

Fitness with Angie

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Proper physical training to become a firefighter is extremely important. The physical demands of firefighting require that you must constantly be training to stay in excellent physical condition and therefore also requires that you maintain a rigorous strength training and cardio program.

Lifting and operating heavy equipment like hoses, axes, shovels, and breathing apparatus requires upper-body muscle building exercises to keep you in shape. Climbing ladders and stairs while weighed down with up to 100 pounds of equipment or carrying a person weighing as much as 200 pounds means your legs and back must be conditioned as part of your firefighter workout. Stamina is a must for firefighters, as they often are called upon to battle a fire for hours at a time without a break. Therefore, building stamina, muscle strength, core strength, cardio fitness and flexibility are all important components of a firefighter's workout.

Because firefighters die more often from heart attack than smoke inhalation or other fire-related occurrences, cardiovascular training should be a major portion of a good firefighter workout. Examples of cardio training are: Running, swimming, biking, rowing, cross-country skiing, elliptical machines and aerobics classes.

Below please find a beginning strength training program designed to increase strength, stamina, and endurance specific to a firefighters needs. The body quickly adapts to ANY strength-training program very quickly, and so the workout/workouts will need to be modified, changed and progressively altered to ensure the participants continue to see results and strength gains. WWW.FITNESSWITHANGIE.COM offers a subscription **MEMBERS** tab where you can access weekly video workouts designed specifically for firefighters to continue the ongoing training process.

I look forward to hearing from you,

Angie Gallagher

ACE PERSONAL TRAINER

Welcome!

This strength training program is designed to be completed as follows:

Monday: Lower Body

Wednesday: Upper Body

Friday: Upper/Lower Combo

Tuesday/Thursday/Saturday: Cardio training days. I recommend HIIT training as part of this, combined with core. Sunday should be a rest day.

Lift 65%-85% of your 1 Rep Max. Lift 8-12 reps, for 4 sets, resting only 1 minute between sets. (Reps 8,9,10 should feel very challenging, but still have good form.) Gradually increase weight loads (bi-weekly) to continue results, and vary the routine/workout continually.

MONDAY LOWER:	REPS	SETS
Squats	10	4
Deadlifts	10	4
Lunges (each leg)	10	4
Squat Pickups (dumbbells)	10	4

Rope Pull/Walking Lunges superset: place rope over shoulder with partner pulling from behind to provide resistance: walk forward 50 ft. Return by holding the rope in front (partner facing, providing resistance) and walking backwards. Follow with weighted walking lunges for 50 steps. REPEAT 4 sets.

WEDNESDAY LOWER:	REPS	SETS
Bench Press	10	4
Barbell Row	10	4
Military Press	10	4
Tricep Lying Extension	10	4
Reverse Curls	10	4
Power Clean to Overhead Press	10	4
PULLUPS/PUSHUP COMBO Dropsets beginning at 16, 14, 12, 10, 8, 6, 4		

FRIDAY COMBO:

Do each exercise for 10 reps, 1 set, NO REST between exercises. Try to complete the sequence all the way thru without taking a break. After the first set, rest 5 minutes, and repeat from the top.

Pullups

Squats

Bench Chest Press

Deadlifts

BB Row

Squat Pickups

Military Press

Lunges (each leg)

Power Clean to Overhead Press

Walking weighted lunges/rope pull combo

Reverse Curl

Tricep Lying extension

Pushups

REST 5 minutes repeat

CORE:

Decline Bench Hip Lifts 50 reps

Decline Crunches with weight plate 50 reps

Partner Med Ball Throw 50 reps

Decline oblique Crunch 50 reps

Supermans/Bicycles 50 reps each