

FIREFIGHTER CRAFTSMANSHIP
PRESENTS:

9 FIREFIGHTER CREW WORKOUTS

by Jon McKeon

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FFC CREW WORKOUTS

We all understand that physical fitness is part of our job description. This is a given. We need to be physically and mentally prepared for our job, and that means we should be working out on duty. How hard we workout should be balanced with the necessity of being ready to respond, but we can still get some work in.

One of the things we've learned is that crew workouts provide a lot for your team. The fitness benefits aside, crew workouts are a great way to build camaraderie within the crew. Going through a challenging workout together builds trust, confidence, respect, empathy, and teamwork.

Below are some workouts for you to try with your crew. Equipment can be substituted as needed, and most of these workouts can be performed on air or using a Blast Mask.

Give them a try and let us know how it goes!

FFC Warmup Routine

As you're warming up, attempt to do as much nasal breathing as possible. In through the nose and out through the nose or out through the mouth. The inhalation should be nasal only if possible. This preps your respiratory and central nervous system for the demands that are about to come!

3:00 Easy jog, bike, row, jump rope

10x Torso Swings

10x Front Arm Swings

10x Bent Over Torso Swings

10x Overhead Arm Swings

10x Front Leg Swings (each leg)

10x Arm Circles Forward

10x Side Leg Swings (each leg)

10x Arm Circles Backward

5x Lunge + Twist (each leg)

10x Shoulder Rolls Forward

3x Deep Lunge + Reach

10x Shoulder Rolls Backward

5x Push-up+Downward Dog

10x Air Squat

"Every time you train, train with the motivation and purpose that you will be the hardest person someone ever tries to kill."
-Tim Kennedy

WORKOUT 01

In Teams of 2 Complete 3 Rounds for Total Reps of:

3:00 Bike/Row Cals

3:00 Burpees

3:00 Power Cleans, 135#/95#

WORKOUT 02

In Teams of 2 Complete 5 Rounds for Time of:

Partner 1: 100' Farmer's Carry

Partner 2: 100' Farmers Carry

Partner 1: 10 Deadlifts

Partner 2: 10 Deadlifts

Partner 1: 8 Strict Pull-ups

Partner 2: 8 Strict Pull-ups

"If you think lifting weights is dangerous, try being weak. Being weak is dangerous." -Brett Contreras

WORKOUT 03

Every 2:00 for 32:00 Complete:

0:00-2:00: Run 200m

2:00-4:00: 40 Russian Kettlebell Swings

4:00-6:00: Row 400m

6:00-8:00: 20 Box Step Ups to 24" w/ Hose Pack on Shoulder

WORKOUT 04

In Teams of 2 On Air (no bunkers) Complete As Many Rounds As Possible in 14:00 of:

Person 1: Row 15 Cal

Person 2: Row 15 Cal

Person 1: 50' Odd Object Carry

Person 2: 50' Odd Object Carry

Person 1: 0:30 Plank Hold

Person 2: 0:30 Plank Hold

At the 14:00 minute mark wheel breathe for 10:00 or until bottle is empty, whichever comes first.

**"The strongest bonds are forged in the most challenging situations"
-Adam Grant**

WORKOUT 05

In teams of 2 complete as many rounds as possible (AMRAP) in 30:00 of:

Partner 1: Row 1000m

Partner 2: AMRAP Strict "Cindy" (5 Strict Pull-ups, 10 Push-ups 15 Air Squats) while Partner 1 is rowing.

Then, Partner 2: Row 1000m

Partner 1: AMRAP Strict "Cindy" (5 Strict Pull-ups, 10 Push-ups 15 Air Squats) while Partner 2 is rowing
(courtesy of Train For The Win)

WORKOUT 06

Complete 5 Rounds NOT for time of:

10 Strict Pull-ups

12 Renegade Rows

WORKOUT 07

Complete every 2:00 for 7 sets:

2 Power Cleans

Add load each set while maintaining perfect form.

"Camaraderie is shared suffering and laughter" -Andy Stumpf

WORKOUT 08

In Teams of 2, complete 3 rounds for time:

10 Synchro Deadlifts

20 Synchro Jumping Lunges

30 Synchro Hand Release Push-ups

Run 400m together

Synchro deadlift is both partners standing up at the top of the rep.

Synchro jumping lunge is both partners knees touch the ground together.

Synchro HR Push-ups are chest to deck together, lock out at top together.

WORKOUT 09

In teams of 3 complete 4 rounds of:

100' Sandbag Bear Crawl (pacer)

Burpees

Box Jumps, 24"

Partner 1 completes the bear crawl while Partner 2 works on the burpees and Partner 3 on the box jumps. Once the bear crawl is completed, everyone rotates.

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