

## ACADEMY PHYSICAL TRAINING:

Fire Fighting is a very stressful undertaking that will require a high degree of cardiovascular conditioning. It is an unfortunate fact that around forty percent of fire fighter deaths on emergency scene's are related to stress and heart attacks. Because of this we take physical conditioning very seriously and will be starting you out each day we have outside activities scheduled with a short exercise period.

Fire fighting will require you physically to have:

- \*Good Cardiovascular conditioning
- \*Be able to lift varying amounts of weight (up to and over your head)
- \*Be very flexible to allow for movement within tight spaces and to prevent injuries to your back and joints.

Though fire fighting is a "TEAM" sport, each individual will be called upon to do some lifting and raising of equipment. This will require some upper body strength. Females of smaller size will find this the most challenging physical part of the fire service and fire service training. Extra effort to build upper body strength as well as improving cardiovascular endurance will help smaller individuals succeed. We have people of all sizes, both men and women who have proven their abilities to meet the physical requirements our job presents. I have found that usually a high degree of desire, and hard work to improve upper body strength and endurance will carry even the smallest of individuals through.

## STRETCHING:

Attached are some good examples of stretching exercises to be performed daily. We will be doing some of these as well as other stretching exercises prior to our physical training each day. I strongly encourage you to start now and perform these stretches at least twice a day to help prepare yourself for the academy. One of the most commonly lacking parts to a good physical training program is stretching and flexibility exercises. Exercise, especially weight training without adequate flexibility exercises can actually lead to injuries during fire fighting training. These exercises come from the book "SPORT STRETCH" by Michael J. Alter, who has a Masters in Health Education, and was a gymnast and gymnastics coach. This is an excellent book which has over 300 stretches, and has sports specific stretching routines. I highly recommend this book for those interested in

After performing stretching exercises we will do some other exercises aimed at further warming up our bodies and building strength and endurance. Some examples of these are:

Jumping Jacks  
Sit ups / crunches  
Push ups

In addition we will be running the training tower to help build endurance as well. Our major goal of this short (15 minute) period each day is to help warm you up and prevent injury. We also are hoping to encourage you to perform daily physical exercise to improve your overall conditioning and improve the length and quality of your life.

#### FINAL NOTE:

Any physical training program presents some risks. If you are already not involved in an ongoing physical program, PLEASE SEE YOUR DOCTOR BEFORE STARTING ONE or THE ACADEMY FOR THAT MATTER! (Dist. 44 recruits will be given a basic, baseline physical during the academy as well)

If you have significant back problems some of these stretches and exercise can be a problem, though if you have a back problem you really should NOT be in the fire service.



#### Stretch # 71

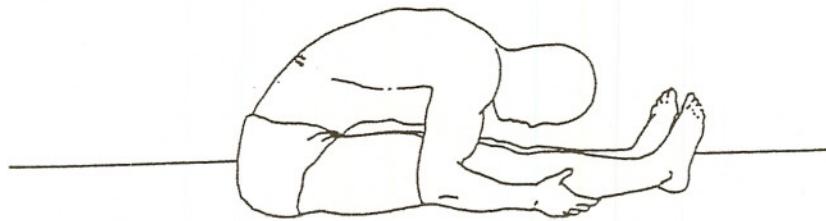
1. Sit upright on the floor with both legs extended.
2. Exhale, keeping both legs straight, extend your upper back, head, and neck at the waist and lower your torso.
3. Hold the stretch for 30 seconds.

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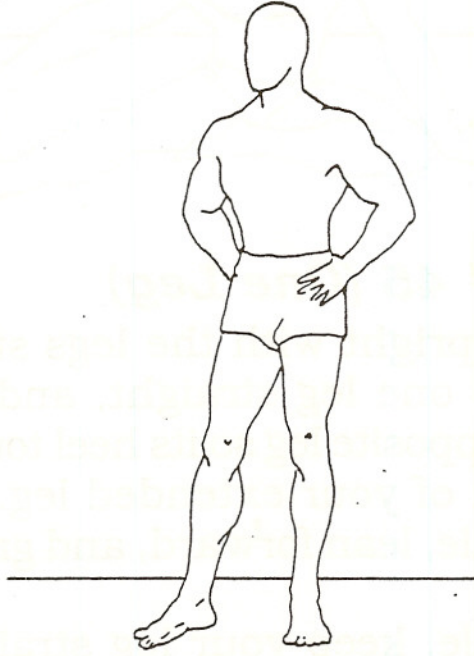
### **Stretch # 45 (One Leg)**

1. Sit upright with the legs straight.
2. Keep one leg straight, and position the opposite leg so its heel touches the groin of your extended leg.
3. Exhale, lean forward, and grasp your foot.
4. Exhale, keep your leg straight, and pull on your foot.
5. Hold the stretch and relax.



### **Stretch # 71**

1. Sit upright on the floor with both legs extended.
2. Exhale, keeping both legs straight, extend your upper back, bend forward at the waist, and lower your trunk onto your thighs. Stop when you feel excess tension.
3. Hold the stretch and relax.



### **Stretch # 15 (One Leg)**

1. Stand upright with one or both hands on your hips. If necessary, use a wall for balance and support.
2. Turn one foot under so that the top outside portion rests on the floor.
3. Exhale, slowly invert your ankle, and press your foot downward.
4. Hold the stretch and relax.