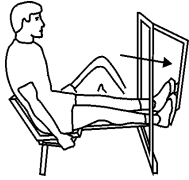


TARGET•WEIGHT•COACH™

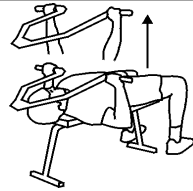
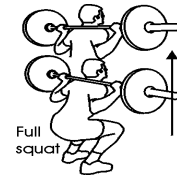
Professional Firefighter Strength Training Program

– PRIMARY CORE EXERCISES –



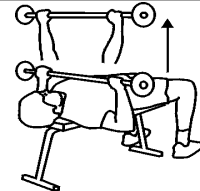
Machine Leg Press or Free Weight Squat (StrengthTest: 1-RM)

Four sets x 8 reps — 2 weeks
Standard 5 sets x 5 reps — 3-4 weeks
Six sets x 3 reps — 3-4 weeks



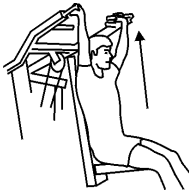
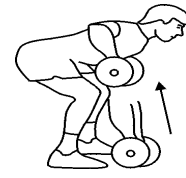
Machine Bench or Free Weight Bench (StrengthTest: 1-RM)

Four sets x 8 reps — 2 weeks
Standard 5 sets x 5 reps — 3-4 weeks
Six sets x 3 reps — 3-4 weeks



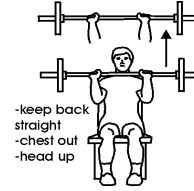
Machine Lat Pull or Free Weight Row (StrengthTest: 1-RM Est.)

Quick-3 sets x 10 reps — 2 weeks
Four sets x 8 reps — 3-4 weeks
Standard 5 sets x 6 reps — 3-4 weeks

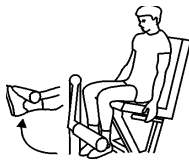


Machine Press or Free Weight Press (StrengthTest: 1-RM Est.)

Quick-3 sets x 10 reps — 2 weeks
Four sets x 8 reps — 3-4 weeks
Standard 5 sets x 6 reps — 3-4 weeks

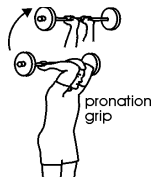
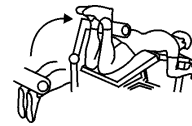


– SECONDARY & SPECIAL EXERCISES –



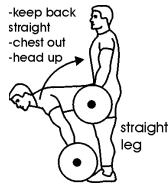
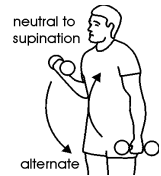
Leg Extension and Leg Curl

1-2 sets x 8-12 reps — 2 weeks
2 sets x 8-12 reps — 3-4 weeks
2-3 sets x 8-12 reps — 3-4 weeks



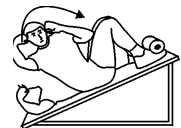
Tricep Extension and Bicep Curl (select a machine or free weight version)

1-2 sets x 8-12 reps — 2 weeks
2 sets x 8-12 reps — 3-4 weeks
2-3 sets x 8-12 reps — 3-4 weeks



Low Back and Abdominals (select a machine or free weight version)

1-2 sets x 15+ reps — 2 weeks
2 sets x 15+ reps — 3-4 weeks
2-3 sets x 15+ reps — 3-4 weeks



Forearms/Grip (rotate versions)

1-2 sets x 15+ reps — 2 weeks
2 sets x 15+ reps — 3-4 weeks
2-3 sets x 15+ reps — 3-4 weeks

