



As you continue to pursue this career, it is important that you consider the physical demands of being a firefighter and prepare yourself accordingly. The work of a firefighter requires physical strength, cardiovascular endurance, flexibility, coordination, and stamina—often all at the same time. Below are some fitness benchmarks that will help you gauge your preparedness for a successful career as a firefighter. Ideal recruits will be **High-Performance** in all categories.

****The exercises below should not be performed without proper technique and form. Examples of the exercises can be found at www.youtube.com/c/FunctionalBodyBuilding but this resource should not replace the guidance of a licensed healthcare provider, physical therapist, or trainer. All exercises should be performed at your own risk.****

Needs Improvement

Average

High-Performance

Vertical Pull

- Dead Hang for 30 seconds
- Flexed Arm Hang for 30 seconds
- Chin Ups x 1 – 5 reps
- Pull Ups x 8-10 reps
- Weighted Pull Ups 0.25 x Body Weight x 1 or more reps

Weighted Movement

- Farmer Carry with Kettlebell/Dumbbell 0.25 x Body Weight per arm for 30 seconds
- Suitcase Carry with Kettlebell/Dumbbell 0.25 x Body Weight for 30 seconds per side
- Farmer Carry with Kettlebell/Dumbbell 0.25 x Body Weight per arm for 1 minute

Horizontal Push

- Push Ups x 10
- Dumbbell Chest Press 0.25 Body Weight per hand x 10 reps
- Push Ups x 25
- Dumbbell Chest Press 0.4 x Body Weight per hand x 10 reps
- Push Ups x 40+

Cardiovascular

- 1 mile run in 10:40
- 1 mile run in 9:00
- 1 mile run in 7:30 or less

Burpees

- 20 Burpees in 60+
- 20 Burpees in 45-60 seconds
- 20 Burpees in 45 seconds or less

SAMPLE WEEKLY WORKOUT PLAN

Day	Exercise	Sets	Reps
Monday - Perform 4 exercises in a row and then take a 1 min break between sets			
	<i>10 min warmup</i>		
	KB/DB Goblet Squats	3	12--15 30-45 sec
	KB/DB Suitcase Carry	3	each
	Pull Ups/Lat Pulldowns	3	12--15
	Front Plank	3	30-60 sec
	KB Deadlift	3	12--15 30-60 sec
	Side Plank	3	each
	DB SA Shoulder Press	3	12-15 each
	Flutter Kicks	3	30-60 sec
	<i>Stretch</i>		
Tuesday	<i>Stretch</i>		
	1 Mile Run	1	1
	<i>Stretch</i>		
Wednesday	Rest		
Thursday - Perform all of the reps for all of the exercises in any order with minimal breaks.			
	Split exercises as needed (e.g. 50 burpees as 5 sets of 10 reps)		
	<i>10 min Warmup</i>		
	Squat Jumps	1	100
	Mountain Climbers	1	200
	Farmer Carry	1	100yds total
	Glute Bridges	1	200
	Russian Twist	1	200 total
	Band Pull A Parts	1	100
	Burpees	1	50
	<i>Stretch</i>		
Friday	<i>Stretch</i>		
	2 mile Run	1	1
	<i>Stretch</i>		
Saturday	Rest		
Sunday	Rest		

This document does not constitute a guarantee of success in our hiring process, training academy, or department. It will ultimately be up to you to be in peak physical condition to be ready for the opportunities ahead of you.

If you wait to be hired to get in shape, it's already too late!