

BURNSVILLE FIRE DEPARTMENT

CANDIDATE ASSISTANCE PROGRAM



FIREFIGHTER CANDIDATE FITNESS GUIDE

**TRAIN LIKE YOUR LIFE DEPENDS ON IT...
...BECAUSE IT DOES**



Dear Aspiring Burnsville Firefighter,

The Burnsville Fire Department prides itself on being occupational athletes. Firefighting is a hazardous career, potentially life threatening, and a personal level of physical fitness and mental acuity may be the difference between life and death for yourself, a colleague, or a community member. The reality is, becoming a career firefighter includes recognizing the impact of your fitness level extends beyond your individual success. As an organization, we recognize the high level of trust placed upon us by our community, our leaders, and our partners.

We strongly recommend using the time between your interview process and your potential hire date to improve your strength and conditioning.

Our training academy is a mentally and physically arduous process that has proved to be challenging by even our fittest candidates. Achieving a high level of fitness prior to hire will set you up for the most success by allowing you to maximize your time in the academy by focusing on improving your skillset. To assist you, we've included a training program designed by the Los Angeles Fire Department. This program prioritizes the functional movement patterns required with firefighting.

As always, be sure you are cleared to perform exercise by your doctor prior to beginning any new fitness program. Using proper form should be your first priority when performing movements. It's also important to know your limitations and "scale" or adjust movements as necessary. You can find movement demos through coaches, books like Starting Strength by Mark Rippetoe, or by using YouTube such as:

<https://www.youtube.com/user/RogueFitness/search?query=movement+demo>

We wish you the best of luck in your process.

Sincerely,

Burnsville Health and Wellness Committee

THEORETICAL HIERARCHY OF FITNESS



Nutrition & Hydration. The most essential piece that a firefighter needs to perform their best is an adequate diet and proper hydration. Proper nutrition and adequate hydration may increase firefighters' performance levels.

Mobility & Stability. The ability to maximize range of motion at a given joint while maintaining active muscular control on a joint to redirect force and control movement in the presence of normal muscle flexibility and joint mobility. Considering the kinetic chain, if the body is not able to make a movement, it will *compensate* either by going above the joint or below it.

Strength & Conditioning. The ability to use muscles or groups of muscles to apply force and the body's ability to process, deliver, store and utilize energy and deliver oxygen. This includes core strengthening, resistance training, cardio respiratory conditioning, all coupled with functional movements.

Rest & Recovery (Regeneration). A candidate will be physically, mentally, and emotionally exhausted during the training academy. Each candidate will need to efficiently use their rest time to recover from the cumulative physical demands of the training academy in order to perform at their best and prevent injury.

Fit. The level that all candidates should aspire to reach. A proper program should be followed to monitor and track personal progress and results.

There is inherent risk in any physical activity.

Prior to any exercise, BFD recommends seeking a medical evaluation.

The BFD and their employees assume no liability due to any exercises taken from this book.

Be sure to train within the boundaries of your own capabilities/limitations.

GENERAL GUIDELINES

1. Perform the foam roll series and a functional dynamic warm up for about 10-15 minutes prior to each workout. This will allow the body to get prepared for the physical demands you will be placing on it. The dynamic warm up coupled with foam roll will greatly reduce the risk of injury.
2. Always pay attention to your body while exercising. If you feel weak, dizzy, nauseous, experience chest pain, joint pain, or have trouble breathing, you should immediately stop exercising and seek professional assistance.
3. It is very important to progress your workload gradually. Be realistic. Increase your intensity, distance, duration by no more than 10% each week.
4. With all movements and exercises, use proper technique especially when reaching fatigue. Do not sacrifice your technique for heavier weight. This is when the potential for injuries will most likely increase. Learn the proper way to perform a movement or focus on the progressions to your goal. Seek professional assistance if you are not comfortable with a particular exercise.
5. Remember to cool down gradually after each workout. This may include low-intensity aerobic exercise and stretching. The cool down allows the muscles to relax and assists with the removal of metabolic waste in order for the body to return to its state prior to exercise.
6. Stay hydrated and well nourished. Nutrition and hydration shall be a priority in proper fitness. Without adequate hydration, the body will fatigue more easily, be more susceptible to cramping, unable to regulate body temperature, as well as increasing the risk of heat illnesses. Be sure to hydrate prior to becoming thirsty. As a general guideline to properly hydrate, approximately 24 ounces of water should be consumed per pound lost during exercise. Consumption of food within 30 minutes post-exercise is also highly recommended. This will assist in replenishing the body with nutrients.
7. Know your target heart rate to optimize each workout.
To calculate your maximum target heart rate, take 220 and subtract your age.
*For a 30 year old, $220-30=190$ beats per minute.
To calculate your range, multiply your maximum target heart rate by 80% and then multiply your maximum target heart rate by 90%.
* $190 \times 0.80 = 152$ beats per minute and $190 \times 0.90 = 171$ beats per minute.
This will allow you to find your optimal training zone.
*For a 30 year old, their optimal training zone = 152-171 beats per minute.

THE CANDIDATE ASSISTANCE PROGRAM

Physical Preparation

This logbook is designed to assist candidates with a structured workout plan that candidates can use on their own to develop strength, endurance, correct functional body movement deficiencies, and improve fitness and nutrition. When implemented correctly this program will help candidates succeed in the training academy by reducing injuries and improving overall fitness levels.

Fitness is not the only component of the training academy. Being fit is essential, yet it does not guarantee success. It is a fact that candidates who enter the training academy lacking physical conditioning are prone to injuries. This program can be the start of a commitment to fitness that will benefit you throughout your life.

It is very important to get a full medical examination and a doctor's approval before starting any physical activity program. It is recommended that each candidate set goals and adjust the level of this program according to their capabilities.

Physical Requirements

Candidates that hope to be successful firefighters have to overcome several obstacles. They not only have to be physically fit at the beginning of their careers, they must stay fit throughout their careers and lives. However, being physically fit alone does not guarantee an injury-free career. Staying healthy requires vigilance towards proper nutrition/hydration and regular exercise.

Firefighting operations encompass a wide variety of complex movements with several levels of loads, intensities and durations. The entire body must be well conditioned in order to be successful. Firefighting tasks such as carrying and operating heavy tools and equipment, manipulating loaded hose lines, placing and climbing ladders, breaching walls and pulling ceilings are just some examples of what is required of a firefighter. BFD firefighters are also required to be Paramedics. As a firefighter you may be called upon to lift or carry patients in uncomfortable and awkward positions, crawl into small spaces to reach and assist patients, which may increase your chances of injury. CAP teaches body awareness and mobility to assist in decreasing injury.

Personal Fitness Logbook

A personal fitness logbook will not only identify strengths and weaknesses, but also create motivation, consistency, and help prevent injury. It will behoove you to keep a daily log of exercises and activities in order to be successful in preparation for the BFD training academy. The Candidate Assistance Program coupled with your personal fitness logbook will help guide you to what should be accomplished in your own program to be prepared to succeed.

Injury prevention

A firefighter does not have a set schedule as when they might be called to perform. Each incident is simply unpredictable. Therefore, our overall fitness conditioning must be constant. Firefighters do not have an off-season. In order to serve the public safely and effectively, we must prepare ourselves physically, mentally, and emotionally for anything. Due to the physical demands of the job and the inability to predict when incidents might occur, the injury potential is high. Those with a decreased fitness level have a higher potential for injury. It is not a matter of “*if*”, but a matter of “*when*” they will get a minor or major injury. Even the most prepared and fit firefighter will face some amount of injury throughout their career. Several injuries occur in the gym whether it be due to improper form, lifting too much too quickly, or from insufficient warm-up and preparation. Our goal is to minimize and prevent the amount of injuries we *can* control and to build the durability, strength, and knowledge to be able to completely recover safely and quickly to return to work at 100 percent. Injury prevention includes what we put into our bodies as well as how we train our bodies’ movements to increase muscle memory.

Regeneration and Recovery

The ability to recover quickly is the key to success in the firefighting career and in life. The body recovers the best during sleep. It is essential to get an adequate amount of sleep on a consistent and daily basis along with the proper liquid and food intake. Foam roll and movement preparation will also assist greatly with muscle regeneration and recovery.

