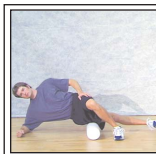


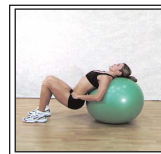


TRAINING PROGRAM: FIREFIGHTING CONDITIONING PHASE 1 of 3


It is essential for firefighters and all public safety personnel to maintain a high level of fitness. Improved fitness will provide a strong base from which to perform at their highest level in times of emergency. Improved fitness also decreases the chance of injury to you, your fellow professionals, and those you are protecting. The FreeMotion Firefighter Circuit addresses key strength and conditioning requirements. Each phase of this three-part training program will build on the solid foundation established here in Phase 1.



**Warm-up: Foam Roll
IT-Band**
Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



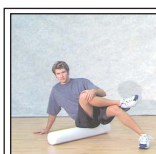
**Strength: Stability Ball
Stability Ball Bridge**
The Stability Ball Bridge requires you to engage your entire body in order to stabilize on the ball. The movement will work your thighs, hips, back and abs. Start with 2 sets of 15 reps and increase both as you are ready.




**Warm-up: Foam Roll
Adductors**
This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.




**Core & Balance: FreeMotion Lift
Single Leg One Arm Romanian Deadlift**
The Single Leg Romanian Deadlift requires you to balance on one foot while you bend down and touch your toe with the opposite hand. Perform 2 sets of 15 reps during your first week and adjust your program according to your ability and level of fitness.




**Warm-up: Foam Roll
Piriformis**
This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.




**Power: Floor
Multi-Planar Hops with Stabilization (Sagittal)**
Hop forward from one foot to the other, and hold, or stabilize, yourself for 5 to 10 seconds before hopping back to the other foot. The Multi-Planar Hop challenges your core and stabilizing muscles. Start with 2 sets of 15 reps to begin with.




**Warm-up: NordicTrack Incline Trainer or Treadmill
Cardio**
Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.



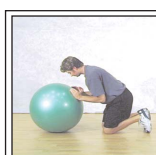
**Power: Floor
Multi-Planar Hops with Stabilization (Frontal)**
The Multi-Planar Hops with Stabilization challenges your core and stabilizing muscles. Hop from one foot laterally to the other, and hold or stabilize yourself for 5 to 10 seconds before hopping back to the other foot. Start with 2 sets of 15 reps for starters.




**Warm-up: Wall or Stationary Object
Flexibility / Pec Stretch**
The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.




**Power: Floor
Multi-Planar Hops with Stabilization (Transverse)**
As you hop from one foot to the other as you turn 90 degrees to either side, you will be forced to stabilize. Start out with small hops for 2 sets of 15 reps, and increase the height and length of your hop as you become more comfortable with the movement.




**Warm-up: Stability Ball
Flexibility / Lat Stretch**
The Lat Stretch will lengthen the muscles of the lower and middle back, which is important in preventing injury. Hold the stretch for 30 seconds.



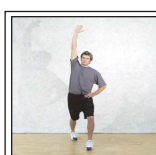
**Strength: Stability Ball
Stability Ball Dumbbell Chest Press**
Performing a Chest Press while balancing your shoulders on a Stability Ball will strengthen your shoulders and chest while challenging your core. Begin with 2 sets of 15 reps.



**Warm-up: Wall or Stationary Object
Flexibility / Calf Stretch**
A thorough Calf Stretch is an important part of injury prevention. Hold this stretch for at least 30 seconds per calf.




**Strength: Stability Ball
Stability Ball Cobra**
The Stability Ball Cobra requires you to utilize back extension muscles, important for good posture, and also incorporates other core muscles. Start with light weights and increase as the reps and sets become easy.




**Warm-up: Floor
Flexibility / Psoas Standing**
The Standing Psoas Stretch will loosen up the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 30 seconds per side.



**Strength: Stability Ball
Stability Ball Combo II**
The Stability Ball Combo II is a 3-part movement in both directions as you press the weights up and back down to the starting position. Start with 2 sets of 15 reps.



**Strength: Stability Ball
Stability Ball Crunch**
This exercise primarily targets the abdominal muscles while incorporating the muscles of the trunk and spine. Perform 2 sets of 15 reps during Week 1 and increase sets and reps to match your conditioning.



**Strength: FreeMotion Lift
Two Arm Cable Squat**
The Squat uses the large muscle groups in your lower body. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 2 sets of 15 and increase weight as the exercises become easier.

