	Warm up			Aim for set reps	4
1	5 Minutes Cardiovascular Training (i.E. running, rowing, jumping jacks)			Weight	
				Actual performed reps	
	Individual warm up (recommended after long time sitting, current injuries or mobility issues)	Legende	BW	Bodyweight	
3	3-4 Warm up sets before exercise A.	1	тот	Total reps	
Ĺ	5-4 Wallii up sets belore exercise A.		t	time	

Time	Nr.	Exercise	RM Test	Sets	Break		TE1			TE2			TE3		TE	4 (Deloa	d)	TE	5 (+10k	(g)		TE6			TE7		TE	8 (Delo	oad)		
				1		Wa	ırm up s	sets	Wai	rm up s	sets	Wa	rm up s	sets	Wa	rm up se	ets	Wa	rm up s	ets	Wa	m up s	sets	Wa	ırm up s	sets	Wa	rm up	sets		
	Α	Back Squats		2	120 - 180	7	52,00		5	57,00		7	62,00		7	50,00		7	62,00		5	67,00		7	72,00		7	60,00		1	
	A	Dack Squais		3	sek	7	60,00		5	65,00		5	70,00		7	55,00		7	70,00		5	75,00		5	80,00		7	65,00]	
				Χ		7+	68,00		5+	73,00		3+	78,00		7	60,00		7+	78,00		5+	83,00		3+	88,00		7	70,00			
		Leg Raise		1		max	BW	ļ	max	BW		max	BW		max	BW		max	BW		max	BW		max	BW	ļ	max	BW	ļ		
	В	(alternativ Knee Raise)		2	60 sek	max	BW		max	BW		max	BW		max	BW		max	BW		max	BW		max	BW		max	BW			
		Raise)		3		max	BW		max	BW		max	BW		max	BW		max	BW		max	BW		max	BW		max	BW		Datamaia	. Anna incina n
60-	С	Lunge		1	120	20			20			20			20	ļ		20			20		ļ	20			20			Determine weights ar	
90 min				2	sek	20			20			20			20			20			20			20			20			training plan	(if challenge
		Plank		1		t=			t=			t=			t=			t=			t=			t=			t=			is not ac	hieved)
	D	Sideplank r/l		2	60 sek	t=			t=			t=			t=			t=			t=			t=			t=				
		Russian Twist		3		TOT=	=		TOT=			TOT=	:		TOT=	1		TOT=			TOT=			TOT=	:		TOT=				
	Е	Goblet Squats		Tal	bata**		25%*			25%*			25%*			25%*			25%*			25%*			25%*			25%*			
		Gobiet Squats		Iai	Dala	TOT=	=		TOT=			TOT=			TOT=			TOT=			TOT=			TOT=	=		TOT=				
	_	Kettlebell		Tol	hoto**		25%*			25%*			25%*			25%*			25%*			25%*			25%*			25%*]	
	F	Swings		Tai	bata**	TOT=	=		TOT=			TOT=			TOT=			TOT=			TOT=			TOT=	=		TOT=				

Info:

Before your first training session, determine your training weight for the squat exercise. Take a weight that you can handle a maximum of 8x with proper technique. Enter your value in the following table. Then your individual training weights will appear in the plan above. If TE5 is too heavy increase only by 5kg.

Percentage refers to your own body weight.

** 8 sets with 20 seconds load and 10 sec. Pause. 4 minutes in total. Times must be kept

exactly!

Maximum force calculation and determination of the training weightsExerciseRepsWeightYour max. weightBack Squat (Example)880100,00												
Exercise Reps Weight Your max. weight												
Back Squat (Example) 8 80 100,00												
Attention! In this plan, determine												
describe and send your values to support@feuerwehrfitness.com Afterwards you get the plan adapted to your strength values!												