Nutrition and Hydration

Nutrition: Food and its nutrients provide the body with the ability to create energy, build and repair muscle tissue, and regulate the body’s metabolism. Carbohydrates, protein, fats, and vitamins make up the food pyramid. Specifically meats, vegetables, fruit, nuts, grains, dairy, and fats are essential in performing at an optimum level.

The key is timing. Everyone metabolizes differently. A general guideline to follow is to eat three complete meals a day. In between the three meals, eat two quality snacks. If you’re goal is to keep or add bodyweight, have another snack before bedtime. It is extremely essential to have a healthy snack to fuel your body prior to any workout AND within 30 minutes after your workout.

Hydration: Keeping the body sufficiently hydrated throughout the day can reduce the risk of heat emergencies and aid in the body’s recovery process. Staying hydrated is an ongoing and lifelong process. The body cannot function well without sufficient amount of water in the system. Plan to drink water at about 20 minute intervals during training sessions. Avoid caffeinated drinks and alcohol because they can actually dehydrate the body quickly. Sport drinks with electrolytes aid in the hydration process, but nothing can replace water.

MOVEMENT PREPARATION - FOAM ROLL

The foam roll will be used to assist with muscle regeneration and recovery. The more sensitive a certain area is, the more the muscles may require attention. It essentially breaks up adhesions and scar tissue formed within the body. It increases circulation to the muscles, which increase the recovery rate.

The training academy will incorporate foam rolling within the workout program. It can be used during warm-up and it can be used post-workout to assist with recovery. The foam roll series should also be used on days off when you are not planning to workout.

NOTE: If you do not have access to a foam roll, to achieve the same effect, some examples of substitutes are a pool noodle, a PVC pipe, a tennis ball, softball, or a lacrosse ball.

Coaching Tips: Breathe slow and controlled. Breathe in through the nose and out through the mouth. Hold at sensitive areas for an extended time.

Calves

Start Position: Sit with foam roll under the back of the calf with opposite leg placed on top. Place hands on the ground behind the body for support.

Procedure: Using the hands for support, roll the calves over the foam roll. Move foam roll up and down the entire length of the back of each calf.

*May begin with both calves on foam roll at the same time.



Hamstring

Start Position: Sit with foam roll under the back of the hamstring. Place hands on the ground behind the body for support.

Procedure: Using the hands for support, roll each hamstring over the foam roll. Move foam roll up and down the entire length of the back of both hamstrings.



Gluteus Maximus

Start Position: Sit on the foam roll with hands on ground for support, knees bent, and feet flat on the floor (i.e: Place outside of right ankle to the top of the left knee)

Procedure: Roll the area of the glutes over the foam roll.

You Should Feel: Sensitivity to the glutes on the side in which the knee is bent.



MOVEMENT PREPARATION - FOAM ROLL (CONTINUED)

Iliotibial Band (IT Band)

Start Position: Lie on the side with foam roll under outside of thigh (IT Band). Place opposite foot flat on the floor in front of the bottom leg.

Procedure: Using arms for support roll the IT band over the foam roll from just above the knee to the hip.

*Advanced: Place top leg parallel with bottom leg when rolling.

You Should Feel: Sensitivity on the side of the thigh.



Quadriceps/Hip Flexor

Start Position: Face down using arms for support in push up position. Place the quadricep/hip flexor area (in between knee and hip) over foam roll.

Procedure: Using the hands and/or forearms for support, roll the quadriceps/hip flexors over the foam roll from the top of the hip to just above the knee. Alternate legs. *Advanced: use softball, tennis ball, lacrosse ball, etc. in place of foam roll.



Latissimus Dorsi

Start Position: Lie on the side with foam roll under the bottom portion of the armpit.

Procedure: Using the legs for support, roll the upper body over the foam roll. Move it up and down the side from the armpit to the waist line.

You Should Feel: Sensitivity on the side being rolled.



Back

Start Position: Sit with foam roll perpendicular to the lower lumbar spine with knees bent and hands supporting head.

Procedure: Using the feet and legs for support, roll the upper and mid back over the foam roll. Once you feel it under the end of your ribcage, stop. Do not hold on lower back. *May place hands behind head for support.

You Should Feel: Sensitivity to the muscles of the upper and lower back.



MOVEMENT PREPARATION - DYNAMIC STRETCHES

Dynamic Stretching has been proven to not only decrease injuries, but also increase performance. The goal of a dynamic warm-up is to increase the heart rate and body temperature in order to raise the readiness of the muscles and the brain. This in turn, increases coordination, flexibility, mobility, and overall performance. The movements encompass multiple low-intensity movements and activities in several directions and planes of motion, which target specific body parts for the intended exercise. Each movement should be held for only 2-seconds at a time. Dynamic warm-up should be completed in 10 minutes prior to strength work in the BFD training academy. It will benefit the participant to familiarize themselves with the movements displayed.

Elbow to In Step to Hamstring Stretch

Start Position: Standing.

Procedure: Step forward with right foot into lunge position. Place left hand on ground and right elbow to instep of right foot. Hold for 2 seconds. Next, place right hand outside of right foot and straighten right knee while pushing hips up and back towards the sky. Keep right foot flexed and left knee off the ground. Hold for 2 seconds. Drop hips and step forward to alternate legs.

Coaching Tips: Breath slow and controlled. Keep chest up and knee off ground. Contract glute of back leg during the lunge stretch.

You Should Feel: Stretching groins, hip flexors, glutes, and hamstrings.



Inch Worm

Start Position: Standing.

Procedure: Bend at waist reaching hands to floor. Walk hands to pushup position. Walk feet forward towards hands with knees straight. *Advanced: may walk hands past shoulders if body permits. May wear gloves if necessary.

Coaching Tips: Keep abdominals contracted. Keep knees straight.

You Should Feel: Stretching hamstrings. Core and shoulder stability.



Walking Straight Leg Raise

Start Position: Standing with feet parallel and arms reached forward.

Procedure: Step forward, bring leg out and up to straight leg position. Alternate legs.

Coaching Tips: Stay upright as possible with chest out.

You Should Feel: Balanced in standing leg and stretch in both hamstrings.



MOVEMENT PREPARATION - DYNAMIC STRETCHES (CONTINUED)

Reverse Lunge with Twist

Start Position: Standing.

Procedure: Step backward with left leg into a lunge position. Contract left glute. Reach with both hands overhead towards the side of the front right knee.

Coaching Tips: Keep good posture throughout. Keep front knee over front foot. Contract glute of back leg throughout stretch.

You Should Feel: Stretch to hip flexor of back leg and glute and groin of front leg.



Quad/Hip Flexor Stretch

Start Position: Standing.

Procedure: Slightly squat with left knee and bend right knee to grab right ankle. Grab and pull right heel to right glute for two seconds. Contract right glute. Alternate legs.

Coaching Tips: Contract abdominals. Keep good posture. Avoid arching the back.

You Should Feel: A stretch in the quadriceps and hip flexors.



Piriformis Stretch

Start Position: Standing or Quadruped.

Procedure: Standing: Stand upright with shoulders down and back: While balancing, bring right foot into left hand and right knee into right hand. Hold for 2-seconds.

Quadruped: Using arms for support, bring lower shaft of left leg perpendicular to midline of body. Shift hips back and down. Hold for two seconds. Alternate legs.

Coaching Tips: Breath slow and controlled. Keep back straight and chest out.

You Should Feel: A stretch in the piriformis, glutes and hips.



MOVEMENT PREP-DYNAMIC STRETCHES (CONTINUED)

Double Leg Hip Crossover Stretch

Start Position: Lie facing up with hips and knees bent at a 90 degree angle. Brace both arms down towards floor with palms down.

Procedure: While contracting abdominals, slowly lower the knees and ankles to the right side, back to neutral, then to the left side. Hold each position for about 30 seconds.

Coaching Tips: Breath slow and controlled.

*Advanced: Keep knees straight and allow knees to fall to each side.

