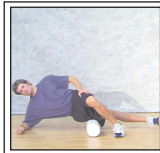




TRAINING PROGRAM: FIREFIGHTING CONDITIONING PHASE 2 of 3

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. This second of three phases will include a number of new exercises as well as increase the overall intensity to help take your conditioning to the next level.



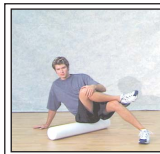
Warm-up: Foam Roll IT-Band

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.



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.



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.



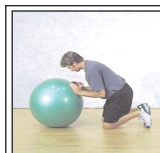
Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



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.



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.



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.



Warm-up: Floor Flexibility / Adductor Stretch

The Adductor Stretch will stretch and lengthen the muscles on the inside of your upper thigh. By holding this stretch for 30 seconds or more on each leg, your muscles will be warmed up sufficiently for the workout.



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.



Warm-up: Floor Flexibility / Piriformis Stretch

This stretch lengthens the hips and lower back muscles to loosen them up, preventing injury in twisting movements. Complete a 30 second hold and balance on each leg.



Core & Balance: FreeMotion Cable Column Two Arm Cable Rotation

The Two Arm Cable Rotation primarily focuses on the obliques, but also incorporates the use of muscles throughout the mid-section, arms and shoulders. Begin with 2 sets of 15 reps and increase the weight, sets and reps during the future weeks.



Core & Balance: FreeMotion Lift Two Arm Cable Lifts

The Two Arm Cable Lift will strengthen your back and trunk as well as stretch your lower back and hamstrings. Maintain a straight back and legs during the movement pattern. Start with 2 sets of 15 reps.



Core & Balance: FreeMotion Lift Single Leg One Arm Squat Touchdown

The Single Leg One Arm Squat Touchdown utilizes the muscles of the lower leg as well as incorporates muscles of the trunk for balance. The movement will strengthen your back and upper legs and hips. Start with 2 sets of 15 reps while you hold each balance for 5 - 10 seconds.



Agility: Ladder Agility Ladder

Use short, quick steps as you place one foot inside of each square as you move laterally from side to side while advancing forward to the end of the ladder. Start with 2 sets of 15 reps with quick steps.



Strength: FreeMotion Step Step-Up and One Arm Shoulder Press

The Step-Up and One Arm Shoulder Press stabilizes as it strengthens. This movement requires you to balance from left to right as you extend up and down from the step. Shoulders and legs are strengthened throughout the movement pattern. Start with 2 sets of 15 reps.



Strength: FreeMotion Chest Standing Alternating Arms Chest Press

The Standing Alternating Arms Chest Press strengthens the chest and shoulder muscles as well as your core. Adjust the speed of your reps as you become stronger and your coordination increases. Start with 2 sets of 15 reps.



Strength: FreeMotion Lift Two Arm Cable Squat and Row

The Two Arm Cable Squat and Row will strengthen your legs, back, core, chest and shoulders. Start with 2 sets of 15 reps and increase your sets and the amount of weight as you feel comfortable.



Strength: Floor Front & Side Lunges

The Front and Side Lunges not only build strength in the large muscles of the lower body, but help to increase stability and balance in multiple planes. Begin with 2 sets of 15 reps as you alternate from front lunges to side lunges.