Personal Notes:

Firelete foundation plan level 4 - day 2 (Longterm endurance - easy)

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Warm up: Individual warm up before running	Logondo	Insert Data
Info: If you prefer rowing cut training time by 15 minutes	Legende	iliseit Data

Da	te:	Da	ate:	Da	nte:	Da	ite:	Da	ite:	Da	te:
Activity p	erformed:										
Aimed HR	Average HR										
65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax	
Duration	Actual duration										
1h		1h		1h		1h		1h		1h	
Traveled	distance										
Da	te:	Da	ate:	Da	ite:	Da	ite:	Da	ite:	Da	ite:
Ausgeübt	e Tätigkeit										
Aimed HR	Average HR										
65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax	
Duration	Actual duration										
1h		1h		1h		1h		1h		1h	
Traveled	distance										

Firelete foundation level 4 - day 3

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	Warm up			Aim for set reps			
1	5 Minutes Cardiovascular Training (i.E. running, rowing, jumping jacks)			Weight			
2	Individual warm up (recommended after long time citting, current injuries or mobility issues)	Logondo		Actual performed reps			
	Individual warm up (recommended after long time sitting, current injuries or mobility issues)	Legende	BW	Bodyweight			
	2.4 Warm up gata before eversion A	1	1	1	тот	Total reps	
3	3-4 Warm up sets before exercise A.		t	time			

Time	Nr.	Exercise	RM Test	Sets	Break		TE1			TE2		TE3		TE	4 (Delo	ad)	TI	E5 (+5kg)		TE6		TE7		TE	8 (Delo	ad)		
				1		Wa	ırm up s	ets	Wai	rm up sets	Wa	ırm up	sets	Wa	rm up :	sets	Wa	rm up sets	Wa	arm up sets	Wa	ırm up :	sets	Wa	arm up	sets		
	Δ	Bench Press		2	120 - 180	7	52,00		5	57,00	7	62,00		7	50,00		7	57,00	5	62,00	7	67,00		7	55,00			
	^	Delicii Fiess		3	sek	7	60,00		5	65,00	5	70,00)	7	55,00		7	65,00	5	70,00	5	75,00		7	60,00			
				Х		7+	68,00		5+	73,00	3+	78,00)	7	60,00		7+	73,00	5+	78,00	3+	83,00		7	65,00	_		
				1	120 -	7	52,00		5	57,00	7	62,00)	7	50,00	ļ	7	57,00	5	62,00	7	67,00	ļ	7	55,00	ļ		
	В	Pull up		2	180	7	60,00		5	65,00	5	70,00)	7	55,00	ļ	7	65,00	5	70,00	5	75,00		7	60,00	ļ		
				3	sek	7+	68,00		5+	73,00	3+	78,00)	7	60,00		7+	73,00	5+	78,00	3+	83,00		7	65,00			
				1	400	max	BW		max	BW	max	BW		max	BW	ļ	max	BW	max	BW	max	BW		max	BW		Determine	e training
60-	С	Push up		2	120 sek	max	BW		max	BW	max	BW		max	BW		max	BW	max	BW	max	BW		max	BW		weights ar	nd restart
90 min				3	55.1	max	BW		max	BW	max	BW		max	BW		max	BW	max	BW	max	BW		max	BW		training plan is not ac	(if challenge hieved)
				1	400	15			15		15			15		ļ	15		15		15			15				,
	D	One Arm Row		2	120 sek	15			15		15			15			15		15		15			15				
				3	oo	15			15		15			15			15		15		15			15]	
	Ε	Sledge Hammer (alt. Hampelmann)		Tal	bata**	Chec finish	k box w ed		Check finishe	k box when ed	Chec	k box ed	when	Chec finish	k box v ed	hen	Chec finish	k box when ed	Cheo finish	ck box when ned	Chec	k box v ed	vhen	Chec finish	k box v ed	hen		
	F	Battleropes		Tal	bata**		ck box n finish			k box finished		ck box n finis			k box i finish			ck box n finished		ck box n finished		ck box n finish			ck box n finish			

Before your first training session, determine your training weight for the squat exercise. Take a weight that you can handle a maximum of 8x with proper technique. Enter your value in the following table. Then your individual training weights will appear in the plan above. If TE5 is too heavy, only increase by 2.5kg.

Maximum force calculation and determination of the training weights

Exercise	Retition	Weight	Your max. weight
Bench Press (Example)	6	82,5	100,00
Pull up (Example)	6	82,5	100,00

Attention! Determine your strength values in this plan (Bench Press / Pull up as in the Info describe and send your values to support@feuerwehrfitness.com Afterwards you get the plan adapted to your strength values!