You Should Feel: A stretch in the lower back and torso.



Prone Press Stretch

Start Position: Lie on stomach facing floor.

Procedure: With hands in push up position, press the upper body up leaving the legs. Perform this movement slowly until the end range of the body, pause, count to about 30 seconds, then return to starting position by lowering the abdomen slowly to the floor.

Coaching Tips: Breath slow and controlled.

You Should Feel: A stretch to the abdominal muscles.



PREHABILITATION

The movements and exercise chosen for this portion are at the beginner level of fitness. The prehabilitation exercises will build strength and stability while improving mobility. The better the mobility, the stronger the body has the capacity to become. Our goal is to build a strong foundation before loading the body with weight in order to prevent injury and to create good form in future functional movements.

Y and T on Physioball

Start Position: Lay face down on physioball or floor. Extend arms accordingly. Squeeze shoulder blades together and down towards hips prior to movement.

*May be performed on the floor or bench.

Procedure:

Y's: Raise arms to create a "Y" with your torso and arms with thumbs up. Lower.

T's: Raise arms to create a "T" with your torso and arms with thumbs up. Lower.

Coaching Tips: Breath slow and controlled. Keep core tight and thumbs up.

You Should Feel: Working shoulders, upper back, and core.



Glute Bridge

Start Position: Lay supine with knees bent, heels on floor, arms relaxed.

Procedure: Tuck pelvis, contract abdominals by pushing belly button through spine and towards floor. Lift hips off floor until knees, hips, and shoulders are in a straight line. Hold for 2-3 seconds. Return to starting position by allowing the upper back to reach the floor first followed each part of the back to the hips.

Coaching Tips: Breath slow and controlled. Do not allow spine to hyperextend.

You Should Feel: Working glutes, hamstring, and core.



Superman

Start Position: Lay prone on stomach. Extend arms above head, parallel with floor. Face palms down towards floor.

Procedure: Contract the abdominals, glutes, and squeeze the shoulder blades together. With a slow and controlled movement, lift the arms, upper body, and legs off the floor. Hold for 3-5 seconds. Return to the starting position.

Coaching Tips: Keep head in line with the spine at a neutral position. Keep movement slow and controlled. Hips and abdominals should remain in contact with the floor.

You Should Feel: Working back, shoulders, and hamstrings.



STRENGTH AND CONDITIONING

The exercises displayed on the following pages may require a higher level of training and quality form. If you do not understand the procedure or are not familiar with any of the movements or exercises, it is highly advised that you DO NOT attempt to perform them. Be sure to ask a qualified professional for assistance.

Planks

Fireground Application: All fireground operations.

Start Position: Face down with bodyweight on forearms and toes. The closer the feet, the higher the difficulty.

Procedure: Pull abdominals in towards spine. Maintain a hold for desired amount of time. Maintain a straight line from the head, shoulders, hips, and heels.

Coaching Tips: Breath slow and controlled. Keep back flat and arms straight. Do not allow hips to raise or sag throughout the hold.



Squats

Fireground Application: Lifting objects such as a hose, ladder, or patients.

Start Position: Standing with shoulder-width apart and toes pointed forward or slightly turned outward.

Procedure: Initiate movement with bend at hips. Squat by pushing hips back and down until the thighs are parallel to the floor. Extend hips and knees until legs are straight into neutral position.

Coaching Tips: Push bodyweight through heels not the toes. Do not allow knees to move forward past the toes.



Split Squat

Fireground Application: Lifting equipment or patients from the ground.

Start Position: Standing with shoulder-width apart and toes pointed forward.

Procedure: Step forward with right foot and bend both knees until they are both at 90 degree angles and the back knee is just above the floor. Keep right foot flat on the floor. Push through the front right hip to return to starting position. Repeat for exercise. Alternate legs.

Coaching Tips: Keep chest up and posture upright. Do not allow front knee to move beyond the front foot.



STRENGTH AND CONDITIONING (CONTINUED)

Push Ups (Front Leaning Rest position: Hold the top of the push up position)

Fireground Application: Forcible entry, rescue, ceiling breach

Start Position: Push up position with arms directly under shoulders.

Procedure: While keeping core tight, using the arms, lower body to floor so the chest is just above the floor. Control the body as the arms push back up, pushing chest away from the floor.

Coaching Tips: Keep body and core tight and straight.



Pull Ups

Fireground Application: Pulling body over a parapet, pulling body up a ladder, raising a ladder halyard.

Start Position: Hanging from pull up bar with palms facing away from body. Place shoulders slightly wider than shoulder width apart.

Procedure: Without swinging, pull chest to bar. Return to start position.

Coaching Tips: Do not swing body or legs. Fully extend elbows after each repetition.



Ring Rows

Fireground Application: Hose drag, drop bag operation, halyard raise.

Start Position: Hold rings in each hand while standing. Keeping rings in hands with arms straight out in front of the chest. Walk forward to appropriate level.

Procedure: Keep torso stable. Bring shoulder blades down and back, then squeeze to initiate. Using arms, pull chest towards rings. Pause and descend to starting position.

Coaching Tips: Breath slow and controlled. Keep torso tight, back flat, and chest up.

You Should Feel: Working upper back, shoulders, and core.



STRENGTH AND CONDITIONING (CONTINUED)

Step Ups

Fireground Application: Stepping into the cab of a fire engine, stepping onto a tailboard, climbing stairs.

Start Position: Standing with shoulder-width apart and toes pointed forward.

Procedure: Lift right foot to box step and lean slightly forward. Contract the right glute while bringing the left foot up to the box step. Alternate by stepping down with the leg that initiated the movement.

Coaching Tips: Keep upright posture. Maintain hip, knee, and ankle alignment. Keep body weight over midline of front foot.



Burpees

Fireground Application: Advancing a hose line from the prone position.

Start Position: Standing.

Procedure: Lower body to floor using the squat position. Quickly push the legs back behind body into a push-up position. Perform a push-up. Immediately return feet under body to the squat position. From the squat position, jump as high as possible. Land in the squat position with knees soft and hips pushed back.

Coaching Tips: Keep a fast pace. Fully extend legs during push-up position. Jump as high as possible with minimum sound when landing. Keep movements controlled.



STRENGTH AND CONDITIONING (CONTINUED)

Dead Lift with Kettlebell *DISCLAIMER*****

If unfamiliar, do NOT attempt without proper instruction, supervision, or guidance.

Fireground Application: Lifting equipment such as a hose, ladder, or patients from the ground.

Start Position: Standing with feet hip-width apart and knees slightly bent. Appropriate weighted kettlebell should be placed between legs with handle lined up perpendicular to body.

Procedure: Contract core and keep shoulders back and down with palms facing body. Shift hips backwards and begin to reach for weight while keeping back flat. Grasp weight, contract hamstrings and glutes to return to standing position while pushing the body weight through the heels. Guide weight back to starting position with the same movement.

Coaching Tips: Keep weight very close to the body throughout the movement. Do not allow back to round during the movement. Keep chest out.

You Should Feel: Working glutes, hamstrings, and back.



Kettlebell Swing (KB) *DISCLAIMER*****

*DO NOT attempt without proper instruction, supervision, or guidance.

Fireground Application: Equipment manipulation, forcible entry, rescue, etc.

Start Position: Standing with feet hip-width apart and knees slightly bent. Appropriate weighted KB should be placed between legs with handle lined up perpendicular to body. Grasp KB with both hands. Keep arms straight and palms facing body.

Procedure: Contract core, keep back flat, while keeping shoulders back and down. Lower body into squat position by shifting hips back. Pushing the hips forward, stand up and simultaneously raise the arms in front of body until they are parallel to the floor. Without pausing, allow the KB to quickly swing back to the starting position.

Coaching Tips: Do not allow back to round during the movement. Keep chest out. The power should be coming from the glutes and hamstrings.

You Should Feel: Working glutes, hamstrings, and core.



DEFINITIONS AND DESCRIPTIONS

AMRAP: As Many Rounds/Repetitions As Possible

AR: Active Rest. Take a break from routine training, but still participate in things that will benefit the body. Examples are anything from yoga to playing a fun sport. This is suggested for Wednesday and/or Saturday, depending on the participant.

