

FIRE ACADEMY PREP FITNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FULL BODY STRENGTH	CIRCUIT TRAINING (4 ROUNDS)	FULL BODY STRENGTH	CIRCUIT TRAINING (4 ROUNDS)	FULL BODY STRENGTH
<i>BANDED WARM-UP</i>	<i>BANDED WARM-UP</i>	<i>BANDED WARM-UP</i>	<i>BANDED WARM-UP</i>	<i>BANDED WARM-UP</i>
SQUAT 5 x 5 (80% OF MAX - 2 MIN. REST)	60 SEC. SPRINT - (AIR BIKE, ROWER, TREADMILL, ETC.)	DEADLIFT 6 x 3 (WORK UP TO TOP SET OF 3 - 2 MIN. REST)	60 SEC. SPRINT - (AIR BIKE, ROWER, TREADMILL, ETC.)	SQUAT 5 x 5 (WORK UP TO TOP SET OF 5 - 2 MIN. REST)
RDL - 3 x 8-10 (1 MIN. REST)	SINGLE KNUCKLE DRAG - 65 FT. or 20 BURPEES	OVERHEAD PRESS 5 x 5 (80% OF MAX - 2 MIN. REST)	20 BURPEES	PUSH PRESS 6 x 3 (WORK UP TO TOP SET OF 3 - 2 MIN. REST)
PULL-UPS or LAT PULLDOWNS - 3 x 8-10 (1 MIN. REST)	10 x TIRE FLIPS or 10 x 185 lb. DEADLIFT W/ HEX BAR	LUNGES - 3 x 20 (1 MIN. REST)	INCLINE DRAG - 65 FT. or 10 x 135 lb. ZERCHER SQUAT	NORDIC CURLS 3 x 10-12 (1 MIN. REST)
PUSH-UPS 3 x AMRAP	100 YD FARMERS' CARRY - 50 LB. KETTLEBELLS	BENT ROW - 3 x 8-10 (1 MIN. REST)	SLED PUSH - 50 YDS or BEAR CRAWL - 50 YDS	INVERTED ROWS 3 x 20 (1 MIN. REST)
1 x 60 SEC. SPRINT	60 SEC. GLUTE BRIDGES	10 MIN. RUN	60 SEC. PLANK	100 YD LOADED FARMERS' CARRY
<i>MOBILITY WORK</i>	<i>MOBILITY WORK</i>	<i>MOBILITY WORK</i>	<i>MOBILITY WORK</i>	<i>MOBILITY WORK</i>

*SUGGESTED BANDED WARMUPS - FACE PULLS, PULL APARTS, Ys, BANDED WALKS, LATERAL BANDED WALKS

*SUGGESTED MOBILITY WORK - CAT/COWS, LEG ROCKS, TABLE TOP ELBOW TWISTS, THREAD THE NEEDLE, WINDSHIELD WIPERS, FIGURE 4