Firelete foundation plan level 5 (without gym) - Strength day 1

© Boldlife GmbH 2018

	Warm up			Target repetition	1
1	5 minutes of cardiovascular warm up (i.E. running, rowing, jumping jacks…)			Weight	
				Actual performed reps	
2	Individual warm up. Recommended after long time sitting, current injuries of mobility issues	Legende	BW	Bodyweight	
2	Warm up sets. Knees, ankles and hips should be ready for training.		TOT	Total repetition	
3	warm up sets. Knees, ankies and hips should be ready for training.		t	time	

Nr.	Exercise	Sets	Break	S	ession 1		Se	ssion 2)	S	ession	3	4	(Deloa	d)	S	ession	5	S	ession	6	S	ession	7	8	(Deloa	ad)	
		1		War	m up se	ts.	Warr	n up se	ets	Wa	rm up s	sets	Wa	ırm up s	sets	Wa	rm up :	sets	Wa	rm up s	sets	Wa	rm up s	sets	Wa	rm up	sets	
Δ	Pistol Squats	2	2-3m	10@8		1	0@8			10@8			10@8			10@8			10@8			10@8			10@8			
, ,	riotor oquato	3	2 0	RP**			RP			RP			RP			RP**		ļ	RP		ļ	RP		ļ	RP		ļ	
		4		RP			RP			RP						RP			RP			RP						
В	Air Squats	1	2m	max	BW	r	nax	BW		max	BW					max	BW		max	BW		max	BW					
	One Leg	1		12@8		1	2@8			12@8			12@8			12@8			12@8			12@8			12@8			
С	Deadlift mit Kanister	2	2m	RP			RP			RP			RP			RP			RP			RP			RP			
	(elevate feet)	3		RP			RP			RP						RP			RP			RP						Repeat
	Pull up	1		20@10		2	0@10			20@10			20@10			20@10			20@10			20@10			20@10			
D	(decrease difficulty with	2	2m	max		r	nax			max			max			max			max			max			max			
	resistance band	3		max		r	nax			max						max			max			max						
	Leg Raise	1		TOT=		Т	OT=			TOT=			TOT=	:		TOT=			TOT=			TOT=			TOT=			
E	Russian Twist	2	60 sek	TOT=		Т	OT=		I	TOT=						TOT=			тот=			TOT=						
[_]	Sideplank r/l	3	oo sek	t=		t=	:			t=						t=			t=			t=						
	Plank			t=		t=	:			t=			t=			t=			t=			t=			t=			

*From level 5 it becomes very important to train in a self-regulating manner so as not to overload the nervous system. To determine the intensity, the character "@" is used. The meaning is as follows: @ 10 = no further repetition is possible. Muscle failure has been achieved @ 9 = another repetition is possible. (you only do 5 reps, though you could do 6) @ 8 = there are still 2 more repetitions possible. 8 @ 8 would mean that you perform 8 reps with an intensity of @ 8. The additional weight must be selected accordingly. *** RP means Repeat. You take the same weight and do the same repetitions. The intensity increases due to the pre-fatigue from sentence to sentence. As additional weight (for Pistol Squats, pull-ups, dips, etc., everything possible can be used: Kettlebelles, stones, canisters ... be creative)

Firelete foundation plan level 5 (without gym) - Strength day 2

© Boldlife GmbH 2018

	Warm up			Target repetition	1
1	5 minutes of cardiovascular warm up (i.E. running, rowing, jumping jacks)			Weight	
2	Individual warm up. Recommended after long time sitting, current injuries of mobility issues	Legende		Actual performed reps	
	individual warm up. Recommended after long time sitting, current injuries of mobility issues		BW	Bodyweight	
3	Warm up gots. Knoog ankles and him should be ready for training		TOT	Total repetition	
3	Warm up sets. Knees, ankles and hips should be ready for training.		t	time	