Metabolic conditioning (Metcon): designed to use various exercises to simulate firefighting tasks while increasing muscle strength, muscle endurance, and cardiovascular endurance. Metcon workouts may use time or sets/reps as factors to complete the entire workout. Since a firefighter's demands, schedule, and task are never the same, it is important to simulate this by training the body as a whole.

Muscular Endurance: the ability for the muscles to exert and remain active for a long period of time at a submaximal force.

Muscular Strength: the muscles ability to exert maximal force in one contraction.

Power: a speed and strength combination that is the ability of the muscles to exert a maximum force in minimal time.

PR: Passive Rest. This means allowing the body to rest and recover by doing things such as going to the spa, getting a massage, or sitting in a hot/cold bath. This should be scheduled for Sunday and possibly Saturday, depending on the participant.

Repetitions: the number of times each exercise is completed.

Rest: the amount of time in between sets of exercises. This allows muscles time to recover before the next set.

Sets/Rounds: a group of repetitions of an exercise in between rest periods.

Singles: Jump rope passes under feet one revolution per jump.

Superset: workouts pair multiple exercises with very little rest in between. (Approximately 10 seconds). The goal is to increase familiarity with the demands of functional firefighting while executing overall strength and endurance.

Unbroken: Amount of repetitions able to complete using good form without resting.

Weight (Lbs): the amount of weight chosen should be challenging for each individual at the number of repetitions the exercise chart states. For example, in phase I, if it is extremely easy to perform 10 squats with 95 lbs with good form, adjust the weight slowly to make the exercise more challenging. Conversely, if 95 lbs is too difficult and the exercise cannot be performed with good form, decrease the weight accordingly. The chosen weight should be challenging, yet should still be able to perform the movement safely, with good form, range of motion, and with no pain.

USING THE FITNESS LOGBOOK

Each day includes foam roll series and dynamic warm up prior to resistance training and metabolic conditioning.

The guideline is to perform the resistance training movements with adequate rest time in between each set. Following the movements, a superset is performed. Next, after resting for approximately five minutes, perform the corresponding metabolic conditioning exercise to your personal ability level. Refer to the weight definition to decide how much weight to use. Be sure to record the amount of weight used, repetitions and sets/rounds completed, as well as modifications to any exercise. Passive stretching shall be incorporated in the cool down portion after the metabolic conditioning workout.

Phases: It takes about 4-6 weeks for the body to adjust to any fitness routine.

There will be four phases of this fitness logbook. Each phase will consist of four weeks. Each week will encompass four to five days of a suggested workout.

The weekly schedule is attempting to simulate the BFD training academy.

Before each workout, the participant will be expected to:

1. Hydrate, nourish properly
2. Perform the Foam Roll Sequence
3. Perform a 10 minute Dynamic Warm-up

After each workout, the participant will be expected to:

1. Hydrate, nourish properly
2. Perform the Foam Roll Sequence
3. Perform Static Stretching at 10-30 seconds each body part

WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout A	Workout B	Active Rest	Workout A	Workout B	Optional MetCon	Passive Rest

Optional Day: Saturday's listed metabolic conditioning is optional.

Depending on how your body adjusts to each workout, you have the option to perform Active Rest OR Passive Rest on rest days. Remember, that each individual has limits and boundaries. The exercises **shall** be progressive.

Active and Passive Rest are both important to keep the body balanced, allow for recovery, and to decrease the potential for overtraining.

DISCLAIMER

Some of the following exercises require more experience, training, and skill.

If you do not understand or are not familiar with any of the movements or exercises, please ask a qualified professional for assistance and DO NOT attempt.

SUGGESTED EXERCISE ALTERNATIVES

The candidate shall use the list of Suggested Exercise Alternatives as a list of options for the exercises listed. It is the responsibility of the candidate to recognize and be honest with themselves as to which option they are able to perform. Again, if there is any doubt about a certain exercise, the participant shall not attempt it without proper instruction, supervision, or guidance.

EXERCISE	OPTION 1	OPTION 2	OPTION 3
Squat	Assisted to a target	Body Weight	Goblet Squat
Split Squat	Body Weight Squat	Assisted Split Squat	Body Weight Split Squat
Deadlifts	Good Morning	Romanian Deadlift	Sumo Deadlift
Kettlebell	KB Deadlift	Russian KB	American KB
Pull Up	Rows	Hang or hold	Underhand
Push Up	Wall Push Up	Knees	Both Feet
Bench Press	Dumbbell Press	Barbell Press	
Overhead Press	Dumbbell Double arm	Barbell	

MOVEMENT PREPARATION FOAM ROLL & DYNAMIC WARM UP

1	Foam Roll	Sets	Reps
	Calf	1	5-10
	Hamstring	1	5-10
	Gluteus	1	5-10
	IT Band	1	5-10
	Quadriceps/Hip Flexor	1	5-10
	Latissimus Dorsi	1	5-10
	Back	1	5-10

2	Dynamic Warm Up	Sets	Reps
	Elbow to Instep to Hamstring	1	5-10
	Inch Worm	1	5-10
	Walking Straight Leg Raise	1	5-10
	Reverse Lunge with Twist	1	5-10
	Standing Trunk Rotation	1	5-10
	Quad/Hip Flexor Stretch	1	5-10
	Piriformis Stretch	1	5-10
	Double Leg Hip Crossover	1	5-10
	Prone Press	1	5-10

METABOLIC CONDITIONING WORKOUTS

The Metabolic Conditioning workouts shall be performed approximately five minutes after resistance training. The Metcon workouts are categorized and listed in phases. Since each phase lasts four weeks, each list shall be repeated four times. Each time it is repeated, challenge yourself to beat your own recorded time or weight even if it is simply by seconds or a couple lbs. It is highly suggested that each candidate chooses the most appropriate workout for their ability level by using the Suggested Exercise Alternatives chart for Movements. Good form is of the greatest concern. If form begins to fail, immediately stop the movement and re-evaluate one's ability level. **Decrease weight or reps or alter the workout option prior to progression.** It is okay to modify if necessary. Remember, this is to *prepare* you for the academy.

*****DO NOT attempt to exercise with bad form.*****

*****Seek professional assistance.*****

STATIC STRETCHING

Static Stretching (holding a stretch for 30 seconds or more) *prior* to activity is *not* as beneficial as some may believe. Several studies have proved that static stretching prior to activity may in fact, lead to injury and decrease the ability to perform. However, static stretching does have a place in your workout. You can gain flexibility and increase recovery when performing static stretching *post-workout*.

Stretching post workout should be coupled with the foam roll. This is when *static* stretching will benefit the body for faster recovery.

The goal of regeneration and recovery are to facilitate the neuromuscular system, increase blood circulation to the muscles, and therefore increase nutrients into the muscles. This series of events will accelerate the much needed recovery process. The quicker the body recovers, the more the body is able to consistently perform at a high professional level with high intense activities, such as firefighting.

