body. You can train your body to perform the correct movements, reduce the risk of injury and increase your strength and performance levels.

Los Angeles Fire Department

Vision and Core Values

The LAFD Vision:

The Los Angeles Fire Department will provide exceptional Fire Protection and Emergency Medical Services by being metric driven, technologically sophisticated and community focused while reflecting the people we serve.

The **LAFD CORE VALUES** that guide our behavior are:

Service

Above all else, we realize that we are here to meet the needs of the public.

Professionalism

We conduct ourselves at all times in a manner befitting the oath we swore to uphold.

Integrity

We live according to our Code of Conduct that governs our behavior both on and off the job.

Respect

We always treat others as they deserve to be treated.

Innovation

We inspire our employees to take risks that improve our organization and advance our profession.

Trust

We trust one another to prepare in such a way that puts the safety, effectiveness, and reputation of the team and the Department first.

The information contained in this book is also available online to download.

For more information about a career with the LAFD, please visit our website at JOINLAFD.ORG.

LAFD, an Equal Opportunity Employer Committed to Diversity.