








Name: _____ Date Started: _____ Duration: _____ Aims/Objectives: General fitness and to help improve Grip Strength

Program: _____

WEEK

	Sets x Reps / Rest	1	2	3	4	5	6	Link to exercises / QR Code
1. Romanian Deadlift	4 x 10/10/8/8							
1. DB Walking Lunge 2. Single arm row (es)	3 x 12							 
1. Bicep Curl x 16 2. Farmers Carry x 1 min 3. High Plank x 30s	10 minute AMRAP (as many rounds as possible)							  
Rowing intervals	35s hard: 25s recovery x 6 (6 mins 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