



## FIREFIGHTER

1.3

### PHASE 3 GOAL – GET STRONGER AND INCREASE CONDITIONING

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

I have also taken the conditioning too much higher level. This will not be pleasant but the work you have put in on the previous weeks will help you come through this!

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
<a href="#">Foam Roll Lats</a>	Daily	30s	
<a href="#">Foam Roll Quads</a>	Daily	30s	
<a href="#">Foam Roll - Calves</a>	Daily	30s	

### Reset

Exercises	Sets and Reps	Time Under Tension	Comments
<a href="#">Box hamstring lift w/reach</a>	2x5 breaths		
<a href="#">Lazy Bear</a>	2x 5 breaths		

### Readiness

Exercise	Repetitions
<a href="#">Core engaged leg raise</a>	5e
<a href="#">KB Armbar w/ opposite hip flexion w/screwdriver and SLR</a>	5e
<a href="#">Downward dog or Push Up to Downward Dog</a>	5
<a href="#">Pull back butt kick</a>	5e
<a href="#">Knee Hugs</a>	
<a href="#">Spiderman stretch w/ overhead reach</a>	5e
<a href="#">Lateral Split Squat with Reach Across</a>	5e



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**Day 1**

**Reactive**

Exercise	Tempo	1	2			Comments	Rest
1) <a href="#">Box Jump w/ Stick Landing</a>		3x5e	3x5e				30s

**Resistance**

Exercise	Tempo	1	2			Comments	Rest
1) <a href="#">2KB Front Squat</a> Or <a href="#">BB Back Squat</a>	201	3x5	4x5			Feel whole foot, PUSH out of bottom	90s
2a) <a href="#">2DB Reverse Lunge</a>	201	2x8e	2x8e			Feel front whole foot PUSH out of bottom	60s
2b) <a href="#">Press Up to Single Arm Support</a>	201	2x4e	2x4e			3 points of contact Reach long at start/finish	60s
3a) <a href="#">Standing DB Press</a>	DYN	2x8	2x8			Exhale and get abs Reach LONG at midpoint	60s
3b) <a href="#">Ab Wheel Rollout</a>	DYN	3x6	3x8			Exhale and round back NO arching or extending!	60s

**Resiliency - Running (10m shuttle runs)**

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	10s	40s	10	
Week 2	10s	30s	10	

**Recovery**

Exercise	Sets/Reps	Tempo	Comments
<a href="#">Crocodile breathing</a>	10 breaths		Focus on exhaling



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**Day 2**

**Reactive**

Exercise	Tempo	1	2			Comments	Rest
1) <a href="#">Standing MB chest pass</a>		3x10e	3x10e				30s

**Resistance**

Exercise	Tempo	1	2			Comments	Rest
1) <a href="#">BB Bench Press</a>	201	3x5	4x5			Exhale, keep ribs down Get strong	90s
2a) <a href="#">Chin up</a> (assisted if needed)	211	2x5	2x5			Exhale, abs, ribs down Chest MUST touch bar	60s
2b) <a href="#">RDL</a>	201	2x8	2x8			Soft knees, feel whole foot PUSH out of bottom	60s
3a) <a href="#">Renegade Row</a>	211	2x4e	2x4e			Reach long with down arm Squeeze shoulder blade back No rotating!	00s
3b) <a href="#">Wall Press Leg Lowering</a>	DYN	3x8e	3x8e			Exhale & feel back on ground Reach long through heel	60s

**Resiliency - [Overhead KB carry](#)**

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	50m 'e'	45s	5	Don't go too heavy, concentrate maintain good posture
Week 2	50m 'e'	45s	6	

**Recovery**

Exercise	Sets/Reps	Tempo	Comments
<a href="#">Crocodile breathing</a>	10 breaths		Focus on exhaling



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Day 3

**Reactive**

Exercise	Tempo	1	2			Comments	Rest
1) <a href="#">Heidens</a>		3x5e	3x5e				30s

**Resistance**

Exercise	Tempo	1	2			Comments	Rest
1) <a href="#">Trap Bar Deadlift</a> or <a href="#">Elevated BB Deadlift</a>	201	3x5	4x5			Unlock knees, Feel whole foot PUSH out of bottom	90s
2a) <a href="#">Incline DB Bench Press</a>	201	2x8	2x8			Exhale, keep ribs down Get strong	60s
3b) <a href="#">2DB Sprinter Step Up</a>	201	2x8e	2x8e			Feel whole foot PUSH through box, keep toe up Hold midpoint for 1sec	60s
3a) <a href="#">ARM FARM!!</a>	201	2x8	2x8			Pick any bicep/tricep exercise	60s
3b) <a href="#">Knees Extended Bear</a>	ISO	3x30s	3x35s			Exhale, reach long Round back Drive heels to floor	60s

**Resiliency - Running (10m shuttle runs)**

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	10s	40s	10	
Week 2	10s	30s	10	

**Recovery**

Exercise	Sets/Reps	Tempo	Comments
<a href="#">Crocodile breathing</a>	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 <b>MODERATE LEVEL</b>
Week 2	30-45mins	n/a	n/a	



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