



Firefighter Fitness Circuits

Functional fitness can be incorporated into firefighter training programs. View these three fitness circuits developed by the East Whiteland (PA) Fire Department for inspiration.

Note: This content is for informational purposes only. It is not a substitute for advice from your physician or certified fitness trainer. You should consult with your health care professional or certified fitness trainer before starting a new fitness regimen.

Fitness Circuit One

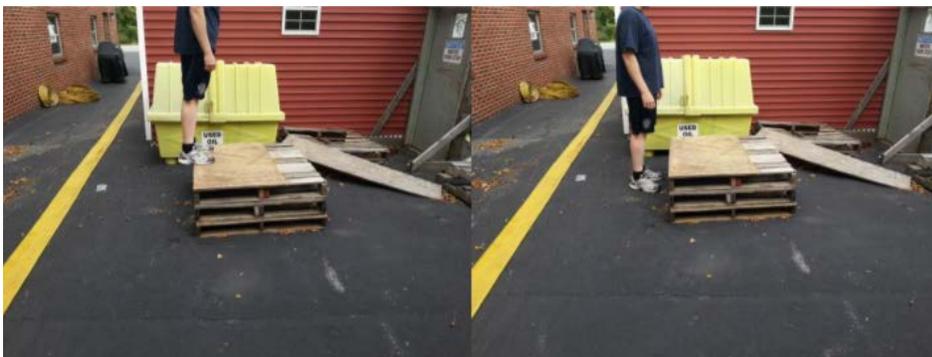
This workout should take you approximately 30 minutes to complete.

Station #1: Hydrate, stretch, and warm up as you prefer

Station #2: Battle rope arm exercise using a 50-foot length of 2.5-inch hose. Wrap the hose around a solid post and alternate upward and downward movements of both arms. “Whip” the hose with each arm, 30 per side. Walk approximately 25 feet to station #3.



Station #3: Box jump using three pallets with plywood on top (or something similar that is stable). Complete 20 sets. Walk 25 feet to station #4.



Station #4: Hose pull using a 100-foot length of five-inch hose. Kneel to one side and pull 50 feet toward and past yourself, then switch sides and use opposite arm to pull the remaining 50 feet. Walk hose back to ready position. Walk 100 feet to station #5.



Station #5: One-half mile run/jog/walk. Complete a half mile circuit at your best pace without stopping. Walk 100 feet to station #6.

Station #6: Hose roll press using a rolled 50-foot length of 2.5-inch hose. Begin at waist level and press hose overhead. Complete two 10-press sets with 30 seconds of rest in between sets. Remain in the same location for station #7.



Station #7: Hose rotation mobility using the same hose roll from station #6. Keeping feet planted and maintaining a long, tall spine, extend hose to one side, then rotate to opposite side. If using a partner, stand at arm's length apart and pass hose to partner. Once partner completes rotation, accept the hose and begin next set. Complete 20 reps. Walk 10 feet to station #8.



Station #8: Tire strike using a 16-lb. sledgehammer. Strike the tire with a controlled swing to avoid “bouncing.” Complete 10 swings per side. Walk 10 feet to station #9.



Station #9: Assume plank position and hold plank for 60 seconds. Plank can be done on hands, fists, forearms, or fingers. Walk 10 feet to station #10.



Station 10: Battle rope arm exercise. Repeat station #2, but this time “whip” both arms at the same time. Complete 30 reps.

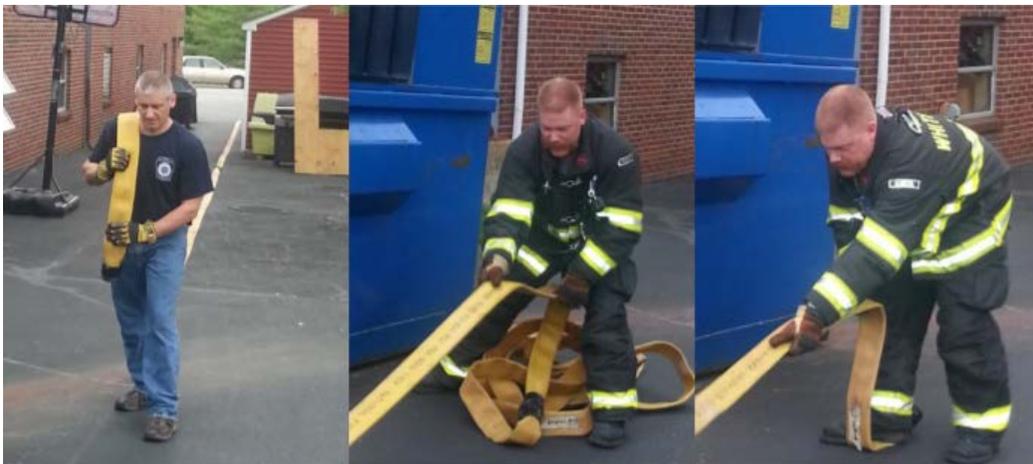
Station #11: Rehab, rest, and rehydrate.

