North Wales Fire and Rescue Service

Fitness Development Programme

Gym based fitness plan

To help candidates perform at their best during the selection process, we've developed an 8-week fitness development plan.



Gwasanaeth Tân ac Achub
Fire and Rescue Service

Ymunwch a'n tim
Gwneud gwahaniaeth gyda'n gilydd

Join our team
Together we make the difference

ATAL AMDDIFFYN YMATEB
PREVENTING PROTECTING RESPONDING

www.tangogleddcymru.llyw.cymru
www.northwalesfire.gov.wales

Week 1-3

Monday

Strength

Exercise	Sets	Repititions	Rest
Front Squat	3	8 to 10	1 to 2 Minutes
Romanian Deadlift			
Lateral Lunge			
Pulldown / Pull ups			
Drag and Press			
Dumbbell Row			
Dumbbell Fly			
Bicep Curl			

Tuesday

Flexibility & Core

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Wednesday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 30 minutes
Swimming	
Cycling	
Hill Walking	

Thursday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Circuit #1

Exercise (Repeat 3 times)	Sets & Repetitions
Rear Lunge to Curl and Press	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Renegade Row	
Rear Lunge to Step	
Kettlebell Swing	
Lateral Lunge & Raise	
Skipping	

Circuit Training

Circuit #2

Exercise (Repeat 3 times)	Sets & Repetitions
Ball Slams	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Lunge and Twist	
Step Bunny Hops	
Stood Chest Press	
Wood Chop	
500m Row	

Saturday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Sunday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 30 minutes
Swimming	
Cycling	
Hill Walking	

Week 4

Monday

Strength

Exercise	Sets	Repititions	Rest
Front Squat	3	8 to 10	1 to 2 Minutes
Romanian Deadlift			
Lateral Lunge			
Pulldown / Pull ups			
Drag and Press			
Dumbbell Row			
Dumbbell Fly			
Bicep Curl			

Tuesday

Flexibility & Core

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Wednesday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 40 minutes
Swimming	
Cycling	
Hill Walking	

Thursday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Circuit #1

Exercise (Repeat 3 times)	Sets & Repetitions
Rear Lunge to Curl and Press	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Renegade Row	
Rear Lunge to Step	
Kettlebell Swing	
Lateral Lunge & Raise	
Skipping	

Circuit Training

Circuit #2

Exercise (Repeat 3 times)	Sets & Repetitions
Ball Slams	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Lunge and Twist	
Step Bunny Hops	
Stood Chest Press	
Wood Chop	
500m Row	

Saturday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Sunday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 40 minutes
Swimming	
Cycling	
Hill Walking	

Week 5

Monday

Strength

Exercise	Sets	Repititions	Rest
Front Squat	3	8 to 10	1 to 2 Minutes
Romanian Deadlift			
Lateral Lunge			
Pulldown / Pull ups			
Drag and Press			
Dumbbell Row			
Dumbbell Fly			
Bicep Curl			

Tuesday

Flexibility & Core

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Wednesday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 50 minutes
Swimming	
Cycling	
Hill Walking	

Thursday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Circuit #1

Exercise (Repeat 3 times)	Sets & Repetitions
Rear Lunge to Curl and Press	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Renegade Row	
Rear Lunge to Step	
Kettlebell Swing	
Lateral Lunge & Raise	
Skipping	

Circuit Training

Circuit #2

Exercise (Repeat 3 times)	Sets & Repetitions
Ball Slams	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Lunge and Twist	
Step Bunny Hops	
Stood Chest Press	
Wood Chop	
500m Row	

Saturday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Sunday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 50 minutes
Swimming	
Cycling	
Hill Walking	

Week 6

Monday

Strength

Exercise	Sets	Repititions	Rest
Front Squat	3	8 to 10	1 to 2 Minutes
Romanian Deadlift			
Lateral Lunge			
Pulldown / Pull ups			
Drag and Press			
Dumbbell Row			
Dumbbell Fly			
Bicep Curl			

Tuesday

Flexibility & Core

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Wednesday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 40 minutes
Swimming	
Cycling	
Hill Walking	

Thursday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Circuit #1

Exercise (Repeat 3 times)	Sets & Repetitions
Rear Lunge to Curl and Press	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Renegade Row	
Rear Lunge to Step	
Kettlebell Swing	
Lateral Lunge & Raise	
Skipping	

Circuit Training

Circuit #2

Exercise (Repeat 3 times)	Sets & Repetitions
Ball Slams	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Lunge and Twist	
Step Bunny Hops	
Stood Chest Press	
Wood Chop	
500m Row	

Saturday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Sunday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 40 minutes
Swimming	
Cycling	
Hill Walking	

Week 7-8

Monday

Strength

Exercise	Sets	Repititions	Rest
Front Squat	3	8 to 10	1 to 2 Minutes
Romanian Deadlift			
Lateral Lunge			
Pulldown / Pull ups			
Drag and Press			
Dumbbell Row			
Dumbbell Fly			
Bicep Curl			

Tuesday

Flexibility & Core

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Wednesday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 60 minutes
Swimming	
Cycling	
Hill Walking	

Thursday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Circuit #1

Exercise (Repeat 3 times)	Sets & Repetitions
Rear Lunge to Curl and Press	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Renegade Row	
Rear Lunge to Step	
Kettlebell Swing	
Lateral Lunge & Raise	
Skipping	

Circuit Training

Circuit #2

Exercise (Repeat 3 times)	Sets & Repetitions
Ball Slams	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Lunge and Twist	
Step Bunny Hops	
Stood Chest Press	
Wood Chop	
500m Row	

Saturday

Flexibility / Mobility

Exercise	Sets & Repetitions
Quadriceps Stretch	Work through each exercise as a circuit 3 times round
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Core

Exercise	Sets & Repetitions
V-Sit & Hold	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Sunday

Aerobic Exercise

Exercise	Sets & Repetitions
Running	Undertake one of these exercises for 60 minutes
Swimming	
Cycling	
Hill Walking	