






Name: _____ Date Started: _____ Duration: _____ Aims/Objectives: To help prepare for the Annual Health & Fitness
Program: 1 (No Gym) _____ Review.









WEEK

	Sets x Reps / Rest	1	2	3	4	5	6	Link to exercises / QR Code
1. Lunges (8es) 2. Press ups	8 reps x 3 sets (1min rest)							 
1. SL Hip ups (change leg each round) 2. Plank 3. Stepping	35s each : 25s rest between. (12 min total)							  
Outdoor Power walk / Run	10 minutes							

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
Program: 2 (No Gym) _____ Review.

WEEK

	Sets x Reps / Rest	1	2	3	4	5	6	Link to exercises / QR Code
1. Squat 2. Tricep Dips	12 reps x 3 sets (1min rest)							 
1. Walkaways 2. Lateral Lunges (6es) 3. Lying rear flys	6 reps x 3 sets (1min rest)							  
1. High Knee Run 2. Star Jumps 3. X Mountain Climber 4. Dorsal Raise	20 reps each. As many rounds as possible in 6 mins.							   

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