North Wales Fire and Rescue Service

Fitness Development Programme

Home based fitness 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

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



ATAL AMDDIFFYN YMATEB
PREVENTING PROTECTING RESPONDING

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

Week 1-3

Monday

Strength

Exercise	Sets	Repetitions
Body Weight Squat	3	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Hip Up		
Lateral Lunge		
Body Saw		
Press Up		
Bear Crawl		
Mountain Climbers		
Rear Flys Lying		

Tuesday

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	

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

Every Minute on the Minute

Exercise (Repeat 3 times)	Sets & Repetitions
Quadriceps Stretch	10 – 20 Reps Try 10 reps each exercise to begin with, increase the number of reps if it's too easy. Try and work up to 20 reps as each week passes.
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Circuit Training

Tabata

Exercise (Repeat 3 times)	Sets & Repetitions
Jumping Jacks / High Knees	20 seconds of maximum effort, followed by 10 seconds of rest. 8 intervals per 4-minute block (1 Tabata round). Repeat 3 Times
Push-Ups / Knee Push-Ups	
Burpees	
Bodyweight Squats / Squat Jumps	
Mountain Climbers	
Lunges / Skater Lunges	
Plank Hold / Shoulder Taps	
Bicycle Crunches / Sit-Ups	
Shoulder Rolls	

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	Repetitions
Body Weight Squat	3	As many reps as possible 45 seconds on each exercise 15 seconds rest between each exercise
Hip Up		
Lateral Lunge		
Body Saw		
Press Up		
Bear Crawl		
Mountain Climbers		
Rear Flys Lying		

Tuesday

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	

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 45 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Every Minute on the Minute

Exercise (Repeat 3 times)	Sets & Repetitions
Quadriceps Stretch	10 – 20 Reps Try 10 reps each exercise to begin with, increase the number of reps if it's too easy. Try and work up to 20 reps as each week passes.
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Circuit Training

Tabata

Exercise (Repeat 3 times)	Sets & Repetitions
Jumping Jacks / High Knees	20 seconds of maximum effort, followed by 10 seconds of rest. 8 intervals per 4-minute block (1 Tabata round). Repeat 3 Times
Push-Ups / Knee Push-Ups	
Burpees	
Bodyweight Squats / Squat Jumps	
Mountain Climbers	
Lunges / Skater Lunges	
Plank Hold / Shoulder Taps	
Bicycle Crunches / Sit-Ups	
Shoulder Rolls	

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 40 minutes
Swimming	
Cycling	
Hill Walking	

Week 5

Monday

Strength

Exercise	Sets	Repetitions
Body Weight Squat	3	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Hip Up		
Lateral Lunge		
Body Saw		
Press Up		
Bear Crawl		
Mountain Climbers		
Rear Flys Lying		

Tuesday

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	

Wednesday

Aerobic Exercise

Exercise	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

Every Minute on the Minute

Exercise (Repeat 3 times)	Sets & Repetitions
Quadriceps Stretch	10 – 20 Reps Try 10 reps each exercise to begin with, increase the number of reps if it's too easy. Try and work up to 20 reps as each week passes.
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Circuit Training

Tabata

Exercise (Repeat 3 times)	Sets & Repetitions
Jumping Jacks / High Knees	20 seconds of maximum effort, followed by 10 seconds of rest. 8 intervals per 4-minute block (1 Tabata round). Repeat 3 Times
Push-Ups / Knee Push-Ups	
Burpees	
Bodyweight Squats / Squat Jumps	
Mountain Climbers	
Lunges / Skater Lunges	
Plank Hold / Shoulder Taps	
Bicycle Crunches / Sit-Ups	
Shoulder Rolls	

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 6-7

Monday

Strength

Exercise	Sets	Repetitions
Body Weight Squat	3	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Hip Up		
Lateral Lunge		
Body Saw		
Press Up		
Bear Crawl		
Mountain Climbers		
Rear Flys Lying		

Tuesday

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	

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

Every Minute on the Minute

Exercise (Repeat 3 times)	Sets & Repetitions
Quadriceps Stretch	10 – 20 Reps Try 10 reps each exercise to begin with, increase the number of reps if it's too easy. Try and work up to 20 reps as each week passes.
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Circuit Training

Tabata

Exercise (Repeat 3 times)	Sets & Repetitions
Jumping Jacks / High Knees	20 seconds of maximum effort, followed by 10 seconds of rest. 8 intervals per 4-minute block (1 Tabata round). Repeat 3 Times
Push-Ups / Knee Push-Ups	
Burpees	
Bodyweight Squats / Squat Jumps	
Mountain Climbers	
Lunges / Skater Lunges	
Plank Hold / Shoulder Taps	
Bicycle Crunches / Sit-Ups	
Shoulder Rolls	

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	

Week 8

Monday

Strength

Exercise	Sets	Repetitions
Body Weight Squat	3	As many reps as possible 60 seconds on each exercise 15 seconds rest between each exercise
Hip Up		
Lateral Lunge		
Body Saw		
Press Up		
Bear Crawl		
Mountain Climbers		
Rear Flys Lying		

Tuesday

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	

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 60 seconds on each exercise 15 seconds rest between each exercise
Windscreen Wipers	
Dorsal Raise	
Superman	
Dead Bug	
Plank	

Friday

Circuit Training

Every Minute on the Minute

Exercise (Repeat 3 times)	Sets & Repetitions
Quadriceps Stretch	10 – 20 Reps Try 10 reps each exercise to begin with, increase the number of reps if it's too easy. Try and work up to 20 reps as each week passes.
Hamstring Stretch	
Hip Flexor Stretch	
Glute Stretch	
Childs Pose	
Oblique Stretch	
Cat & Camel	
Side Bends	
Shoulder Rolls	

Circuit Training

Tabata

Exercise (Repeat 3 times)	Sets & Repetitions
Jumping Jacks / High Knees	20 seconds of maximum effort, followed by 10 seconds of rest. 8 intervals per 4-minute block (1 Tabata round). Repeat 3 Times
Push-Ups / Knee Push-Ups	
Burpees	
Bodyweight Squats / Squat Jumps	
Mountain Climbers	
Lunges / Skater Lunges	
Plank Hold / Shoulder Taps	
Bicycle Crunches / Sit-Ups	
Shoulder Rolls	

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 30 minutes
Swimming	
Cycling	
Hill Walking	