



FIREFIGHTER FUNCTIONAL

REFERENCE SHEET

ADVANCE 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.**

PHASE 1 — MOVEMENT QUALITY & VOLUME (WEEKS 1-4)

DAY A — BARBELL SHOULDER PRESS 3×8, BENCH PRESS 3×10, WEIGHTED PULL-UPS 3×6-10, FARMER CARRY 3×40-60 FT, OPTIONAL FINISHER: STEP-UPS 2 MIN OR LIGHT SLED DRAG 2×50 FT

DAY B — TRAP BAR DEADLIFT 3×8, LEG PRESS 3×10-12, DB LUNGES 3×10 EACH LEG, HEAVY GRIP HOLD 20-30 SEC, OPTIONAL FINISHER: CARRY MEDLEY 2 ROUNDS OR SLED PUSH 2×40 FT

DAY C — FRONT SQUAT 3×8, CHEST-SUPPORTED ROW OR BARBELL ROW 3×10-12, LANDMINE TWIST 3×12-15 EACH SIDE, SLED DRAG 3×60-80 FT, OPTIONAL FINISHER: MASK-SIM CIRCUIT 2 MIN OR KB SUITCASE CARRY 1 MIN

DELOAD AFTER WEEK 3

PHASE 2 — STRENGTH (WEEKS 5-8)

DAY A — BARBELL SHOULDER PRESS 3×5, BENCH PRESS 3×5-8, WEIGHTED PULL-UPS 3×6-10, FARMER CARRY 3×60-80 FT, OPTIONAL FINISHER: STEP-UPS 2-3 MIN OR SLED DRAG 2×60 FT

DAY B — TRAP BAR DEADLIFT 3×5, LEG PRESS 3×8-10, DB LUNGES 3×10 EACH LEG, HEAVY GRIP HOLD 20-30 SEC, OPTIONAL FINISHER: CARRY MEDLEY 2-3 ROUNDS OR SLED PUSH 2×60 FT

DAY C — FRONT SQUAT 3×5, CHEST-SUPPORTED ROW OR BARBELL ROW 3×8-10, LANDMINE TWIST 3×12 EACH SIDE, SLED DRAG 3×80-100 FT, OPTIONAL FINISHER: MASK-SIM CIRCUIT 2-3 MIN OR KB SUITCASE CARRY 1-2 MIN

DELOAD AFTER WEEK 7

PHASE 3 — STRENGTH + POWER + FIELD-READY (WEEKS 9-12)

DAY A — BARBELL SHOULDER PRESS 3×3-5, BENCH PRESS 3×5, CLEAN & PUSH PRESS (LIGHT, FAST) 3×6-8, WEIGHTED PULL-UPS 3×6-10, OPTIONAL FINISHER: SLED DRAG 2×80 FT OR STEP-UPS 3 MIN

DAY B — TRAP BAR DEADLIFT 3×3-5, LEG PRESS 3×6-8, DB LUNGES 3×8 EACH LEG, HEAVY GRIP HOLD 20-30 SEC, OPTIONAL FINISHER: HEAVY CARRY MEDLEY 2-3 ROUNDS OR SLED PUSH 2×80 FT

DAY C — FRONT SQUAT 3×3-5, CHEST-SUPPORTED ROW OR BARBELL ROW 3×6-8, LANDMINE TWIST 3×12 EACH SIDE, SLED DRAG 3×100-120 FT, OPTIONAL FINISHER: MASK-SIM CIRCUIT 3-4 MIN OR KB SUITCASE CARRY 1-2 MIN HEAVY

DELOAD AFTER WEEK 11



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