Nr.	Exercise	Sets	Break	Session 1	Session 2	Session 3	4 (Deload)	Session 5	Session 6	Session 7	8 (Deload)	
	Pull up (use	1 2		Warm up sets.	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	
Α	additional weight in the	3	120 - 240 sek	RP**	5@8 RP	5@8 RP	max BW	5@8 RP	5@8 RP	5@8 RP	max BW	
	first three sets)	5		max BW	max BW	max BW		max BW	max BW	max BW		
	Dips (use	1		Warm up sets.	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	Warm up sets	
В	additional weight in the	3	120 - 240 sek	RP**	5@8 RP	5@8 RP	5@8 RP	5@8 RP	5@8 RP	5@8 RP	5@8 RP	
	first three sets)	4 5	SCK	RP max 60%BW	RP BW	RP BW		RP BW	RP BW	RP BW		Repeat
С	One Arm Row	1 2	120 sek	max max	max max	max max	max max	max max	max max	max max	max max	
D	One Arm Press	1	120 sek	20@10	20@10 max	20@10 max	20@10 max	20@10 max	20@10 max	20@10 max	20@10 max	
Е	Farmers Walk	1 2 3	60 sek	4 sets with 60 sec. rest in between Distance =		4 sets with 60 sec.	1000 m in as less sets as possible	4 sets with 60 sec. rest in between Distance =	1000 m in as less sets as possible	4 sets with 60 sec. rest in between Distance =	1000 m in as less sets as possible	

Info and personal notes:

- *From level 5 it becomes very important to train in a self-regulating manner so as not to overload the nervous system. To determine the intensity, the character "@" is used. The meaning is as follows:
- @ 10 = no further repetition is possible. Muscle failure has been achieved
 @ 9 = another repetition is possible. (you only do 5 reps, though you could do 6)
 @ 8 = there are still 2 more repetitions possible.
- 8 @ 8 would mean that you perform 8 reps with an intensity of @ 8. The additional weight must be selected accordingly.

** RP means Repeat. You take the same weight and do the same repetitions. The intensity increases due to the pre-fatigue from sentence to sentence.

As additional weight (for Pistol Squats, pull-ups, dips, etc., everything possible can be used: Kettlebelles, stones, canisters ... be creative)

Firelete foundation plan level 5 (without gym) - Strength day 3

© Boldlife GmbH 2018

		Warm up			Target repetition	1
	1	5 minutes of cardiovascular warm up (i.E. running, rowing, jumping jacks…)			Weight	
Γ	2	Individual warm up. Decommended after long time sitting, current injuries of mobility issues	Loganda		Actual performed reps	
	2	Individual warm up. Recommended after long time sitting, current injuries of mobility issues	Legende	BW	Bodyweight	
Γ	2	Warra un acta Knaca caldo and bina abauld be ready for training]	тот	Total repetition	
	3	Warm up sets. Knees, ankles and hips should be ready for training.		t	time	

Nr.	Exercises	Sets	Break		Sessio	on 1	S	Session	12	S	ession	3	4	(Deloa	d)	S	ession	5	S	ession	6	S	ession	7	8	(Deloa	ad)	
	Suitcase	1		W	arm up	sets.	Wa	rm up	sets	Wa	rm up s	sets	Wa	rm up s	sets	Wa	rm up :	sets	Wa	rm up s	sets	Wa	rm up :	sets	Wa	ırm up	sets	
Α	Deadlift (canister filled with water)	2 3 4	120 - 240 sek		3 Sets aximur TOT	n reps		eps in a as pos	as less ssible		with ma reps TOT =	aximum	200 re sets	eps in a as pos	is less sible	3 Sets	with ma reps TOT =	aximum		ps in a		3 Sets	with ma reps TOT =			eps in a	as less ssible	
В	Bulgarischer Split Squat	1 2 3	120- 180 sek	12@8 RP			12@8 RP RP			12@8 RP RP			12@8 RP			12@8 RP RP			12@8 RP RP			12@8 RP RP			12@8 RP			_
С	Push up (elevate feet every other session)	1 2 3	120 sek	max max max			max max max			max max max			max max max			max max max			max max max			max max max			max max max			Repeat
D	Roll out Roll out Roll out Plank	1 2 3	60 sek	TOT TOT TOT	=		TOT= TOT= TOT=			TOT= TOT= TOT=			TOT= TOT= TOT=			TOT= TOT= TOT=			TOT= TOT= TOT=			TOT= TOT= TOT=			TOT= TOT= TOT=	 :		