**SAMPLE 16 WEEK
EXERCISE
PROGRAM**

PHASE 1 – WEEK 1

Movement Preparation									
1	Foam Roll								
2	Dynamic Warm Up								
WORKOUT A					MON			THURS	
Resistance Training				Sets	Reps	Rest	Lbs		
3	Squat	3	8-10	2 min					
4	Pull Ups	3	8-10	2 min					
5a	Dips	3	8-10	0					
5b	Renegade Rows	3	8-10	1 min					
WORKOUT B					TUES			FRI	
Resistance Training				Sets	Reps	Rest	Lbs		
3	Good Mornings	3	8-10	2 min					
4	Overhead Press	3	8-10	2 min					
5a	Glute Bridges	3	8-10	0					
5b	Pull Ups	3	8-10	1 min					
METABOLIC CONDITIONING									
MONDAY									
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes
Rest 5 min, perform 2 sets									
10 burpees					1				
20 squats									
30 singles					2				
200m run									
TUESDAY									
1 Round @ 90%					Rounds	Lbs	Time	Reps	Notes
Rest 5 min, perform 3 sets									
500m row					1				
10 DB (dumbbell) Push Press @ a weight you can do unbroken									
15 sit-ups					2				
20 box jump to step downs									
20 push-ups									
15 sit-ups					3				
10 DB Push Press @ a weight you can do unbroken									
500m row									
THURSDAY									
100% of 150m sprint					Sets	Lbs	Time	Distance	Notes
Rest 2:30 min, perform 6 sets									
					1				
					2				
					3				
					4				
					5				
					6				
FRIDAY									
5 min AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes
Rest 3 min, perform 5 sets									
5 pull-ups					1				
10 Russian KB swings @ 35lbs					2				
250m row					3				
					4				
					5				
SATURDAY									
3 rounds for time					Rounds	Lbs	Time	Reps	Notes
10 DB thrusters @ 25lb					1				
100m farmer carry @ 35lb per hand					2				
10 burpee box jumps					3				

PHASE 1 – WEEK 2

Movement Preparation									
1	Foam Roll								
2	Dynamic Warm Up								
WORKOUT A					MON			THURS	
Resistance Training		Sets	Reps	Rest	Lbs			Lbs	
3	Squat	3	8-10	2 min					
4	Pull Ups	3	8-10	2 min					
5a	Dips	3	8-10	0					
5b	Renegade Rows	3	8-10	1 min					
WORKOUT B					TUES			FRI	
Resistance Training		Sets	Reps	Rest	Lbs			Lbs	
3	Good Mornings	3	8-10	2 min					
4	Overhead Press	3	8-10	2 min					
5a	Glute Bridges	3	8-10	0					
5b	Pull Ups	3	8-10	1 min					
METABOLIC CONDITIONING									
MONDAY									
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes
Rest 5 min, perform 2 sets									
10 burpees					1				
20 squats									
30 singles					2				
200m run									
TUESDAY									
1 Round @ 90%					Rounds	Lbs	Time	Reps	Notes
Rest 5 min, perform 3 sets									
500m row					1				
10 DB (dumbbell) Push Press @ a weight you can do unbroken									
15 sit-ups					2				
20 box jump to step downs									
20 push-ups									
15 sit-ups					3				
10 DB Push Press @ a weight you can do unbroken									
500m row									
THURSDAY									
100% of 150m sprint					Sets	Lbs	Time	Distance	Notes
Rest 2:30 min, perform 6 sets									
					1				
					2				
					3				
					4				
					5				
					6				
FRIDAY									
5 min AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes
Rest 3 min, perform 5 sets									
5 pull-ups					1				
10 Russian KB swings @ 35lbs					2				
250m row					3				
					4				
					5				
SATURDAY									
3 rounds for time					Rounds	Lbs	Time	Reps	Notes
10 DB thrusters @ 25lb					1				
100m farmer carry @ 35lb per hand					2				
10 burpee box jumps					3				

PHASE 1 – WEEK 3

Movement Preparation										
1	Foam Roll									
2	Dynamic Warm Up									
WORKOUT A					MON			THURS		
Resistance Training				Sets	Reps	Rest	Lbs		Lbs	
3	Squat	3	8-10	2 min						
4	Pull Ups	3	8-10	2 min						
WORKOUT B					TUES			FRI		
Resistance Training				Sets	Reps	Rest	Lbs		Lbs	
3	Good Mornings	3	8-10	2 min						
4	Overhead Press	3	8-10	2 min						
5a	Dips	3	8-10	0						
5b	Renegade Rows	3	8-10	1 min						
METABOLIC CONDITIONING										
MONDAY										
10 minutes AMRAP @ 90% Rest 5 min, perform 2 sets					Sets	Lbs	Time	Rounds	Notes	
10 burpees					1					
20 squats										
30 singles					2					
200m run										
TUESDAY										
1 Round @ 90% Rest 5 min, perform 3 sets					Rounds	Lbs	Time	Reps	Notes	
500m row					1					
10 DB (dumbbell) Push Press @ a weight you can do unbroken										
15 sit-ups										
20 box jump to step downs					2					
20 push-ups										
15 sit-ups										
10 DB Push Press @ a weight you can do unbroken					3					
500m row										
THURSDAY										
100% of 150m sprint Rest 2:30 min, perform 6 sets					Sets	Lbs	Time	Distance	Notes	
					1					
					2					
					3					
					4					
					5					
					6					
FRIDAY										
5 min AMRAP @ 90% Rest 3 min, perform 5 sets					Sets	Lbs	Time	Rounds	Notes	
5 pull-ups					1					
10 Russian KB swings @ 35lbs					2					
250m row					3					
					4					
					5					
SATURDAY										
3 rounds for time					Rounds	Lbs	Time	Reps	Notes	
10 DB thrusters @ 25lb					1					
100m farmer carry @ 35lb per hand					2					
10 burpee box jumps					3					

PHASE 1 – WEEK 4

Movement Preparation									
1	Foam Roll								
2	Dynamic Warm Up								
WORKOUT A					MON			THURS	
Resistance Training		Sets	Reps	Rest	Lbs			Lbs	
3	Squat	3	8-10	2 min					
4	Pull Ups	3	8-10	2 min					
5a	Dips	3	8-10	0					
5b	Renegade Rows	3	8-10	1 min					
WORKOUT B					TUES			FRI	
Resistance Training		Sets	Reps	Rest	Lbs			Lbs	
3	Good Mornings	3	8-10	2 min					
4	Overhead Press	3	8-10	2 min					
5a	Glute Bridges	3	8-10	0					
5b	Pull Ups	3	8-10	1 min					
METABOLIC CONDITIONING									
MONDAY									
10 minutes AMRAP @ 90% Rest 5 min, perform 2 sets					Sets	Lbs	Time	Rounds	Notes
10 burpees					1				
20 squats									
30 singles					2				
200m run									
TUESDAY									
1 Round @ 90% Rest 5 min, perform 3 sets					Rounds	Lbs	Time	Reps	Notes
500m row					1				
10 DB (dumbbell) Push Press @ a weight you can do unbroken									
15 sit-ups					2				
20 box jump to step downs									
20 push-ups					3				
15 sit-ups									
10 DB Push Press @ a weight you can do unbroken									
500m row									
THURSDAY									
100% of 150m sprint Rest 2:30 min, perform 6 sets					Sets	Lbs	Time	Distance	Notes
					1				
					2				
					3				
					4				
					5				
					6				
FRIDAY									
5 min AMRAP @ 90% Rest 3 min, perform 5 sets					Sets	Lbs	Time	Rounds	Notes
5 pull-ups					1				
10 Russian KB swings @ 35lbs					2				
250m row					3				
					4				
					5				
SATURDAY									
3 rounds for time					Rounds	Lbs	Time	Reps	Notes
10 DB thrusters @ 25lb					1				
100m farmer carry @ 35lb per hand					2				
10 burpee box jumps					3				

PHASE 2 – WEEK 5

Movement Preparation									
1	Foam Roll								
2	Dynamic Warm Up								
WORKOUT A					MON			THURS	
Resistance Training		Sets	Reps	Rest	Lbs			Lbs	
3	Squat	3	6-8	3 min					
4	Rows	3	6-8	3 min					
5a	Y's + T's	3	8-10	0					
5b	FLR	3	30-60 sec	1 min					
WORKOUT B					TUES			FRI	
Resistance Training		Sets	Reps	Rest	Lbs			Lbs	
3	Deadlift	3	6-8	3 min					
4	Bench Press	3	6-8	3 min					
5a	Pull Ups	3	8-10	0					
5b	Dips	3	8-10	1 min					
METABOLIC CONDITIONING									
MONDAY									
5 min AMRAP @ 90%					Sets	Lbs	Reps	Rounds	Notes
Rest 3 min, perform 4 sets									
5 deadlift @ 205/145 lbs					1				
10 ball slams @ 20lb					2				
75 singles					3				
200m run					4				
TUESDAY									
1 round @ 90%					Sets	Lbs	Time	Reps	Notes
Rest 3 min, perform 4 sets									
10 push press @ 95lbs					1				
5 wall walks					2				
800m run					3				
					4				
THURSDAY									
90% of 500m row					Sets	Lbs	Time	Notes	
Rest 90 sec, perform 6 sets									
					1				
					2				
					3				
					4				
					5				
					6				
FRIDAY									
1 round @ 90%					Rounds	Lbs	Time	Reps	Notes
Rest 3:30 min, perform 6 rounds									
5 burpees					1				
150m sprint					2				
					3				
					4				
					5				
					6				
SATURDAY									
3 rounds for time					Rounds	Lbs	Time	Reps	Notes
15 thrusters @ 65 lb					1				
15 burpees					2				
					3				

