

Warm up	1	5 min. cardiovascular warm up (i.E. running, rowing, jumping jacks...)	Legende		Insert Date (over field „session“)
	2	Individual warm up if needed. Recommended after long time sitting, current injuries or mobility issues.		AMRAP	As many reps as possible
					Insert exercise (i.E. running) and distance (i.E. 5 miles)
				Fields with description	Check box when finished

Nr.	Exercise	Sets	Session 1	Session 2	3	Session 4	Session 5	6	Session 7	Session 8	9	Session 10	Session 11	12	Session 13	Session 14	Session 15
A	Box Squat* Air Squat* Goblet Squat*	Check description fields below Session	Learn technique	Perform 30 reps in total in as many (or little) sets as needed. Take breaks as needed.	Cardio only: Move 40 minutes in low-intensity range	Perform 40 reps in total in as many (or little) sets as needed. Take breaks as needed.	5 Sets à 10 Reps. Take breaks as long as needed.	Cardio only: Move 50 minutes in low-intensity range	4 x 12 Reps. Rest a maximum of 60 seconds.	3 x 16 Reps. Rest a maximum of 60 seconds.	Cardio only: Move 60 minutes in low-intensity range	Set 1: 15 Reps Set 2: 15 Reps Set 3: AMRAP Rest: 60 sec.	2 x 20 Reps Rest for 60 seconds in between	Reine Ausdauerinheit: 60 min Bewegung im niedrigintensiven Bereich	Set 1: 20 Reps Set 2: 20 Reps Set 3: AMRAP Rest: 60 sec.	RECOVERY SESSION: Just move, sweat a little and feel good about yourself. Stretch your muscles or do foam rolling if you feel like it.	Do Firelete Performance Test Level 1. You got it? → Move on to foundation plan number 2. You missed it? → Don't worry. Repeat Session 9-14 as long as needed and focus on your weak spots.
B	Box Push up* Push up*		Learn technique	Perform 20 reps in total in as many (or little) sets as needed. Take breaks as needed.		Perform 30 reps in total in as many (or little) sets as needed. Take breaks as needed.	4 Sets à 10 Reps. Take breaks as long as needed.		3 x 12 Reps. Rest a maximum of 60 seconds.	2 x 16 Reps. Rest a maximum of 60 seconds.		Increase difficulty Set 1: 12 Reps Set 2: 12 Reps Set 3: AMRAP Rest: 60 seconds	2 x 15 Reps Rest for 60 seconds in between		Set 1: 15 Reps Set 2: 15 Reps Set 3: AMRAP Rest: 60 sec.		
C	Suitcase Deadlift (2 volle Schaummittelkanister)		Learn technique	Perform 20 reps in total in as many (or little) sets as needed. Take breaks as needed.		Perform 30 reps in total in as many (or little) sets as needed. Take breaks as needed.	4 Sets à 10 Reps. Take breaks as long as needed.		3 x 12 Reps. Rest a maximum of 60 seconds.	2 x 16 Reps. Rest a maximum of 60 seconds.		Set 1: 15 Reps Set 2: 15 Reps Set 3: AMRAP Rest: 60 seconds	2 x 15 Reps Rest for 60 seconds in between		Set 1: 15 Reps Set 2: 15 Reps Set 3: AMRAP Rest: 60 sec.		
D	Plank (erhöht)		Learn technique	t= 60 sek t= 60 sek		t= 80 sek t= 80 sek	t= 100 sek t= 100 sek		t= 60s x 2 t= 60s x 2	t= 80 sek x2 t= 80 sek x2		t= 100 sek x 2 t= 100 sek x 2	t= 120 sek t= 120 sek		t = ALAP t = ALAP		
E	Inverted Row (with TRX or belt loop)		Learn technique	Perform 20 reps in total in as many (or little) sets as needed. Take breaks as needed.		Perform 30 reps in total in as many (or little) sets as needed. Take breaks as needed.	4 Sets à 10 Reps. Take breaks as long as needed.		3 x 12 Reps. Rest a maximum of 60 seconds.	2 x 16 Reps. Rest a maximum of 60 seconds.		Increase difficulty Set 1: 12 Reps Set 2: 12 Reps Set 3: AMRAP Rest: 60 seconds	2 x 15 Reps Rest for 60 seconds in between		Set 1: 15 Reps Set 2: 15 Reps Set 3: AMRAP Rest: 60 sec.		
F	Farmers Walk with 2 canister		Learn technique	20meter 20meter 20meter		25meter 25meter 25meter	30meter 30meter 30meter		35meter 35meter 35meter	40meter 40meter 40meter		45meter 45meter 45meter	50meter 50meter 50meter		50meter 50meter 50meter		
G	Endurance		Exercise Duration HR Distance	20m 75% HRmax		20m 75% HRmax	20m 75% HRmax		20m 75% HRmax	20m 75% HRmax		20m 75% HRmax	20m 75% HRmax		20m 75% HRmax		

Info & Personal Notes

I recommend at least 3 training sessions per week for optimal results.

* Choose the exercise that allows you to perform the given reps with optimal technique.