Info and personal notes:

- From level 5 it becomes very important to train in a self-regulating manner so as not to overload the nervous system. To determine the intensity, the character "@" is used. The meaning is as follows:
- @ 10 = no further repetition is possible. Muscle failure has been achieved
 @ 9 = another repetition is possible. (you only do 5 reps, though you could do 6)
 @ 8 = there are still 2 more repetitions possible.
- 8 @ 8 would mean that you perform 8 reps with an intensity of @ 8.

The additional weight must be selected accordingly.

** RP means Repeat. You take the same weight and do the same repetitions. The intensity increases due to the pre-fatigue from sentence to sentence.

As additional weight (for Pistol Squats, pull-ups, dips, etc., everything possible can be used: Kettlebelles, stones, canisters ... be creative)

Firelete foundation plan level 5 (without gym) - Endurance days

© Boldlife GmbH 2018

Warm up: Perform individual warm up			Insert Data
Info: Do endurance days between your strength sessions. So alternate them every other day.	Legende	%	Refers to the individual HRmax

Da	ate:	Date:	Da	ate:	Date:	Da	te:	Date:
Activity p	performed	Activity performed	Activity p	erformed	Activity performed	Activity p	erformed	Activity performed
4 x 40	0 m run	Moderat run	Interval	lltraining	Low intensity run	4 x 400) m run	Moderat run
Time (first lap)		Target HR	Intervall 1:	3 min @ 65 %	Target HR	Time (first lap)		Target HR
Time (second lap)		75 %	Invervall 2:	1 min @ 90 %	65 %	Time (second lap)		75 %
Time (third lap)		Duration	Repeat:	5 x	Duration	Time (third lap)		Duration
Time (fourth lap)		45m	Total duration	20m	1h	Time (fourth lap)		45m
Post hotwoon	sets 5 minutes	Distance traveled	Distance	e traveled	Distance traveled	Post hotwoon	sets 5 minutes	Distance traveled
Nest between	sets 5 minutes					Nest between	sets 3 minutes	
Da	ate:	Date:	Da	ate:	Date:	Da	te:	Date:
Activity p	performed	Activity performed	Activity p	performed	Activity performed	Activity p	erformed	Activity performed
	performed Iltraining	Activity performed Low intensity run		performed 0 m run	Activity performed Moderat run	Activity p		Activity performed Low intensity run
Interva	Iltraining 3 min @ 65 % 1 min @ 90 %	Low intensity run	4 x 40		Moderat run	Interval	Itraining	Low intensity run
Interva	Iltraining 3 min @ 65 %	Low intensity run Target HR	4 x 40i Time (first lap) Time		Moderat run Target HR	Interval	Itraining 3 min @ 65 %	Low intensity run Target HR
Intervall 1:	Iltraining 3 min @ 65 % 1 min @ 90 %	Low intensity run Target HR 65 %	Time (first lap) Time (second lap) Time		Moderat run Target HR 75 %	Interval Intervall 1: Invervall 2:	Itraining 3 min @ 65 % 1 min @ 90 %	Low intensity run Target HR 65 %
Interval 1: Invervall 2: Repeat: Total duration	1 min @ 90 %	Low intensity run Target HR 65 % Duration	4 x 40 Time (first lap) Time (second lap) Time (third lap) Time (fourth lap)		Moderat run Target HR 75 % Duration	Intervall 1: Invervall 2: Repeat:	Itraining 3 min @ 65 % 1 min @ 90 % 5 x 20m	Low intensity run Target HR 65 % Duration

After Session 12 make the following changes:

¹⁾ Moderat run increases intensity to 80% HR and decreases duration to 30 min 2) Intervalltraining is going to be 2 minutes low intensity and 2 minutes high intensity 3) Increase time of low intensity run to 80 minutes.