PHASE 2 – WEEK 6

Movement Preparation										
1	Foam Roll									
2	Dynamic Warm Up									
WORKOUT A					MON			THURS		
Resistance Training		Sets	Reps	Rest	Lbs			Lbs		
3	Squat	3	6-8	3 min						
4	Rows	3	6-8	3 min						
5a	Y's + T's	3	8-10	0						
5b	FLR	3	30-60 sec	1 min						
WORKOUT B					TUES			FRI		
Resistance Training		Sets	Reps	Rest	Lbs			Lbs		
3	Deadlift	3	6-8	3 min						
4	Bench Press	3	6-8	3 min						
5a	Pull Ups	3	8-10	0						
5b	Dips	3	8-10	1 min						
METABOLIC CONDITIONING										
MONDAY										
5 min AMRAP @ 90%					Sets	Lbs	Reps	Rounds	Notes	
Rest 3 min, perform 4 sets										
5 deadlift @ 205/145 lbs					1					
10 ball slams @ 20lb					2					
75 singles					3					
200m run					4					
TUESDAY										
1 round @ 90%					Sets	Lbs	Time	Reps	Notes	
Rest 3 min, perform 4 sets										
10 push press @ 95lbs					1					
5 wall walks					2					
800m run					3					
					4					
THURSDAY										
90% of 500m row					Sets	Lbs	Time	Notes		
Rest 90 sec, perform 6 sets										
					1					
					2					
					3					
					4					
					5					
					6					
FRIDAY										
1 round @ 90%					Rounds	Lbs	Time	Reps	Notes	
Rest 3:30 min, perform 6 rounds										
5 burpees					1					
150m sprint					2					
					3					
					4					
					5					
					6					
SATURDAY										
3 rounds for time					Rounds	Lbs	Time	Reps	Notes	
15 thrusters @ 65 lb					1					
15 burpees					2					
					3					

PHASE 2 – WEEK 7

Movement Preparation									
1	Foam Roll								
2	Dynamic Warm Up								
WORKOUT A					MON			THURS	
Resistance Training				Sets	Reps	Rest	Lbs		
3	Squat	3	6-8	3 min					
4	Rows	3	6-8	3 min					
5a	Y's + T's	3	8-10	0					
5b	FLR	3	30-60 sec	1 min					
WORKOUT B					TUES			FRI	
Resistance Training				Sets	Reps	Rest	Lbs		
3	Deadlift	3	6-8	3 min					
4	Bench Press	3	6-8	3 min					
5a	Pull Ups	3	8-10	0					
5b	Dips	3	8-10	1 min					
METABOLIC CONDITIONING									
MONDAY									
5 min AMRAP @ 90%					Sets	Lbs	Reps	Rounds	Notes
Rest 3 min, perform 4 sets									
5 deadlift @ 205/145 lbs					1				
10 ball slams @ 20lb					2				
75 singles					3				
200m run					4				
TUESDAY									
1 round @ 90%					Sets	Lbs	Time	Reps	Notes
Rest 3 min, perform 4 sets									
10 push press @ 95lbs					1				
5 wall walks					2				
800m run					3				
					4				
THURSDAY									
90% of 500m row					Sets	Lbs	Time	Notes	
Rest 90 sec, perform 6 sets									
					1				
					2				
					3				
					4				
					5				
					6				
FRIDAY									
1 round @ 90%					Rounds	Lbs	Time	Reps	Notes
Rest 3:30 min, perform 6 rounds									
5 burpees					1				
150m sprint					2				
					3				
					4				
					5				
					6				
SATURDAY									
3 rounds for time					Rounds	Lbs	Time	Reps	Notes
15 thrusters @ 65 lb					1				
15 burpees					2				
					3				

PHASE 2 – WEEK 8

Movement Preparation												
1	Foam Roll											
2	Dynamic Warm Up											
WORKOUT A					MON			THURS				
Resistance Training				Sets	Reps	Rest	Lbs			Lbs		
3	Squat	3	6-8	3 min								
4	Rows	3	6-8	3 min								
5a	Y's + T's	3	8-10	0								
5b	FLR	3	30-60 sec	1 min								
WORKOUT B					TUES			FRI				
Resistance Training				Sets	Reps	Rest	Lbs			Lbs		
3	Deadlift	3	6-8	3 min								
4	Bench Press	3	6-8	3 min								
5a	Pull Ups	3	8-10	0								
5b	Dips	3	8-10	1 min								
METABOLIC CONDITIONING												
MONDAY												
5 min AMRAP @ 90%					Sets	Lbs	Reps	Rounds	Notes			
Rest 3 min, perform 4 sets												
5 deadlift @ 205/145 lbs					1							
10 ball slams @ 20lb					2							
75 singles					3							
200m run					4							
TUESDAY												
1 round @ 90%					Sets	Lbs	Time	Reps	Notes			
Rest 3 min, perform 4 sets												
10 push press @ 95lbs					1							
5 wall walks					2							
800m run					3							
					4							
THURSDAY												
90% of 500m row					Sets	Lbs	Time	Notes				
Rest 90 sec, perform 6 sets												
					1							
					2							
					3							
					4							
					5							
					6							
FRIDAY												
1 round @ 90%					Rounds	Lbs	Time	Reps	Notes			
Rest 3:30 min, perform 6 rounds												
5 burpees					1							
150m sprint					2							
					3							
					4							
					5							
					6							
SATURDAY												
3 rounds for time					Rounds	Lbs	Time	Reps	Notes			
15 thrusters @ 65 lb					1							
15 burpees					2							
					3							

PHASE 3 – WEEK 9

Movement Preparation												
1	Foam Roll											
2	Dynamic Warm Up											
WORKOUT A					MON				THURS			
Resistance Training		Sets	Reps	Rest	Lbs/Reps				Lbs/Reps			
3	Squat	4	4-6	3-4 min								
4	Rows	4	4-6	3-4 min								
5a	Split Squat	3	12-24 ea	0								
5b	Push ups	3	12-15	1 min								
WORKOUT B					TUES				FRI			
Resistance Training		Sets	Reps	Rest	Lbs/Reps				Lbs/Reps			
3	Deadlifts	4	4-6	3-4 min								
4	Overhead Press	4	4-6	3-4 min								
5a	Dips	4	12-15	0								
5b	Pull ups	4	8-10	0								
METABOLIC CONDITIONING												
MONDAY												
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes			
Rest 5 min, perform 3 sets												
5 push ups					1							
10 goblet squats @ 35 lbs					2							
5 pull ups					3							
150 singles												
TUESDAY												
80m sprint at 90-100%					Sets	Lbs	Time	%Effort	Notes			
Rest 2:30 min, perform 6 sets												
					1							
					2							
					3							
					4							
					5							
					6							
THURSDAY												
1 set @ 90%					Sets	Lbs	Time	Reps	Reps			
Rest 3 min, perform 4 sets												
400m run					1							
10 dips					2							
10 jumping squats					3							
10 wall walks					4							
400m run												
FRIDAY												
90% of 500m row					Rest	Sets	Lbs	Time	Distance	Notes		
90 sec, perform 6 sets												
					1							
					2							
					3							
					4							
					5							
					6							
SATURDAY												
For time					Rounds	Lbs	Time	Reps	Notes			
10 pull ups												
20 push ups												
30 KB swings @ 53 lb												
40 squats												
50 burpees												
40 squats												
30 KB swings @ 53 lb												
20 push ups												
10 pull ups												

