

Name: _____ Date Started: _____ Duration: _____ Aims/Objectives: To help prepare for the Annual Health & Fitness
Program: 1 (Gym) _____ Review.

WEEK








| | Sets x Reps / Rest | 1 | 2 | 3 | 4 | 5 | 6 | Link to exercises / QR Code |
|---|---|---|---|---|---|---|---|---|
| 1. Romanian Deadlift 2. DB High Pull | 8 reps x 3 sets (1min rest) | | | | | | |   |
| 1. Walking Lunge Rot 2. Slam Balls 3. Cable rotations (Change side each round) | 35s each : 25s rest between. (12 min total) | | | | | | |    |
| Rowing or Bike | 30s hard : 30s easy x 6 (6min total) | | | | | | |  |

NOTES – Please warm up for 3-5 mins and Cool down for at least 3 mins. Record Weights used or distance etc achieved in the box each week. For any help with the program please email nick.mccormick@northwalesfire.gov.wales

Name: _____ Date Started: _____ Duration: _____ Aims/Objectives: To help prepare for the Annual Health & Fitness Review.

Program: 2 (Gym)

WEEK

| | Sets x Reps / Rest | 1 | 2 | 3 | 4 | 5 | 6 | Link to exercises / QR Code |
|--|--|---|---|---|---|---|---|--|
| 1. Front Squat 2. DB Drag to Press | 10 reps x 3 sets (1min rest) | | | | | | |   |
| 1. DB Step ups (6es) 2. DB Renegades (6es) 3. Deadbug | 6 reps x 3 sets (1min rest) | | | | | | |    |
| 1. X-Trainer (10kcal) 2. Depth Box Jumps 3. Press Ups 4. Lateral Step Overs | 10 reps each. As many rounds as possible in 6 mins. | | | | | | |    |

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