

FIRE STRENGTH AND FITNESS



Foundations of Fire programme

SIX COACHED SESSIONS

ONE TRAINING APP

THREE TAILORED WORKOUTS

UNLIMITED GYM ACCESS



Squat

- Grasp the art and purpose behind the variety of equipment used to bench press.
- Cultivate mastery in your bench press technique.
- Deepen awareness of preparation and bracing.

- Grasp the art and purpose behind the diverse machines employed for squatting.
- Cultivate mastery in your squatting technique.
- Deepen your awareness of foot positioning, bar alignment, and optimal depth.



Deadlift

- Grasp the art and purpose behind variants of back movements.
- To cultivate mastery in pull exercises.
- To deepen awareness of grip placement and attachments to target different muscles.

- Grasp the art and purpose behind various deadlifting movements.
- Cultivate mastery in your deadlifting technique.
- Deepen awareness of how to engage muscles and prevent back injury.



Bench



Chest

Shoulders & Triceps

- Grasp the art and purpose behind the machines used to improve our compound lifts.
- Cultivate mastery in leg and core movements.
- Deepen awareness of primary muscles for each exercise.

Back

& Biceps

- Grasp the art and purpose behind variants of upper body movements.
- Cultivate mastery in workouts to strengthen your chest, shoulders and triceps.
- Deepen awareness of the connection between upper body muscles and movements.



Legs

& Core