PHASE 3 – WEEK 10

Movement Preparation												
1	Foam Roll											
2	Dynamic Warm Up											
WORKOUT A					MON				THURS			
Resistance Training		Sets	Reps	Rest	Lbs/Reps				Lbs/Reps			
3	Squat	4	4-6	3-4 min								
4	Rows	4	4-6	3-4 min								
5a	Split Squat	3	12-24 ea	0								
5b	Push ups	3	12-15	1 min								
WORKOUT B					TUES				FRI			
Resistance Training		Sets	Reps	Rest	Lbs/Reps				Lbs/Reps			
3	Deadlifts	4	4-6	3-4 min								
4	Overhead Press	4	4-6	3-4 min								
5a	Dips	4	12-15	0								
5b	Pull ups	4	8-10	0								
METABOLIC CONDITIONING												
MONDAY												
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes			
Rest 5 min, perform 3 sets												
5 push ups					1							
10 goblet squats @ 35 lbs					2							
5 pull ups					3							
150 singles												
TUESDAY												
80m sprint at 90-100%					Sets	Lbs	Time	%Effort	Notes			
Rest 2:30 min, perform 6 sets												
					1							
					2							
					3							
					4							
					5							
					6							
THURSDAY												
1 set @ 90%					Sets	Lbs	Time	Reps	Reps			
Rest 3 min, perform 4 sets												
400m run					1							
10 dips					2							
10 jumping squats					3							
10 wall walks					4							
400m run												
FRIDAY												
90% of 500m row					Rest	Sets	Lbs	Time	Distance	Notes		
90 sec, perform 6 sets												
					1							
					2							
					3							
					4							
					5							
					6							
SATURDAY												
For time					Rounds	Lbs	Time	Reps	Notes			
10 pull ups												
20 push ups												
30 KB swings @ 53 lb												
40 squats												
50 burpees												
40 squats												
30 KB swings @ 53 lb												
20 push ups												
10 pull ups												

PHASE 3 – WEEK 11

Movement Preparation											
1	Foam Roll										
2	Dynamic Warm Up										
WORKOUT A					MON				THURS		
Resistance Training		Sets	Reps	Rest	Lbs/Reps				Lbs/Reps		
3	Squat	4	4-6	3-4 min							
4	Rows	4	4-6	3-4 min							
5a	Split Squat	3	12-24 ea	0							
5b	Push ups	3	12-15	1 min							
WORKOUT B					TUES				FRI		
Resistance Training		Sets	Reps	Rest	Lbs/Reps				Lbs/Reps		
3	Deadlifts	4	4-6	3-4 min							
4	Overhead Press	4	4-6	3-4 min							
5a	Dips	4	12-15	0							
5b	Pull ups	4	8-10	0							
METABOLIC CONDITIONING											
MONDAY											
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes		
Rest 5 min, perform 3 sets											
5 push ups					1						
10 goblet squats @ 35 lbs											
5 pull ups					2						
150 singles											
					3						
TUESDAY											
80m sprint at 90-100%					Sets	Lbs	Time	%Effort	Notes		
Rest 2:30 min, perform 6 sets											
					1						
					2						
					3						
					4						
					5						
					6						
THURSDAY											
1 set @ 90%					Sets	Lbs	Time	Reps	Reps		
Rest 3 min, perform 4 sets											
400m run					1						
10 dips					2						
10 jumping squats					3						
10 wall walks					4						
400m run											
FRIDAY											
90% of 500m row					Rest	Sets	Lbs	Time	Distance	Notes	
90 sec, perform 6 sets											
					1						
					2						
					3						
					4						
					5						
					6						
SATURDAY											
For time					Rounds	Lbs	Time	Reps	Notes		
10 pull ups											
20 push ups											
30 KB swings @ 53 lb											
40 squats											
50 burpees											
40 squats											
30 KB swings @ 53 lb											
20 push ups											
10 pull ups											

PHASE 3 – WEEK 12

Movement Preparation											
1	Foam Roll										
2	Dynamic Warm Up										
WORKOUT A					MON				THURS		
Resistance Training	Sets	Reps	Rest	Lbs/Reps				Lbs/Reps			
3	Squat	4	4-6	3-4 min							
4	Rows	4	4-6	3-4 min							
5a	Split Squat	3	12-24 ea	0							
5b	Push ups	3	12-15	1 min							
WORKOUT B					TUES				FRI		
Resistance Training	Sets	Reps	Rest	Lbs/Reps				Lbs/Reps			
3	Deadlifts	4	4-6	3-4 min							
4	Overhead Press	4	4-6	3-4 min							
5a	Dips	4	12-15	0							
5b	Pull ups	4	8-10	0							
METABOLIC CONDITIONING											
MONDAY											
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes		
Rest 5 min, perform 3 sets											
5 push ups					1						
10 goblet squats @ 35 lbs					2						
5 pull ups					3						
150 singles											
TUESDAY											
80m sprint at 90-100%					Sets	Lbs	Time	%Effort	Notes		
Rest 2:30 min, perform 6 sets											
					1						
					2						
					3						
					4						
					5						
					6						
THURSDAY											
1 set @ 90%					Sets	Lbs	Time	Reps	Reps		
Rest 3 min, perform 4 sets											
400m run					1						
10 dips					2						
10 jumping squats					3						
10 wall walks					4						
400m run											
FRIDAY											
90% of 500m row				Rest	Sets	Lbs	Time	Distance	Notes		
90 sec, perform 6 sets											
					1						
					2						
					3						
					4						
					5						
					6						
SATURDAY											
For time					Rounds	Lbs	Time	Reps	Notes		
10 pull ups											
20 push ups											
30 KB swings @ 53 lb											
40 squats											
50 burpees											
40 squats											
30 KB swings @ 53 lb											
20 push ups											
10 pull ups											

PHASE 4 – WEEK 13

Movement Preparation													
1	Foam Roll												
2	Dynamic Warm Up												
WORKOUT A					MON				THURS				
Resistance Training			Sets	Reps	Rest	Lbs/Time				Lbs/Time			
3	Squat		4	4-6	3-4 min								
4	Rows		4	4-6	3-4 min								
5	Split Squat		4	6-8	3-4 min								
6a	Ys+Ts		4	30-50 sec	0								
6b	Step ups (alternate legs)		4	10-12 ea	0								
6c	FLR		4	60-90 sec	1 min								
WORKOUT B					TUES				FRI				
Resistance Training			Sets	Reps	Rest	Lbs/Time				Lbs/Time			
3	Deadlifts		4	4-6	3-4 min								
4	Overhead Press		4	4-6	3-4 min								
5	Goodmorning		4	4-6	3-4 min								
6a	Kettlebell Swing		4	30-60 sec	0								
6b	Dips		4	12-15	1 min								
METABOLIC CONDITIONING													
MONDAY													
10 minutes AMRAP @ 90%						Sets	Lbs	Time	Rounds	Notes			
Rest 5 min, perform 3 sets													
10 DB thruster @ 30lb per arm						1							
50m farmer carry 35lb and 53lb in each hand						2							
10 box jump step downs						3							
TUESDAY													
1 minute each @ 90%						Sets	Lbs	Time	Reps/Dist	Notes			
Rest 3 min, perform 4 sets													
1 min of Russian KB swings @ 35-53lbs						1							
1 min of mountain climbers						2							
1 min row						3							
						4							
THURSDAY													
1 minute @ 90% Sprint balance of the minute						Sets	Lbs	Time	Reps/Dist	Notes			
Rest 3 minutes, perform 5 sets													
5 pull ups						1							
10 push press @ 95lbs						2							
Sprint for balance of the minute						3							
						4							
						5							
FRIDAY													
10 min AMRAP @ 90%						Sets	Lbs	Time	Rounds	Notes			
Rest 5 minutes, perform 3 sets													
10 medicine ball hip toss each side @ 20lbs						1							
15 push ups													
20 walking lunges						2							
50m farmer carry (53lbs in on hand/switch hands half way)													
200m run						3							
SATURDAY													
3 rounds for time						Round	Lbs	Time	Reps	Notes			
10 DB thrusters @ 25lb						1							
100m farmer carry @ 35lb per hand						2							
10 burpee box jumps						3							

