

FIREFIGHTER FUNCTIONAL TRAINING PROGRAM

BEGINNER EDITION



IRONLINE STRENGTH™
BE THE STRENGTH THEY COUNT ON™



FIREFIGHTER FUNCTIONAL TRAINING PROGRAM — BEGINNER EDITION

12 WEEKS 3 DAYS/WEEK

BY JACOB DRAUGHN — FIREFIGHTER/PARAMEDIC

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AUTHOR'S NOTE

LIFTING HAS ALWAYS BEEN THE PLACE WHERE MY MIND CLEARS, MY FOCUS SHARPENS, AND THE WORLD MAKES SENSE. I CHASE NUMBERS. I CHASE PROGRESS. I COMPETE BECAUSE I ENJOY PUSHING MYSELF TO THE LIMIT. BUT SOMEWHERE ALONG THAT JOURNEY, I REALIZED SOMETHING BIGGER: THE STRENGTH I BUILD IN THE GYM DOESN'T END IN THE GYM. IT FOLLOWS ME INTO EVERY CALL, EVERY FIRE, EVERY PATIENT, EVERY LONG SHIFT WHEN PEOPLE ARE COUNTING ON ME. AND IF LIFTING HAS HELPED ME BECOME BETTER AT THE JOB — PHYSICALLY, MENTALLY, AND EMOTIONALLY — THEN I WANT THAT SAME STRENGTH TO BE AVAILABLE TO EVERY FIREFIGHTER WHO WANTS IT.

I CREATED THIS PROGRAM BECAUSE I CARE ABOUT THIS PROFESSION, AND I CARE ABOUT THE PEOPLE IN IT. IF THIS HELPS EVEN ONE FIREFIGHTER BECOME STRONGER, MOVE BETTER, OR WALK INTO A CALL FEELING MORE CONFIDENT, THEN IT'S ALREADY WORTH IT.

“BE THE STRENGTH THEY COUNT ON.” — J.D.



TRAINING PHILOSOPHY

STRONGER FIREFIGHTERS MOVE BETTER, AND HELP OTHERS MORE EFFECTIVELY.

THIS PROGRAM BUILDS:

- **FUNCTIONAL STRENGTH**
- **WORK CAPACITY**
- **BACK AND CORE STRENGTH**
- **REAL-WORLD MOVEMENT PATTERNS**
- **SLED PULLING (FORWARD & BACKWARD)**
- **CARRIES AND BRACING**
- **CONDITIONING THAT SUPPORTS THE MISSION**

THIS IS NOT A CERTIFICATION OR SCIENTIFIC TEXTBOOK – IT’S REAL-WORLD TRAINING, BUILT FROM EXPERIENCE AND TESTED UNDER FIRE SERVICE DEMANDS.

“SHOW UP. GET BETTER. REPEAT.” – J.D.



PROGRAM STRUCTURE

- **12 WEEK PROGRAM**
- **3 TRAINING DAYS PER WEEK**
- **4-WEEK PHASES**
- **CLEAN REPS BUILD REAL STRENGTH**



COMMON QUESTIONS:

WHAT IF I MISS A DAY?

PICK UP WHERE YOU LEFT OFF. DON'T DOUBLE UP.

WHEN SHOULD I ADD WEIGHT?

WHEN ALL REPS ARE CLEAN AND CONTROLLED.

CAN I ADD CONDITIONING?

YES — LIGHT CONDITIONING ON OFF-DAYS.

WHAT IF EQUIPMENT IS MISSING?

SUBSTITUTE ANY SQUAT, HINGE, PRESS, ROW, CARRY, OR DRAG.



WHAT IF I'M TIRED?

GO ANYWAY UNLESS YOU'RE HURT. CONSIDER A DELOAD WEEK OR LOWER WEIGHTS, ALWAYS LISTEN TO YOUR BODY.

WHAT IF RECOVERY FEELS SLOW?

ADD A DELOAD WEEK AT 50-60% INTENSITY.

CAN I TRAIN 4 DAYS A WEEK?

ONLY IF RECOVERY IS EXCELLENT — ADD ACCESSORIES OR CONDITIONING, NOT MORE HEAVY LIFTS.



COMMON TERMINOLOGY

AMRAP — AS MANY REPS AS POSSIBLE

RPE — EFFORT SCALE 1-10 EXAMPLE (RPE 10 = NO REPS LEFT, RPE 9 = 1 REP LEFT, ECT.)

ACCESSORY WORK — SUPPORTING LIFTS THAT HELP MAIN MOVEMENTS

DELOAD — REDUCED INTENSITY RECOVERY WEEK. - AFTER EACH PHASE OR IF YOUR BODY FEELS LIKE IT NEEDS A “REST” DO A DELOAD WEEK, 1 WEEK BUT WITH LIGHTER WEIGHTS, RPE AROUND 6-7. THIS WILL HELP WITH RECOVERY AND MAKE YOU COME BACK STRONGER AND PREVENT BURNOUT.