Personal Notes:

Percentage refers to your own body weight.

** 8 sets with 20 seconds load and 10 sec. Pause. 4 minutes in total. Times must be kept exactly!

Firelete foundation plan level 3 - day 4 (Longterm endurance moderat)

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Warm up: Individual warm up before running	Legende	Inpact Data
Info: If you prefer rowing cut training time by 15 minutes	Legende	Insert Data

Da	ite:	Da	ite:	Da	te:	Da	ite:	Da	ite:	Da	ate:
Activity p	erformed:	Activity p	erformed:	Activity p	erformed:	Activity p	erformed:	Activity p	erformed:	Activity p	erformed:
Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR
80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax	
Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration
30m		30m		30m		30m		30m		30m	
Traveled distance		Traveled	distance	Traveled	distance	Traveled	distance	Traveled	distance	Traveled	l distance
Da	ite:	Da	ite:	Da	ite:	Da	ite:	Da	ite:	Da	ate:
	Date.										
Activity p	erformed:	Activity p	erformed:	Activity p	erformed:	Activity p	erformed:	Activity p	erformed:	Activity p	erformed:
Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR
80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax		80 % HRmax	
Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration
30m		30m		30m		30m		30m		30m	
Traveled	distance	Traveled	distance	Traveled	distance	Traveled	distance	Traveled	distance	Traveled	l distance

Firelete foundation plan level 4 - day 5

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	Warm up			Aim for set reps	1
1	5 Minutes Cardiovascular Training (i.E. running, rowing, jumping jacks)			Weight	
	Individual warm up (recommended offer long time citting ourrent injuries or mobility issues)	Legende		Actual performed reps	
	Individual warm up (recommended after long time sitting, current injuries or mobility issues)		BW	Bodyweight	(Right)
	2.4 Marra un acta hafara avaraisa A	1	TOT	Total reps	
3	3-4 Warm up sets before exercise A.		t	time	-

Time	Nr.	Exercise	RM Test	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5 (+10kg)	TE6	TE7	TE8 (Deload)	
				1		Warm up sets								
	Δ	Decalif		2	120 -	7 52,00	5 57,00	7 62,00	7 50,00	7 62,00	5 67,00	7 72,00	7 60,00	
	А	Deadlift		3	180 sek	7 60,00	5 65,00	5 <mark>70,00</mark>	7 55,00	7 70,00	5 <mark>75,00</mark>	5 80,00	7 65,00	
				Χ		7+ 68,00	5+ 73,00	3+ 78,00	7 60,00	7+ 78,00	5+ 83,00	3+ 88,00	7 70,00	
				1	120 -	max BW								
	В	Chin up		2	180 sek	max BW								
				3	sek	max BW								
				1	120	max BW								
00	С	Dips		2	-180 sek	max BW	Determine training							
60- 90 mir				3	JCK	max BW	weights and restart training plan (if challenge							
				1	60-90	15	15	15	15	15	15	15	15	is not achieved)
	D	Side Raise		2	sek	15	15	15	15	15	15	15	15	ļ l
				3		15	15	15	15	15	15	15	15	
		Farmers Walk*		1		100	100	100	100	100	100	100	100	1
	Ε	distance 100		2	60 Sek.	100	100	100	100	100	100	100	100	1
		meter		3 4		100	100	100	100	100	100	100	100	
	F	Bear Crawl			bata**	Check box when finished								

Info:

Before your first training session, determine your training weight for the squat exercise. Take a weight that you can handle a maximum of 8x with proper technique. Enter your value in the following table. Then your individual training weights will appear in the plan above. If TE5 is too heavy, only increase by 2.5kg.

As soon as 100m are not completed, the exercise is over. Maximum 4 sentences.

** 8 sets with 20 seconds load and 10 sec. Pause. 4 minutes in total. Times must be kept

exactly!

Maximum force calculation and determination of the training weights				
Exercise	Repetition	Weight	Your max. weight	
Deadlift (Example)	6	82,5	100,00	
Attention! Determine your strength values in the deadlift as well as in the info				
describe and send your values to support@feuerwehrfitness.com Afterwards you get the plan adapted to your strength values!				

Personal Notes: