

Top 10 Exercises for Firefighters

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TOP 10 EXERCISES

Getups	Chop
Crawling	Pushups
Power Sled Pulls/Drags	Deadlift
Cable/Band Pulls	Lunge
Core Series	Stepups

CRITERIA FOR EXERCISE

Safe and effective

Ability to scale up and down

High transfer of effect

Ability to train multiple planes of motions

Movement-based (general or specific)

Free weight-based

GETUPS:

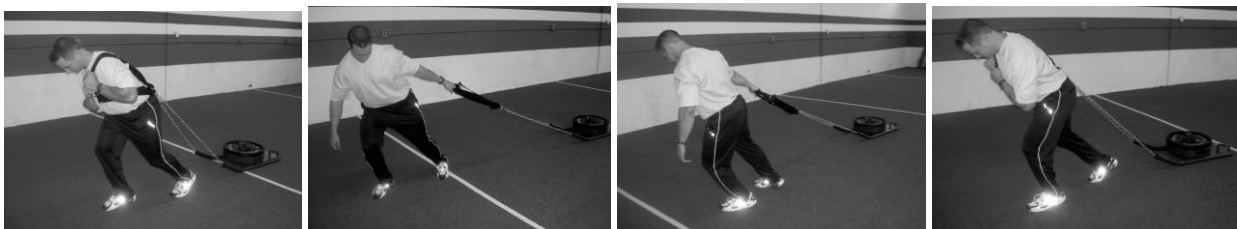
- Total body agility
- Start on hands and knees
- Push floor away from you and stand up (keep feet in same spot)
- Exhale upon rising, return to floor slowly

**CRAWLING:**

- Great for core stability and strengthening shoulder joint
- Use variety of directions and positions (forward, lateral, w/sled)
- Keep hands under shoulders to avoid shoulder impingement
- Tighten core muscles during exercise

**POWER SLED:**

- Useful in developing strength, power, and simulating fireground activities
- Very little eccentric component so there is little residual soreness
- Use bilateral or unilateral (one-sided) movements
- Minimum distance for results is 100 yards per exercise



CABLE/BAND PULLS:

- Trains the pulling system: grip, forearm, biceps, back muscles
- Pull from variety of angles to simulate fireground activities
- Vary grip position and implement for overall effectiveness
- Cables develop strength while bands are better for conditioning



CORE SERIES:

- Helps train the core musculature in a functional manner to prevent injuries and improve performance in tasks and sports
- Improves “foundation” for all movements to occur from
- Use multiple positions: plank, side plank, and bridge



CHOP:

- Trains abdominal muscles in true functional manner including deceleration during back extension to prevent low back injuries
- Can use different implements (MB, DB, KB, hose, weight plates, sandbags) to perform exercise
- Can safely chop from different angles and patterns to train entire low back, hip, core, and shoulder areas



PUSHUPS:

- Great for developing core stability, wrist flexibility, upper body muscle endurance, and strength
- Use variety of hand positions (wide, narrow, mixed, shoulder-width)
- Feet can be placed on ground, on box/step, or stability ball for added stability challenge



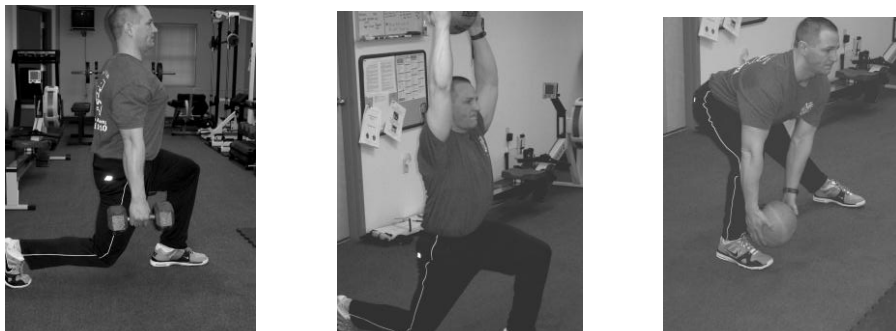
DEADLIFT

- Aids in developing lower body, core, grip, and back strength
- Can use a barbell, hex BB, DB, KB, sandbags, hose, plates



LUNGE

- Aids in developing lower body strength, stability, balance, and power
- Can lunge in various directions and multiple planes of motion (sagittal, frontal, & transverse)



STEPUPS

- Useful in developing lower body strength, balance, stability, and power
- Helps improve job-specific endurance when wearing PPE or weightvest
- Can step at various heights and in different directions for total leg and hip development



SAMPLE WORKOUT 1

Week 1/Week 2/Week 3/Week 4

Deadlift

4 sets x 6 reps/5x5/6x4/3x5

Getups
PVC pulls

3x8/3x10/4x8/4x10
3x8/3x10/4x8/4x10

Diagonal chops
Plank

3x8/3x10/4x8/4x10
3x30s./3x45s./4x60s./3x30s dips

SAMPLE WORKOUT 2

Week 1/Week 2/Week 3/Week 4

Sled drag

4 x 50'/4x100'/6x100'/3x100'

Cable pulls
Lateral Stepups

3x8/3x10/4x8/4x10
3x8/3x10/4x8/4x10

Pushups
Bridge

3x8/3x10/4x8/4x10
3x30s./3x45s./4x60s./3x30s dips

Make fitness & health a priority!