REPS - HOW MANY TIMES YOU DO THE EXERCISE

SETS - HOW MANY ROUNDS. YOU WILL USUALLY SEE THIS LIKE; 3X10, MEANING 3 SETS OF 10 REPS EACH.



MOVEMENT LIST

DB GOBLET SQUAT

HOW: HOLD ONE DUMBBELL VERTICALLY AT YOUR CHEST, FEET SHOULDER-WIDTH. SIT YOUR HIPS BACK AND DOWN, DRIVE THROUGH YOUR HEELS, STAND TALL.

WHY: BUILDS LEG STRENGTH AND STABILITY FOR FIREGROUND TASKS LIKE STAIRS, HOSE ADVANCES, AND PATIENT CARRIES.

DB BENCH PRESS

HOW: LIE ON A BENCH, DUMBBELLS AT CHEST LEVEL, PRESS STRAIGHT UP AND LOWER UNDER CONTROL.

WHY: STRENGTHENS CHEST AND TRICEPS FOR PUSHING DOORS, TOOLS, AND EQUIPMENT.

DB ROMANIAN DEADLIFT (RDL)

HOW: HOLD DUMBBELLS AT YOUR SIDES, SOFTEN KNEES, HINGE YOUR HIPS BACK, KEEP YOUR SPINE NEUTRAL, STAND TALL.

WHY: BUILDS HAMSTRING AND LOWER-BACK STRENGTH FOR LIFTING, DRAGGING, AND CARRYING.



DB DEADLIFT

HOW: DUMBBELLS AT YOUR SIDES, BRACE YOUR CORE, PUSH THE FLOOR AWAY, STAND TALL.

WHY: FOUNDATIONAL LIFT FOR NEARLY EVERY FIREGROUND MOVEMENT — LIFTING PATIENTS, GEAR, TOOLS, AND HOSE.

STANDING DB SHOULDER PRESS

HOW: PRESS DUMBBELLS OVERHEAD WHILE KEEPING RIBS DOWN AND CORE TIGHT.

WHY: OVERHEAD STRENGTH IS CRITICAL FOR CEILING PULLS, OVERHEAD TOOLS, AND FORCIBLE ENTRY POSITIONING.

SEATED DB SHOULDER PRESS

HOW: SIT TALL, PLANT YOUR FEET, PRESS DUMBBELLS OVERHEAD WITH CONTROL.

WHY: SAME BENEFITS AS STANDING PRESS BUT EASIER TO LEARN AND STABILIZES THE UPPER BODY.

1-ARM DB ROW

HOW: SUPPORT ONE HAND ON A BENCH OR YOUR KNEE, ROW DUMBBELL TOWARD YOUR HIP.

WHY: BUILDS BACK STRENGTH FOR HOSE PULLS, LADDER HANDLING, AND OVERHAUL WORK.



GLUTE BRIDGE

HOW: LIE ON YOUR BACK, FEET FLAT, SQUEEZE GLUTES TO LIFT HIPS.

WHY: STRENGTHENS HIPS FOR LIFTING, CRAWLING, CLIMBING, AND DRAGGING.

DB REVERSE LUNGE / SPLIT SQUAT

HOW: STEP BACK INTO A LUNGE OR SET UP IN A SPLIT STANCE, LOWER STRAIGHT DOWN, DRIVE THROUGH FRONT LEG.

WHY: IMPROVES SINGLE-LEG STRENGTH FOR STAIRS, UNEVEN TERRAIN, AND CARRYING GEAR.

PLANK

HOW: FOREARMS DOWN, BODY IN A STRAIGHT LINE, BRACE YOUR CORE.

WHY: BUILDS CORE STABILITY FOR SCBA CONTROL, TOOL HANDLING, AND SAFE LIFTING.

DEAD BUG

HOW: LIE ON YOUR BACK, ARMS UP, LEGS UP, EXTEND OPPOSITE ARM AND LEG WHILE KEEPING CORE TIGHT.

WHY: REINFORCES CORE CONTROL AND PROTECTS THE SPINE DURING LIFTING.



DB SUITCASE CARRY

HOW: HOLD ONE DUMBBELL IN ONE HAND AND WALK TALL, CONTROL SIDE-TO-SIDE MOVEMENT.

WHY: TRAINS GRIP, CORE, AND STABILIZERS FOR HOSE HANDLING AND EQUIPMENT CARRIES.

FARMER CARRY

HOW: HOLD A DUMBBELL IN EACH HAND AND WALK WITH POSTURE.

