


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

Time	Nr.	Exercise	RM Test	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5 (+10kg)	TE6	TE7	TE8 (Deload)									
60-90 min	A	Back Squats		1	120 - 180 sek	Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Determine training weights and restart training plan (if challenge is not achieved)						
				2		7	52,00	5	57,00	7	62,00	7	50,00	7	62,00		5	67,00	7	72,00	7	60,00
				3		7	60,00	5	65,00	5	70,00	7	55,00	7	70,00		5	75,00	5	80,00	7	65,00
	X	7+	68,00	5+	73,00	3+	78,00	7	60,00	7+	78,00	5+	83,00	3+	88,00		7	70,00				
	B	Leg Raise (alternativ Knee Raise)		1	60 sek	max	BW	max	BW	max	BW	max	BW	max	BW		max	BW	max	BW	max	BW
				2		max	BW	max	BW	max	BW	max	BW	max	BW		max	BW	max	BW	max	BW
				3		max	BW	max	BW	max	BW	max	BW	max	BW		max	BW	max	BW	max	BW
	C	Lunge		1	120 sek	20		20		20		20		20			20		20		20	
				2		20		20		20		20		20			20		20		20	
	D	Plank Sideplank r/l Russian Twist		1	60 sek	t=		t=		t=		t=		t=			t=		t=		t=	
				2		t=		t=		t=		t=		t=			t=		t=		t=	
				3		TOT=		TOT=		TOT=		TOT=		TOT=			TOT=		TOT=		TOT=	
E	Goblet Squats		Tabata**		25%*		25%*		25%*		25%*		25%*		25%*		25%*		25%*			
			TOT=		TOT=		TOT=		TOT=		TOT=		TOT=		TOT=		TOT=		TOT=			
F	Kettlebell Swings		Tabata**		25%*		25%*		25%*		25%*		25%*		25%*		25%*		25%*			
			TOT=		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 weights			
Exercise	Reps	Weight	Your max. weight
Back Squat (Example)	8	80	100,00

Attention! In this plan, determine your strength values in the squat as in the info describe and send your values to [support@feuerwehrfitness.com](mailto:support@feuerwehrfitness.com)  
 Afterwards you get the plan adapted to your strength values!


**Personal Notes:**

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

Legende

Insert Data

Date:		Date:		Date:		Date:		Date:		Date:	
Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:	
Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR
65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax	
Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration
1h		1h		1h		1h		1h		1h	
Traveled distance		Traveled distance		Traveled distance		Traveled distance		Traveled distance		Traveled distance	
Date:		Date:		Date:		Date:		Date:		Date:	
Ausgeübte Tätigkeit		Ausgeübte Tätigkeit		Ausgeübte Tätigkeit		Ausgeübte Tätigkeit		Ausgeübte Tätigkeit		Ausgeübte Tätigkeit	
Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR	Aimed HR	Average HR
65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax		65 % HRmax	
Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration	Duration	Actual duration
1h		1h		1h		1h		1h		1h	
Traveled distance		Traveled distance		Traveled distance		Traveled distance		Traveled distance		Traveled distance	

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

Time	Nr.	Exercise	RM Test	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5 (+5kg)	TE6	TE7	TE8 (Deload)									
60-90 min	A	Bench Press		1	120 - 180 sek	Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Determine training weights and restart training plan (if challenge is not achieved)		
				2		7	52,00	5	57,00	7	62,00	7	50,00	7	57,00	5	62,00	7	67,00		7	55,00
				3		7	60,00	5	65,00	5	70,00	7	55,00	7	65,00	5	70,00	5	75,00		7	60,00
	X	7+	68,00	5+	73,00	3+	78,00	7	60,00	7+	73,00	5+	78,00	3+	83,00	7	65,00					
	B	Pull up		1	120 - 180 sek	Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets				
				2		7	52,00	5	57,00	7	62,00	7	50,00	7	57,00	5	62,00	7	67,00		7	55,00
				3		7	60,00	5	65,00	5	70,00	7	55,00	7	65,00	5	70,00	5	75,00		7	60,00
	X	7+	68,00	5+	73,00	3+	78,00	7	60,00	7+	73,00	5+	78,00	3+	83,00	7	65,00					
	C	Push up		1	120 sek	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW		max	BW
				2		max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW		max	BW
				3		max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW		max	BW
	D	One Arm Row		1	120 sek	15		15		15		15		15		15		15			15	
				2		15		15		15		15		15		15		15			15	
				3		15		15		15		15		15		15		15			15	
	E	Sledge Hammer (alt. Hampelmann)		Tabata**		Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished							
				F	Battleropes		Tabata**		Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	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.  
 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 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](mailto:support@feuerwehrfitness.com)  
 Afterwards you get the plan adapted to your strength values!


**Personal Notes:**

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

Legende

Insert Data

Date:		Date:		Date:		Date:		Date:		Date:	
Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:	
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 distance	
Date:		Date:		Date:		Date:		Date:		Date:	
Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:		Activity performed:	
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 distance	

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

Time	Nr.	Exercise	RM Test	Sets	Break	TE1	TE2	TE3	TE4 (Deload)	TE5 (+10kg)	TE6	TE7	TE8 (Deload)								
60-90 min	A	Deadlift		1	120 - 180 sek	Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets		Warm up sets			
				2		7	52,00	5	57,00	7	62,00	7	50,00	7	62,00	5	67,00	7	72,00	7	60,00
				3		7	60,00	5	65,00	5	70,00	7	55,00	7	70,00	5	75,00	5	80,00	7	65,00
		X	7+	68,00	5+	73,00	3+	78,00	7	60,00	7+	78,00	5+	83,00	3+	88,00	7	70,00			
	B	Chin up		1	120 - 180 sek	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW
				2		max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW
				3		max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW
	C	Dips		1	120 - 180 sek	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW
				2		max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW
				3		max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW	max	BW
	D	Side Raise		1	60-90 sek	15		15		15		15		15		15		15		15	
				2		15		15		15		15		15		15		15		15	
				3		15		15		15		15		15		15		15		15	
	E	Farmers Walk* distance 100 meter		1	60 Sek.	100		100		100		100		100		100		100		100	
				2		100		100		100		100		100		100		100		100	
				3		100		100		100		100		100		100		100		100	
				4		100		100		100		100		100		100		100		100	
	F	Bear Crawl			Tabata**	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished	Check box when finished								

Determine training weights and restart training plan (if challenge is not achieved)

**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](mailto:support@feuerwehrfitness.com)  
 Afterwards you get the plan adapted to your strength values!

**Personal Notes:**