



FIREFIGHTER FUNCTIONAL

REFERENCE SHEET

INTERMEDIATE 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 — TECHNIQUE & FOUNDATIONS (WEEKS 1-4)

DAY A — BENCH PRESS 3×8-10, GOBLET SQUAT 3×8-10, LAT PULLDOWN / PULL-UPS 3×10-12, FORWARD SLED PULL 3×20-40 FT

DAY B — HEX BAR DEADLIFT 3×8-10, DB SHOULDER PRESS 3×8-10, SEATED ROW 3×10-12, FARMER CARRY 3×40-60 FT

DAY C — SSB SQUAT 3×8-10, PUSH-UPS AMRAP, BACK EXTENSIONS 3×12-15, KEG CARRY 3×40-60 FT

AFTER WEEK 3 - DELOAD WEEK

PHASE 2 — STRENGTH BUILDING (WEEKS 5-8)

DAY A — BARBELL SHOULDER PRESS 3×5, BARBELL BENCH PRESS 3×5, BARBELL ROW 3×5-8, FORWARD SLED PULL 3×30-50 FT

DAY B — HEX BAR DEADLIFT 3×5, WALKING LUNGES 3X8-10(EACHLEG), LAT PULLDOWN 3×8-10, FARMER CARRY 3×60-80 FT

DAY C — SSB SQUAT 3×5, INCLINE DB BENCH 3×8, BACK EXTENSION 3×12, KEG/PLATE CARRY 3×60 FT

AFTER WEEK 7 - DELOAD WEEK

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

DAY A — BENCH PRESS 3×3-5, BACKWARD SLED PULL 3×40-60 FT, PULL-UPS/PULLDOWN 3×8, FRONT RACK CARRY 3×40-60 FT

DAY B — HEX BAR DEADLIFT 3×3-5, AXLE/BARBELL ROW 3×8, ROMANIAN DEADLIFT 3×10, HEAVY FARMER CARRY 3×60-100 FT

DAY C — SSB SQUAT 3×3-5, CLEAN & PRESS 3×5, WEIGHTED STEP-UPS 3×8 EACH, KEG CARRY 3×60 FT

AFTER WEEK 11 - DELOAD WEEK



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