WHY: DIRECTLY TRANSFERS TO SCBA CARRYING, PATIENT MOVEMENT, AND HEAVY GEAR TRANSPORT.

BACKWARD SLED DRAG

HOW: LEAN BACK, WALK BACKWARD PULLING A SLED OR RESISTANCE.

WHY: STRENGTHENS QUADS AND KNEES FOR STAIR CLIMBS, ADVANCES, AND RECOVERY UNDER LOAD.

ROPE ROW

HOW: HOLD ROPE ENDS, LEAN BACK, ROW YOURSELF FORWARD REPEATEDLY.

WHY: MIMICS HOSE PULLS AND IMPROVES FULL-BODY PULLING STRENGTH.



SANDBAG PULL

HOW: GRAB A SANDBAG OR SIMILAR OBJECT AND DRAG IT. WALK BACKWARD WHILE PULLING A SANDBAG ACROSS THE FLOOR USING BOTH HANDS. KEEP YOUR ARMS STRAIGHT, LEAN BACK SLIGHTLY, AND USE YOUR LEGS TO DRAG THE WEIGHT THE FULL DISTANCE.

WHY: SIMPLE, SAFE BEGINNER VERSION OF FIREGROUND DRAG MECHANICS.

STAIR CLIMB / STEP-UPS

HOW: STEADY PACE, UPRIGHT POSTURE, DRIVE THROUGH LEGS.

WHY: ONE OF THE MOST FIREFIGHTER-SPECIFIC DRILLS — SCBA READINESS AND WORK CAPACITY.



WARM-UP

IF YOU DON'T HAVE TIME TO WARM UP — YOU DON'T HAVE TIME TO TRAIN SAFELY.

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.**



PHASE 1 — FOUNDATION & MOVEMENT PREP (WEEKS 1-4)

DAY A — DB GOBLET SQUAT 3×12, DB BENCH PRESS 3×10, DB RDL 3×10, PLANK 3×20-30 SEC, FARMER CARRY 2×60 FT

DAY B — STANDING DB SHOULDER PRESS 3×12, 1-ARM DB ROW 3×10(EACH), GLUTE BRIDGE 3×10, DEAD BUG 3×12(EACH SIDE), STAIR CLIMB/STEP-UPS 5 MINUTES

DAY C — DB DEADLIFT 3×12, 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 (PICK 1) 2×40 FT OR 2×12

PHASE 2 — STRENGTH BUILDING & CONDITIONING (WEEKS 5-8)

DAY A — DB GOBLET SQUAT 3×10, DB BENCH PRESS 3×10, DB RDL 3×10, PLANK 3×20-30 SEC, FARMER CARRY 3×60 FT

DAY B — STANDING DB SHOULDER PRESS 3×10, 1-ARM DB ROW 3×10(EACH), GLUTE BRIDGE 3×10, DEAD BUG 3×12(EACH SIDE), STAIR CLIMB/STEP-UPS 6 MINUTES

DAY C — DB DEADLIFT 3×10, 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 (PICK 1) 3×40 FT OR 3×12



PHASE 3 — FIELD-READY STRENGTH & WORK CAPACITY (WEEKS 9-12)

DAY A — DB GOBLET SQUAT 3×8, DB BENCH PRESS 3×10, DB RDL 3×10, PLANK 3×20-30 SEC, FARMER CARRY 3×80 FT

DAY B — STANDING DB SHOULDER PRESS 3×8, 1-ARM DB ROW 3×10(EACH), GLUTE BRIDGE 3×10, DEAD BUG 3×12(EACH SIDE), STAIR CLIMB/STEP-UPS 7-8 MINUTES

DAY C — DB DEADLIFT 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 (PICK 1) 3×60 FT OR 3×12



DISCLAIMER

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ALWAYS TRAIN SAFELY AND WITHIN YOUR PERSONAL ABILITIES. CONSULT A LICENSED MEDICAL PROFESSIONAL BEFORE STARTING ANY NEW EXERCISE PROGRAM, ESPECIALLY IF YOU HAVE INJURIES, MEDICAL CONDITIONS, OR CONCERNS ABOUT YOUR HEALTH. STOP IMMEDIATELY IF YOU EXPERIENCE PAIN, DIZZINESS, OR ANYTHING UNUSUAL DURING TRAINING.

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“STRENGTH IS SOMETHING YOU CAN PASS ON.” — J.D.

FINAL WORD

SHOW UP. GET BETTER. REPEAT.

**TO ALL FIRST RESPONDERS — THANK YOU FOR YOUR SERVICE, YOUR SACRIFICE, AND THE STRENGTH
YOU BRING TO YOUR COMMUNITIES EVERY DAY.**

THE STRENGTH YOU BUILD WILL SERVE MORE PEOPLE THAN YOU KNOW.

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