



FIREFIGHTER FUNCTIONAL

REFERENCE SHEET

BEGINNER EDITION

RECOMMENDED WARM-UP:

1. 5-10 MINUTES LIGHT CARDIO
2. DYNAMIC WARM-UP: LEG SWINGS, HIP MOBILITY, ARM CIRCLES
3. PREP: BODYWEIGHT SQUATS, LIGHT RDLs, BAND PULL-APARTS
4. MAIN LIFT LIGHT WEIGHT WARM UP, ALWAYS START LIGHT AND WORK UP TO YOUR WORKING SETS, THIS WILL HELP WITH WARMING UP AND PRACTICING THE MOVEMENT.

DAY A — SQUAT DAY

DB GOBLET SQUAT (MAIN LIFT) — *PHASE 1: 3×12 • PHASE 2: 3×10 • PHASE 3: 3×8*

DB BENCH PRESS — 3×10

DB RDL — 3×10

PLANK — 3×20-30 SEC

FARMER CARRY — PHASE 1: 2×60 FT • PHASE 2: 3×60 FT • PHASE 3: 3×80 FT

DAY B — SHOULDER PRESS DAY

STANDING DB SHOULDER PRESS (MAIN LIFT) — *3×12 → 3×10 → 3×8*

1-ARM DB ROW — 3×10 EACH

GLUTE BRIDGE — 3×10

DEAD BUG — 3×12 EACH SIDE

STAIR CLIMB/STEP-UPS — 5 MIN → 6 MIN → 7-8 MIN

DAY C — DEADLIFT DAY

DB DEADLIFT (MAIN LIFT) — *3×12 → 3×10 → 3×8*

DB REVERSE LUNGE / SPLIT SQUAT — 3×10 EACH

SEATED DB SHOULDER PRESS — 3×10

DB SUITCASE CARRY — 3×12 STEPS EACH ARM

SLED DRAG / ROPE ROW / SANDBAG PULL — *PHASE 1: 2 ROUNDS • PHASE 2: 3 ROUNDS • PHASE 3: 3 LONG ROUNDS*

PROGRESSION SUMMARY

PHASE 1: LEARN TECHNIQUE, LIGHT WEIGHT, HIGH REPS

PHASE 2: MODERATE WEIGHT, STABLE FORM

PHASE 3: LOWER REPS, HEAVIER DUMBBELLS, STRONGER CONDITIONING



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REFER TO FULL MANUAL FOR SAFETY INFORMATION, DISCLAIMER, DISTRIBUTION, & OWNERSHIP