

# firefighter hiit workouts

**firefighter hiit workouts** are crucial for individuals dedicated to the demanding profession of firefighting. These high-intensity interval training sessions are meticulously designed to mimic the explosive power, cardiovascular endurance, and muscular strength required to perform life-saving tasks effectively and safely. This article will delve deep into the principles behind firefighter HIIT, explore effective exercise modalities, provide example workout structures, and discuss the paramount importance of proper form and recovery for optimizing performance and preventing injuries. Understanding these elements can significantly enhance a firefighter's physical readiness for the unpredictable challenges of the job.

Table of Contents

What is Firefighter HIIT?

Why HIIT for Firefighters?

Key Components of Firefighter HIIT Workouts

Effective Exercise Modalities for Firefighter HIIT

Sample Firefighter HIIT Workout Routines

Incorporating Firefighter-Specific Movements

The Importance of Proper Form and Technique

Rest and Recovery for Optimal Firefighter Fitness

Nutrition for Firefighter HIIT Performance

## What is Firefighter HIIT?

Firefighter HIIT, or High-Intensity Interval Training, is a specialized form of exercise protocol that involves short bursts of intense physical activity followed by brief periods of rest or low-intensity recovery. This training methodology is particularly well-suited for firefighters due to the nature of their job, which often demands rapid, powerful movements and sustained effort under extreme conditions. Unlike traditional steady-state cardio, HIIT pushes the cardiovascular system to its limits, improving anaerobic capacity and aerobic fitness simultaneously. The effectiveness of firefighter HIIT lies in its ability to simulate the on-demand, high-exertion scenarios encountered during emergencies.

The core principle of firefighter HIIT is to maximize metabolic stress and energy expenditure within a condensed timeframe. This means performing exercises at near-maximal effort for short durations, typically ranging from 20 seconds to a minute, followed by recovery periods of similar or slightly longer duration. This cycle is repeated multiple times to build a comprehensive workout. The intensity is key; participants should feel challenged and breathless during the work intervals, pushing their physical boundaries to achieve significant fitness gains necessary for the firefighting profession.

## Why HIIT for Firefighters?

The firefighting profession is inherently physically demanding, requiring exceptional levels of strength, endurance, agility, and power. Firefighters frequently encounter situations that demand explosive efforts, such as forcing doors, carrying heavy equipment, climbing stairs with full gear, and

performing rescue operations. Traditional endurance training alone may not adequately prepare them for these unpredictable, high-intensity bursts of activity. HIIT workouts specifically target these needs by enhancing both aerobic and anaerobic energy systems, crucial for sustained performance during prolonged incidents and for rapid recovery between critical tasks.

Furthermore, the time constraints often faced by firefighters necessitate efficient training methods. HIIT workouts are time-efficient, delivering significant physiological benefits in a fraction of the time required for traditional training programs. This allows firefighters to maintain peak physical condition even with demanding schedules. The metabolic benefits of HIIT also contribute to improved body composition, reducing excess body fat and building lean muscle mass, which is essential for carrying heavy gear and maintaining agility on the fire ground.

## **Key Components of Firefighter HIIT Workouts**

Effective firefighter HIIT workouts are built upon several critical components that ensure they are both challenging and relevant to the demands of the job. These components include the selection of exercises that mimic firefighting tasks, the structure of work-to-rest intervals, and the progressive overload principle to ensure continuous improvement. The primary goal is to enhance the physical capabilities that directly translate to improved performance and safety in emergency situations.

The intensity of the work intervals is paramount. Firefighters should strive to achieve 85-95% of their maximum heart rate during the work periods. This high intensity is what drives the physiological adaptations necessary for peak performance. The duration of these intervals, typically 30-60 seconds, is sufficient to elicit a strong physiological response without leading to complete exhaustion that hinders performance on subsequent intervals. The recovery periods, usually matching or slightly exceeding the work interval duration, are designed to allow for partial recovery, enabling the body to sustain multiple high-intensity efforts throughout the workout.

## **Work-to-Rest Ratios**

The specific work-to-rest ratios used in firefighter HIIT can vary depending on the fitness level of the individual and the specific goals of the workout. Common ratios include 1:1, 2:1, or even 3:1 (work-to-rest). For beginners, a 1:1 ratio, such as 30 seconds of work followed by 30 seconds of rest, is a good starting point. As fitness improves, this ratio can be manipulated, for instance, by increasing the work duration (e.g., 45 seconds work, 30 seconds rest) or decreasing the rest duration (e.g., 30 seconds work, 20 seconds rest). This strategic manipulation ensures that the challenge remains high and continues to drive adaptations.

## **Exercise Selection and Progression**

The exercises chosen for firefighter HIIT must be compound movements that engage multiple muscle groups and simulate the functional demands of the job. This includes exercises that involve pushing, pulling, lifting, carrying, and explosive movements. Progression is achieved by gradually increasing the intensity, duration, volume, or complexity of the exercises. This might involve increasing the weight used, the number of repetitions within an interval, the number of rounds, or the difficulty of

the movement itself.

