



Dumbbell, Barbell and Bodyweight Exercises in Preparation for Fire-Fighter Recruitment Physical Tests

Dumbbells

Wrist Curls $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. Standing with arms by your side dumbbell in each hand, curl your wrists towards your body.

Shoulder Shrugs $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. Standing with arms by your side dumbbell in each hand, lift your shoulders upwards whilst keeping arms elongated, lower and repeat.

Bicep Curls $\geq 8 - 12\text{kg}$ each, 8 – 10 Reps. Standing with arms by your side dumbbell in each hand, bring your wrist up to your shoulder bending at the elbow, lower and repeat. Maintain balance and neutral back position, lift purely with arms.

Triceps Press $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. One arm at a time, hold dumbbell at the back of the head, elbow pointing vertical. From this position, press the dumbbell above your head and lower back to starting position, repeat.

Lateral Raises $\geq 6 - 8\text{kg}$ each, 8 – 10 Reps. Hold dumbbells at the front of you, knuckles pointing forwards. One arm at a time, raise the dumbbell out in front of you to roughly chin height, lower and repeat, maintain balance and try and keep back as neutral as possible. Ensure there is a slight bend at the elbow throughout exercise to avoid hyperextension of the joint.

Shoulder Press $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. Hold set of dumbbells at shoulder height, creating a 'W' shape with arms and body, knuckles pointing forwards. Press the dumbbells above your head extending at the elbow, lower and repeat. This exercise can be undertaken in a standing or seated position.

Upright Row $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. Holding the dumbbells at your side, bend at the elbow and lift the dumbbell up under your armpit so your elbows point behind you. Lower and repeat, maintain balance and a neutral back.

Arnold Curl $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. Bicep Curl up to shoulder height, rotate your wrist, lower and repeat.

Standing/Seated Fly's $\geq 8 - 10\text{kg}$ each, 8 – 10 Reps. Dumbbells positioned at chest height elbows pointed sideways. Pull elbows front to back, try to touch together behind you.

Farmers Carry $\geq 10\text{kg}$ dumbbells/ 20kg Barbell. Walk carrying the dumbbells/Barbell at waist height over a 100m distance.



Bodyweight

Press Ups \geq 20 Reps.

Press Up Plank and Hold \geq 1 minute. Start in press up position (hold for 20 seconds) lower position (hold for 10 seconds), repeat.

Squats \geq 10 Reps, can be done in combination with holding dumbbell weight.

Lunges \geq 10 Reps, can be done in combination with holding dumbbell weight.