



FIREFIGHTER

1.2

PHASE 2 - DEVELOP STRENGTH

On your main lift i.e. exercise 1, the goal here is to start pushing some weight, but leave TWO REPS in the tank. It's good to push yourself but you don't want to get injured in the process!

The remaining exercises are all to build upon your movement patterns, keep you healthy and reduce your risk of getting injured. We are also going to build up your work capacity.

You can lift either two or three times per week, however if your only training twice a week perform either Day 1 and Day 2, or Day 2 and Day 3.

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
Core engaged 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



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Day 1

Reactive

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

Resistance

Exercise	Tempo	1	2	3		Comments	Rest
1) 2KB Front Squat	201	3x8	4x8	3x6		Feel whole foot, PUSH out of bottom	90s
2a) 2DB Split Squat	201	3x8e	3x8e	3x6e		Feel front whole foot PUSH out of bottom	90s
2b) Band Resisted Press Up	201	3x6	3x6	3x8		3 points of contact Reach long at start/finish	90s
3a) Standing Landmine Press	DYN	3x8	3x8	3x6e		Exhale and get abs Reach LONG at midpoint	60s
3b) Front Plank - Feet Elevated	ISO	3x30s	3x35s	3x40s		Keep head, shoulders, bum in alignment Reach long though elbows	60s

Resiliency - Sprints

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	6s	54s	10	Run hard for the allotted time, walk for the recovery time and repeat. Perform the recovery period first
Week 2	6s	54s	12	
Week 3	8s	52s	10	

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		Comments	Rest
1) Split stance MB chest pass		3x10e	3x10e	3x10e			30s

Resistance

Exercise	Tempo	1	2	3		Comments	Rest
1) BB Bench Press	201	3x8	4x8	3x6		Exhale, keep ribs down Get strong	90s
2a) Band assisted chin ups (if you need a band)	211	3x6	3x6	3x8		Exhale, abs, ribs down Chest MUST touch bar	90s
2b) RDL	201	3x8	3x8	3x6		Soft knees, feel whole foot PUSH out of bottom	90s
3a) 3 Point DB Row	211	3x8e	3x8e	3x6		Reach long with down arm Squeeze shoulder blade back	60s
3b) Wall Press Dead Bug	DYN	3x8e	3x8e	3x10e		Exhale & feel back on ground Reach long through heel	60s

Resiliency - [2KB Anterior Loaded Carry](#)

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	50m e	45s	3	Keep tall and tight throughout, alignment is crucial
Week 2	50m e	45s	4	
Week 3	50m e	45s	5	

Recovery

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



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Day 3

Reactive

Exercise	Tempo	1	2	3		Comments	Rest
1) Lateral jump (2 jumps)		3x2e	3x2e	3x2e			30s

Resistance

Exercise	Tempo	1	2	3		Comments	Rest
1) Trap Bar Deadlift or Elevated BB Deadlift	201	3x8	4x8	3x6		Unlock knees, Feel whole foot PUSH out of bottom	90s
2a) DB Bench Press	201	3x8	3x8	3x6		Exhale, keep ribs down Get strong	90s
3b) 2DB Step Up	201	3x6	3x6	3x8		Feel whole foot PUSH through box	90s
3a) GUN SHOW!	201	3x8	3x8	3x6e		Pick any bicep/tricep exercise	60s
3b) The Bear	ISO	3x30s	3x35s	3x40s		Exhale, reach long Round back	60s

Resiliency - Sprints

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	6s	54s	10	Run hard for the allotted time, walk for the recovery time and repeat. Perform the recovery period first
Week 2	6s	54s	12	
Week 3	8s	52s	10	

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	



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