Upper Body Training Plan

Many people worry that they aren’t fit enough or strong enough to be a firefighter when this probably isn’t the case. Being a firefighter is a physical job, but with the right training most people can reach the average level of fitness that we require.

The Fitness Team have designed two easy-to-follow workout plans for those needing help or inspiration on training the upper body.

Glossary

A rep (repetition) is a single time you perform an exercise, and a set is the number of cycles of reps that you complete. For example, if you wanted to complete three reps of a bicep curl, you would lift the dumbbell three times.

If you then took a short break of 60 to 90 seconds and repeated the process again you would have done two sets of this exercise.

Workout 1

**Warmup with a light set of dumbbells.**

15-20 reps overhead shoulder press x 2

12-15 reps standing bicep curls x 2

**Standing Barbell Overhead Press**

Position the bar below your chin and press the weight upwards without using your legs. Use a weight which is challenging enough whilst still allowing you to complete all 10 repetitions.

Working sets 10 reps x 4 sets

**Standing Dumbbell curl into Overhead Press**

Curl the dumbbells with your palms facing forwards then rotate your wrists before the shoulder press so your palms are still facing away from you.

Working sets 10-15 reps x 4 sets

**Dumbbell Bent Over Rows**

Hinge from the hips, keeping a straight back and pull your elbows into the side of your ribs squeezing your back at the top. Control the arms as they extend down.

Working sets 8-12 reps x 3 sets

**Standing Barbell Bicep Curls**

Have your hands just outside of your hips and curl the weight up towards your shoulders.

Working sets 10-12 repetitions x 3 sets

Workout 2

**Warmup with a light set of dumbbells.**

15-20 reps overhead shoulder press x 2

12-15reps standing bicep curls x 2

**Standing Barbell Push Press**

Use a weight that is slightly too heavy to press without any leg drive. Dip and drive your legs to assist with the concentric pressing movement then slowly control the eccentric lowering of the bar back towards your shoulders.

Warmup 15 reps x 2

Working sets 8-10 reps x 4

**Standing Dumbbell Bicep Curl**

Curl both weights at the same time, starting position with your palms facing away from you.

Working sets 10-12 reps x 4 sets

**Standing Dumbbell Side Lateral Raises**

With your arms straight, raise the dumbbells out towards your side to shoulder height, control the eccentric back to starting position. Try to do these with minimal swing.

10-15 reps x 3 sets

**Body Weight Press-Ups**

These can be completed as either full press-ups on your toes, or ¾ press-ups on your knees at a 45-degree angle. Focus on a fast explosive pressing movement and a slow and controlled decent. Ensure your moving through a full range of motion.

3 sets of maximum repetitions

**Dumbbell Farmers Carry**

Hold a pair of heavy dumbbells by your sides and walk back and forwards between the shuttle lines. Go for as long as you can continuously 3 times and try to extend the times each week.

Training Considerations

Frequency – You’ll see the best results in your strength development if you can complete a resistance training workout 3-4 times per week leaving at least a day to recover in-between workouts.

Progression – Keep a record of the weights you’re using the aim to either slightly increase the weight on a weekly basis or where that is not possible, increase the repetitions. The idea is that each week the workout should be slightly harder than the previous.

Recovery – Ideally you should leave 24-48h between workout for your muscles to recover, however if you’re feeling particularly sore or very well rested these rest periods can be increased/reduced. If you’re still sore, then give yourself more rest.

Nutrition – Ensure you’re getting adequate amounts of protein which will aid in the repair and recovery of your muscles which will assist in your strength development. Aim for 1-15g of protein per KG of bodyweight.