



FIREFIGHTER

1.1

INTRODUCTION / PHASE 1 – BUILD YOUR FOUNDATION

This workout has been designed for those who do not have the time and/or the money to invest in a gym membership.

For this home workout you will need to purchase a kettlebell and a foam roller. I suggest a 4kg for females and an 8kg for males. You can these anywhere now, from you amazon to your local supermarket.

It is comprised of 2 blocks of 4 weeks, therefore 8 total weeks. As you have only one kettlebell the exercise will be made harder either by increasing the total repetitions or by making the exercise more challenging.

The goal here is to build movement foundation and some quality movement pattern so you can hold your body in the appropriate positions so you can be as efficient as possible and reduce your risk of injury.

The other goal of this phase to build up your cardiorespiratory fitness i.e. your work capacity!

Release

Foam Roller/ Ball	Frequency	Reps	Timing
Foam Roll Lats	Daily	30s	
Foam Roll Quads	Daily	30s	
Foam Roll - Calves	Daily	30s	

Reset

Exercises	Sets and Reps	Time Under Tension	Comments
Box hamstring lift w/reach	2x5 breaths		
Lazy Bear	2x 5 breaths		

Readiness

Exercise	Repetitions
Leg Raise	5e
KB Armbar w/ opposite hip flexion w/screwdriver and SLR	5e
Downward dog or Push Up to Downward Dog	5
Pull back butt kick	5e
Knee Hugs	
Spiderman stretch w/ overhead reach	5e
Lateral Split Squat with Reach Across	5e
KB Goblet Squat	10
KB Handcuff Hinge	10



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Day 1

Reactive

Exercise	Tempo	1	2	3	4	Comments	Rest
1) Vertical Jump		3x5	3x5	3x5	3x5		30s

Resistance

Exercise	Tempo	1	2	3	4	Comments	Rest
1) DB Split Squat (Goblet)	201	2x6	2x8	3x8	3x10	Feel front whole foot, PUSH out of bottom	60s
2a) Press Up	201	2x8	2x8	3x8	3x10	Reach long and exhale Knee up, toe up at midpoint (you can elevate your hands)	60s
2b) Goblet step up	201	2x8e	2x8e	3x8e	3x10e	Feel whole front foot, PUSH through the box Finish tall	60s
3a) Tall kneeling, bottoms up, KB press	201	2x8e	2x8e	3x8e	3x10e	Get tall, exhale, Pelvis up Reach long at midpoint	60s
3b) Front Plank	ISO	3x30s	3x35s	3x40s	3x45s	Keep head, shoulders, bum in alignment	60s

Resiliency - [Tempo intervals](#)

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	15s	45s	10	Run at 70% of max
Week 2	15s	45s	12	
Week 3	15s	45s	13	
Week 4	15s	45s	15	

Recovery

Exercise	Sets/Reps	Tempo	Comments
Crocodile breathing	10 breaths		Focus on exhaling



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Day 2

Reactive

Exercise	Tempo	1	2	3	4	Comments	Rest
1) Lateral jump w/ stick		3x5e	3x5e	3x5e	3x5e		30s

Resistance

Exercise	Tempo	1	2	3	4	Comments	Rest
1) Reaching Rear Foot Elevated Split Squat (RFESS)	201	2x6	2x8	3x8	3x10	Unlock knee, Feel whole front foot PUSH out of bottom	60s
2a) Push Up to Downward Dog	201	2x8	2x8	3x8	3x10	Reach long at start/finish Knees straight, Heels down at midpoint	60s
2b) Box/Bench Hamstring Curl	201	2x8	2x8	3x8	3x10	Exhale, reach long, tuck hips Hold top position for 2secs	60s
3a) 3 Point DB Row	211	2x8e	2x8e	3x8e	3x10e	Reach long with down arm Squeeze shoulder blade back	60s
3a) The Bear	ISO	3x30s	3x35s	3x40s	3x45s	Exhale, reach long Round back	60s

Resiliency - [Tempo intervals](#)

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	15s	45s	10	Run at 70% of max
Week 2	15s	45s	12	
Week 3	15s	45s	13	
Week 4	15s	45s	15	

Recovery

Exercise	Sets/Reps	Tempo	Comments
Crocodile breathing	10 breaths		Focus on exhaling



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Off days - [Cardiac output](#)

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	30-45mins	n/a	n/a	Anything cyclical in nature e.g. cross trainer, walking, cycling, work at a MODERATE LEVEL
Week 2	30-45mins	n/a	n/a	
Week 3	30-45mins	n/a	n/a	
Week 4	30-45mins	n/a	n/a	