FIRE STRENGTH AND FITNESS

Foundations of Fire programme

SIX COACHED SESSIONS

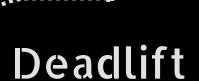
THREE TAILORED WORKOUTS

ONE TRAINING APP
OUTS 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 variants of back movements.
- To cultivate mastery in pull exercises.
- To deepen awareness of grip placement and attachments to target different muscles.



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.

- 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.





- 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.

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.

