

## FIRE-GROUND MOTIONS

The FAFP was developed specifically for our profession. It focuses on fire-ground motions—the same lifting, pulling, twisting, pushing motions we use on the job. This is what makes the program unique.

By conditioning our bodies while focusing on these motions, we will train ourselves to become more efficient at our jobs. The FAFP targets full-body exertion and stamina, as well as developing superb stability and a strong core, which is very important to our jobs.

### Core Conditioning

We are not talking apple cores here! The core muscles are primarily those of the trunk and pelvis. The core muscles stabilize the spine and effectively move the body while supporting various loads. If the trunk muscles are weak, then posture and movement is significantly affected. We do a great deal of lifting and twisting on the fire ground—these are core movements. Without a strong core, we increase the possibility of injury. Back injuries account for 30 percent of the injuries to firefighters—this is an area we have to improve. By doing exercises such as “sling ups,” “bent rows,” “good mornings,” and “planks,” we will be able to condition our core and prevent possible injury.

Strengthening the core provides a stable platform for the actions of the



shoulder, arm, and leg muscles. The FAFP will strengthen the muscles of the trunk and pelvis, which will improve your posture and balance, and give you that “six pack” you always wanted.

### Specificity of Training

The body will adapt to any demand placed upon it but *only* to that demand. The more specific the movement or exercise is to the job, the greater the transfer to that job. Another term to describe this is **functional training**. This is training with a purpose, and that is exactly what the FAFP does. While traditional training programs focus on specific muscle groups and muscles, functional training focuses on the movements themselves. These movements recruit various muscle groups from multiple joints in varying types of contractions (isometric, isotonic, concentric, eccentric) in a similar fashion to their actual applied use. With functional training, the muscles are trained in the range of motion and context in which they will be recruited on the job.



Sling-ups is an exercise that is very similar to the movements used while pulling ceiling.



## A PRACTICAL FITNESS PROGRAM

When was the last time you responded to a house fire, jumped out of the engine, grabbed the PPV fan, lay down on the ground, and immediately started bench-pressing it? Or used an extinguisher for curls? As a firefighter, you jump off the engine with an elevated heart rate and start shuttling hose, forcing doors, and pulling ceiling, so why not train like that? Why not use these same motions in an exercise program? I am not saying that building muscle at the gym isn't important—it is very important! It just is not realistic to our profession. When using the FAFP, you can build muscle, lose weight, and gain endurance *while training for your job* at the same time.

The majority of the exercises are performed using a 35-pound hose bundle. A hose bundle makes an excellent piece of fitness equipment. It is not perfectly balanced or rigid like barbells or Olympic bars. It is limber and flexible, making it more difficult to control. Controlling the weight of a bundle requires you to use more stability/core muscles in your body, improving balance and strength of both primary and secondary muscle groups.

Firefighters also need a steady dose of endurance training. We must be able to complete a fire-ground task, giving our maximum efforts, without sitting in rehab for the duration of the call. Firefighting and endurance go hand in



hand. It is critical to have both muscular and cardiovascular endurance. This program uses weighted, timed, explosive cardio exercises to raise your heart rate and get those lungs really working.

Crew integrity is a keystone in this job. Teamwork is essential. In this program, whenever you set out to achieve a certain goal, you work together to overcome adversity as a team. You grow as a team, or in this case, a crew. Remember that not one of us is as strong as all of us. Encourage each other to improve and become better, and push yourselves harder in this program and as firefighters.

This program targets the everyday firefighter. It does not discriminate against gender or age—any firefighter can do it. Just like your job, you get out of it what you put into it. If you dedicate yourself to this program, you will see results in your overall health, physical ability, weight control, and endurance.

The average life span of a professional firefighter is 57 years, and the average death after retirement occurs within six years. We owe it to ourselves and our loved ones to surpass these numbers. **GET IN SHAPE!**

## Fire-Ground Motions



### THE SIMILARITY

The stabilizer muscles used while performing the plank are the same muscles used while crawling in search-and-rescue operations or in heated conditions.





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### THE SIMILARITY

A strong upper body is key for our profession, and the majority of work comes from our shoulders. These exercises will strengthen shoulders and provide stability when operating in awkward angles.



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### THE SIMILARITY

The bundle squat exercise will strengthen your legs and teach proper lifting techniques that will prevent future back injuries.

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### THE SIMILARITY

It is sometimes hard to duplicate certain fire-ground operations, but this exercise works your forearms, shoulders, and stabilizer muscles—perfect for tasks such as ladder raises.



## Fire-Ground Motions



### THE SIMILARITY

Arm strength is essential in numerous tasks—vehicle rescue, tech rescue, on the fire ground, and even routine medical calls.