



SGT FUNCTIONAL FIRE DRILL
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SGT Functional Fire Drill

- Create circuits emphasizing Endurance, Strength and Power in 3, 2 and 1-minute intervals
 - Up to 3-minutes of **Endurance**
 - Up to 2-minutes of **Strength**
 - Up to 1-minute of **Power**

WHO IS E.S.P. 1,2,3, FOR FOR?

- Small Group Training
- Group Training
- Group Fitness

A single class experience

A small group 6-8 week session

On-going small group classes

DEFINING TERMS

- Endurance
 - The ability to maintain high levels of consistent activity
 - Below the anaerobic threshold
 - Challenging but doable
 - Eventually with reach fatigue
- Strength
 - ACSM Guideline
 - 1 RM
 - The ability to sustain an ever increasing load

- Power

- Formula for Power

Power = Work/Time

The ability to move an object through space with force, quickly

$$P = \frac{F \times D}{T}$$

Power / Force / Distance / Time

PERFORMANCE-BASED TRAINING

- Working out?



- Performing



THE ESP ASSESSMENT



THE ESP ASSESSMENT



- Use the following 20-minute workout for
- 1) use as a pre and post test
 - Assess at the front end and then mid-way and then again post session
- 2) A quick, efficient workout you can accompany with a foam rolling/flexibility finish
- 3) Part of another workout

DEMONSTRATE THE STANDARDS IN BETWEEN EACH EXERCISE

- 40 Burpees 2 minutes
- 70 Jack Touches 2 minutes
- 30 Push Ups in 1 minute
- Active Side Plank hold 2 minutes (1 min each side)

ALLOW 1 MINUTE OF RECOVERY BETWEEN EACH EXERCISE

- 30 Supine Jacks 1 minute
- 120 High Knees 2 minutes
- 60 BW Squats 1 minute
- Active Plank hold 2 minutes
- Total Time = 20 minutes

IMPLEMENTING E.S. P. 1, 2,3 CIRCUITS

- The equipment to use
 - Decks, balls (med, slam, stability), weights, bars, tubing, gliding disks, the BOSU, TRX, bodyweight, etc.
- Determine the # of participants
 - This will determine how you teach this class
- 1) 1:1 ratio – perfect for traditional group fitness classes
- 2) Circuits (groups that move throughout the room)
- 3) Partner Training

COACHING CUES FOR PERFORMANCE

- “To A” versus a “With A”
- Base of Support
- Stability
- Plank
 - Start at the bottom and work your way up
- Strategies for Success
 - Slow down
 - Increase/decrease load
 - Decrease/increase ROM
 - Take a reset

BE AWARE OF PERFORMANCE DECAY



EXERCISE SELECTION IDEAS

- Plank Jacks
- Pop Jacks
- Triple Squat to a Burpee
- Plank with a Leg Swing
- Tricycle Crunches
- Burpee to a Step Up
- Frogger
- Hand Release Push Up
- Palms to Elbows to a Push Up
- Plank Punch
- Crunch to a Front Punch
- Push Up to a Bird Dog
- Tap Squat to a Jump Squat
- 4 Point Plank
- Squat to a Calf Raise
- Bench Hop Overs

CIRCUIT WORKOUT ROUND #1

■ Up to 3 Minutes of Endurance

- Station 1: Body Weight PopJack to Skaters (10 each)
- Station 2: Deck & Tubing Lat Pull Down w/Sit Down Squats (10)
- Station 3: MB V Sit w/Rotation Alt Knee Extension to Sit up to Ball Press (10 ea)
- Station 4: Battling Ropes Waves switch ½ way through

■ Up to 2 Minutes of Strength

- Station 1: Body Weight TripleSquat to a Push Up (3)
- Station 2: Deck & DB Assisted Reverse Lunge with Scaption
- Station 3: Med Ball Wood chop with hop
- Station 4: Battling Ropes: Plank Slams

■ Up to 1 Minute of Power

- Station 1: Body Weight Frogger
- Station 2: Deck Lunges from Top with tubing grip
- Station 3: Med Ball Power Jack with Overhead Press
- Station 4: Battling Ropes Kneeling Waves

CIRCUIT WORKOUT ROUND #2 PARTNER UP

■ **Up to 3 Minutes of Endurance**

- Station 1: BW Crunch w Alt Heel Touch to Crunch Scissors (10 each)
- Station 2: Deck Step Down Over head Press
- Station 3: Med Ball Single Leg Alt. Deadlift
- Station 4: Battling Ropes Jacks

■ **Up to 2 Minutes of Strength**

- Station 1: Body Weight Spider Man Plank
- Station 2: Deck & Tubing Incline Chest Press to Fly
- Station 3: Med Ball Curtsey Lunge with Ball Touch
- Station 4: Battling Ropes Single Arm Plank Wave

■ **Up to 1 Minute of Power**

- Station 1: Body Weight Skater
- Station 2: Deck Jump Up
- Station 3: Med Ball ISO Squat with Front Press
- Station 4: Battling Ropes Kneeling Slams

1:1 Ratio Group Training

Exercises	Endurance BW	Strength Tubing or DB	Power MB
Warm Up (3 minutes)	Alternating Body weight squats to step back lunges	10 Side to side lunges to 1 step back plank	10 Standing Leg Swings each to Touch Down squat
Round 1	Pop Jack (10) Skaters (20)	Step Up with an Upright Row	Wood chop hop R & L
Round 2	Plank Jack (10) Plank Punch (10)	Sit Down Squat to a Biceps Curl	Power Jack with a Front Press
Round 3		Alternating Incline Chest Press to Fly with Tubing (10) Incline Deck Push Up (5)	Ball Tap Froggers
Round 4	Triple Squat to a Walk Out Push Up	DB Scaption (5) to ISO Squat Reverse Fly (10)	V Sit with Rotation
Transition Out	Standing Calf Stretch with Shoulder Stretch	Runners Lunge with IT Band Stretch	Hamstring Stretch with Reciprocal Inhibition for Quadriceps