PHASE 4 – WEEK 14

Movement Preparation												
1	Foam Roll											
2	Dynamic Warm Up											
WORKOUT A					MON				THURS			
Resistance Training		Sets	Reps	Rest	Lbs/Time				Lbs/Time			
3	Squat	4	4-6	3-4 min								
4	Rows	4	4-6	3-4 min								
5	Split Squat	4	6-8	3-4 min								
6a	Ys+Ts	4	30-50 sec	0								
6b	Step ups (alternate legs)	4	10-12 ea	0								
6c	FLR	4	60-90 sec	1 min								
WORKOUT B					TUES				FRI			
Resistance Training		Sets	Reps	Rest	Lbs/Time				Lbs/Time			
3	Deadlifts	4	4-6	3-4 min								
4	Overhead Press	4	4-6	3-4 min								
5	Goodmorning	4	4-6	3-4 min								
6a	Kettlebell Swing	4	30-60 sec	0								
6b	Dips	4	12-15	1 min								
METABOLIC CONDITIONING												
MONDAY												
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes			
Rest 5 min, perform 3 sets												
10 DB thruster @ 30lb per arm					1							
50m farmer carry 35lb and 53lb in each hand					2							
10 box jump step downs					3							
TUESDAY												
1 minute each @ 90%					Sets	Lbs	Time	Reps/Dist	Notes			
Rest 3 min, perform 4 sets												
1 min of Russian KB swings @ 35-53lbs					1							
1 min of mountain climbers					2							
1 min row					3							
					4							
THURSDAY												
1 minute @ 90% Sprint balance of the minute					Sets	Lbs	Time	Reps/Dist	Notes			
Rest 3 minutes, perform 5 sets												
5 pull ups					1							
10 push press @ 95lbs					2							
Sprint for balance of the minute					3							
					4							
					5							
FRIDAY												
10 min AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes			
Rest 5 minutes, perform 3 sets												
10 medicine ball hip toss each side @ 20lbs					1							
15 push ups												
20 walking lunges					2							
50m farmer carry (53lbs in on hand/switch hands half way)												
200m run					3							
SATURDAY												
3 rounds for time					Round	Lbs	Time	Reps	Notes			
10 DB thrusters @ 25lb					1							
100m farmer carry @ 35lb per hand					2							
10 burpee box jumps					3							

PHASE 4 – WEEK 15

Movement Preparation												
1	Foam Roll											
2	Dynamic Warm Up											
WORKOUT A					MON				THURS			
Resistance Training		Sets	Reps	Rest	Lbs/Time				Lbs/Time			
3	Squat	4	4-6	3-4 min								
4	Rows	4	4-6	3-4 min								
5	Split Squat	4	6-8	3-4 min								
6a	Ys+Ts	4	30-50 sec	0								
6b	Step ups (alternate legs)	4	10-12 ea	0								
6c	FLR	4	60-90 sec	1 min								
WORKOUT B					TUES				FRI			
Resistance Training		Sets	Reps	Rest	Lbs/Time				Lbs/Time			
3	Deadlifts	4	4-6	3-4 min								
4	Overhead Press	4	4-6	3-4 min								
5	Goodmorning	4	4-6	3-4 min								
6a	Kettlebell Swing	4	30-60 sec	0								
6b	Dips	4	12-15	1 min								
METABOLIC CONDITIONING												
MONDAY												
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes			
Rest 5 min, perform 3 sets												
10 DB thruster @ 30lb per arm					1							
50m farmer carry 35lb and 53lb in each hand					2							
10 box jump step downs					3							
TUESDAY												
1 minute each @ 90%					Sets	Lbs	Time	Reps/Dist	Notes			
Rest 3 min, perform 4 sets												
1 min of Russian KB swings @ 35-53lbs					1							
1 min of mountain climbers					2							
1 min row					3							
					4							
THURSDAY												
1 minute @ 90% Sprint balance of the minute					Sets	Lbs	Time	Reps/Dist	Notes			
Rest 3 minutes, perform 5 sets												
5 pull ups					1							
10 push press @ 95lbs					2							
Sprint for balance of the minute					3							
					4							
					5							
FRIDAY												
10 min AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes			
Rest 5 minutes, perform 3 sets												
10 medicine ball hip toss each side @ 20lbs					1							
15 push ups												
20 walking lunges					2							
50m farmer carry (53lbs in on hand/switch hands half way)												
200m run					3							
SATURDAY												
3 rounds for time					Round	Lbs	Time	Reps	Notes			
10 DB thrusters @ 25lb					1							
100m farmer carry @ 35lb per hand					2							
10 burpee box jumps					3							

PHASE 4 – WEEK 16

Movement Preparation											
1	Foam Roll										
2	Dynamic Warm Up										
WORKOUT A					MON				THURS		
Resistance Training		Sets	Reps	Rest	Lbs/Time				Lbs/Time		
3	Squat	4	4-6	3-4 min							
4	Rows	4	4-6	3-4 min							
5	Split Squat	4	6-8	3-4 min							
6a	Ys+Ts	4	30-50 sec	0							
6b	Step ups (alternate legs)	4	10-12 ea	0							
6c	FLR	4	60-90 sec	1 min							
WORKOUT B					TUES				FRI		
Resistance Training		Sets	Reps	Rest	Lbs/Time				Lbs/Time		
3	Deadlifts	4	4-6	3-4 min							
4	Overhead Press	4	4-6	3-4 min							
5	Goodmorning	4	4-6	3-4 min							
6a	Kettlebell Swing	4	30-60 sec	0							
6b	Dips	4	12-15	1 min							
METABOLIC CONDITIONING											
MONDAY											
10 minutes AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes		
Rest 5 min, perform 3 sets											
10 DB thruster @ 30lb per arm					1						
50m farmer carry 35lb and 53lb in each hand					2						
10 box jump step downs					3						
TUESDAY											
1 minute each @ 90%					Sets	Lbs	Time	Reps/Dist	Notes		
Rest 3 min, perform 4 sets											
1 min of Russian KB swings @ 35-53lbs					1						
1 min of mountain climbers					2						
1 min row					3						
					4						
THURSDAY											
1 minute @ 90% Sprint balance of the minute					Sets	Lbs	Time	Reps/Dist	Notes		
Rest 3 minutes, perform 5 sets											
5 pull ups					1						
10 push press @ 95lbs					2						
Sprint for balance of the minute					3						
					4						
					5						
FRIDAY											
10 min AMRAP @ 90%					Sets	Lbs	Time	Rounds	Notes		
Rest 5 minutes, perform 3 sets											
10 medicine ball hip toss each side @ 20lbs					1						
15 push ups											
20 walking lunges					2						
50m farmer carry (53lbs in on hand/switch hands half way)											
200m run					3						
SATURDAY											
3 rounds for time					Round	Lbs	Time	Reps	Notes		
10 DB thrusters @ 25lb					1						
100m farmer carry @ 35lb per hand					2						
10 burpee box jumps					3						

BURNSVILLE FIRE DEPARTMENT CANDIDATE ASSISTANCE PROGRAM



The **CORE VALUES** that guide our behavior are:

- **Character**—“Committed Service through *Dedication, Honor and Integrity.*”
 - **Dedication:** “The quality of being devoted or committed to yourself, department and customers”
 - **Honor:** “Strong moral character or strength, and adherence to ethical principles and truth.”
 - **Integrity:** “The quality of possessing and steadfastly adhering to high moral principle or professional standards.”
- **Collaboration**—
 - We are stronger together than as individuals
 - Focus on the achievement of collective results
 - We succeed as an organization only through leveraging our collective genius
 - We respect and value the efforts of other departments
- **Communication**—
 - The first step in imparting vision, forms our connection with others
 - You will be evaluated most on your communication
 - Practice Active Listening skills
 - Solutions are developed from open, honest and challenging
- **Competence**—
 - Our success is dependent on our knowledge, skills and abilities
 - A mistake is only a failure if you did not recognize the mistake and learn from it
 - Never ending process, always striving for improvement

**TRAIN LIKE YOUR LIFE DEPENDS
ON IT...BECAUSE IT DOES**