Fitness Circuit Two

Station #1: Hydrate and don turnout gear (no SCBA).

Station #2: Drag 100 feet of hose until it is stretched out and in a straight line. Hose will be stretched out next to the building w/ the coupling running from the front of the shed to the dumpster. Participant will drag hose up the hill from the dumpster into the back parking lot, stopping when the end coupling reaches the start point. Participant will then drop the hose, walk back to the start point, and while remaining within the chalk boxes, pull the hose hand over hand between the legs into a pile.

Fireground application: Hose advancement.



Station #3: Lift and carry a roof ladder from the hose end point to the base of the hall ramp and place on ground.

Fireground application: *Ground ladder use.*



Station #4: Strike mid-tread of a tire with a sledgehammer 15 times while standing on top of the tire and swinging down between feet.

Fireground application: *Forcible entry, ventilation.*



Station #5: Hold a plank in the participant's position of choice for 20 seconds.

Fireground application: *General fireground functions requiring stable core muscle strength.*



Station #6: Lift two kettlebells of unequal weight in a position of choice (farmers and/or rack), carry up the steps through the vestibule to the corner of the ramp, and set the bells down.
Fireground application: Equipment carries (unbalanced weight).



Station #7: Pull rope with a 20kg (47 lb.) kettlebell attached hand over hand up to ramp level, place on the ramp, and then return to the ground hand over hand.
Fireground application: Equipment hoisting.



Station #8: Lift kettlebells with the opposite hands and return to base of ramp.
Fireground application: *Equipment carries (unbalanced weight).*



Station #9: Lift ladder and carry back around behind dumpster, raise into position with the boxes provided, lower, and return to original position.
Fireground application: *Ground ladder carries and raises.*



Station #10: Step-ups on the rear of the engine. Complete 10 steps with each leg.
Fireground application: *Movement up and down stairs.*



Station #11 (optional): Drag hose back to starting position.

Station #12: Remove turnout gear, hydrate, and rest.

Fitness Circuit Three

Note: video available at <https://youtu.be/p8tWFKW2mGs>.

Station #1: Hose Pull

Assemble and charge 100-foot 1.75-inch hose line. Drag over the shoulder for at least 50 feet.

Station #2: Bear Crawl and Drag

Using a 24 kg (53 lb.) Russian kettlebell (or a roll of 2.5-inch hose), complete a bear crawl and drag for 50 feet. Your weight will be underneath you; drag the weight forward and ahead of you and crawl over it. Repeat sequence until you reach the 50-foot mark.

Station #3: Ladder Climb

Climb a 14-foot ladder two times, touching the top on each trip and switching starting leg at the bottom. Make sure to secure the ladder or have someone foot it.

Station #4: Ceiling Hook Simulation

Pull down on a weighted pike pole five times with each arm. (We used a 16 kg/35 lb. kettlebell and utility rope over an elevated railing.)

Station #5: Forcible Entry Simulation

Using a 16 lb. sledgehammer, strike a tire that is placed on an elevated platform five times each on left and right sides.

Station #6: Ladder Climb

Climb a 14-foot ladder two times, touching the top on each trip and switching starting leg at the bottom.

Station #7: Ceiling Hook Simulation

Pull down on a weighted pike pole five times each on both left and right sides. (We used a 16 kg/35 lb. kettlebell and utility rope over an elevated railing).

Station #8: Heavy Equipment Carry

Carry vehicle extrication spreaders 50 feet back to start of crawl/end of hose drag.

Station #9: Victim Removal

Drag rescue dummy 50 feet back to starting line.

Station #10: Rest, hydrate, and repeat as desired.