## **Effective Exercise Modalities for Firefighter HIIT**

To effectively prepare firefighters for the rigorous demands of their profession, HIIT workouts should incorporate a variety of exercise modalities that target the specific physiological systems and movement patterns used on the job. These exercises are often chosen for their ability to engage large muscle groups, develop explosive power, and improve cardiovascular conditioning under strenuous conditions. The goal is to create a training stimulus that is as close to real-world firefighting scenarios as possible.

Many of the exercises can be performed with minimal equipment, making them accessible for training at the fire station or at home. This versatility is key to maintaining consistent training regardless of location. The focus is on functional strength and conditioning, ensuring that firefighters are not only strong but also capable of moving efficiently and powerfully when called upon.

### **Bodyweight Exercises**

Bodyweight exercises are foundational for firefighter HIIT due to their accessibility and ability to build a strong foundation of strength and endurance. Movements like burpees, jump squats, push-ups, lunges, and mountain climbers are excellent for elevating heart rate and engaging major muscle groups. These exercises can be modified to increase or decrease difficulty, allowing for scalability across different fitness levels.

- Burpees: A full-body exercise that mimics the explosive, multi-planar movements common in firefighting.
- Jump Squats: Develop lower body power and explosiveness crucial for stair climbs and overcoming obstacles.
- Push-ups: Strengthen the chest, shoulders, and triceps, essential for pushing and lifting.
- Lunges: Improve lower body strength, balance, and unilateral power.
- Mountain Climbers: Enhance core strength, cardiovascular endurance, and agility.

### **Kettlebell Training**

Kettlebells are incredibly versatile tools for firefighter HIIT, offering a unique blend of strength, power, and cardiovascular conditioning. The dynamic nature of kettlebell exercises, such as swings, snatches, and cleans, effectively engages the posterior chain and develops explosive hip drive, mimicking the power needed for forceful entry or carrying heavy loads. Kettlebell circuits are particularly effective for simulating the constant exertion firefighters face.

- Kettlebell Swings: A powerful hip-hinge movement that builds posterior chain strength and cardiovascular capacity.
- Kettlebell Snatches: An explosive, full-body exercise that improves power and shoulder stability.
- Kettlebell Cleans: A foundational kettlebell movement that builds upper body and hip strength.
- Kettlebell Thrusters: Combines a front squat with an overhead press for a challenging full-body exercise.

## Sled Drags and Pushes

Sled drags and pushes are highly functional movements that directly simulate dragging equipment or pushing through obstacles. These exercises build incredible lower body strength, core stability, and mental toughness. They are excellent for developing the raw power and endurance required for moving heavy objects under duress. The added resistance forces a firefighter to engage their entire body and push through fatigue.

## Rower and Assault Bike

The rowing machine and Assault Bike are exceptional for delivering intense, full-body cardiovascular workouts. They allow for precise control over intensity and can be easily integrated into HIIT protocols. The continuous, high-output nature of these machines mimics the sustained effort required during prolonged emergency responses, while also providing the capacity for short, all-out sprints that challenge the anaerobic system.

## Sample Firefighter HIIT Workout Routines

Designing effective firefighter HIIT routines involves carefully selecting exercises that target key muscle groups and movement patterns relevant to the job, structured within appropriate work-to-rest intervals. These sample routines are designed to be adaptable, allowing firefighters to adjust intensity based on their current fitness level and available equipment. The focus is on functional strength, explosive power, and cardiovascular endurance.

It is essential to warm up thoroughly before each session to prepare the body for intense activity and to cool down afterward to aid in recovery. Proper form should always be prioritized over speed or the number of repetitions to prevent injuries.

### Routine 1: Full Body Power Circuit

This routine focuses on compound movements that engage the entire body, promoting functional strength and explosive power. Aim for 3-5 rounds, with 60 seconds of rest between rounds.

- Exercise 1: Burpees (40 seconds work, 20 seconds rest)
- Exercise 2: Kettlebell Swings (40 seconds work, 20 seconds rest)
- Exercise 3: Push-ups (as many reps as possible in 40 seconds, 20 seconds rest)
- Exercise 4: Jump Lunges (40 seconds work, 20 seconds rest)
- Exercise 5: Plank (hold for 40 seconds, 20 seconds rest)

## **Routine 2: Cardio and Endurance Focus**

This routine emphasizes cardiovascular conditioning and muscular endurance, vital for sustained efforts during emergency situations. Aim for 4-6 rounds, with 60 seconds of rest between rounds.

- Exercise 1: Rowing Machine Sprint (45 seconds max effort, 15 seconds active recovery – light rowing)
- Exercise 2: High Knees (45 seconds, 15 seconds rest)
- Exercise 3: Assault Bike Sprint (45 seconds max effort, 15 seconds active recovery – light pedaling)
- Exercise 4: Jumping Jacks (45 seconds, 15 seconds rest)
- Exercise 5: Mountain Climbers (45 seconds, 15 seconds rest)

## **Routine 3: Strength and Conditioning Blend**

This routine combines strength-building exercises with metabolic conditioning to enhance overall functional fitness. Aim for 3-4 rounds, with 90 seconds of rest between rounds.

- Exercise 1: Sled Push (50 feet forward, immediately followed by 50 feet backward drag; 30 seconds rest)
- Exercise 2: Dumbbell Thrusters (40 seconds work, 20 seconds rest)
- Exercise 3: Pull-ups or Banded Pull-downs (as many reps as possible in 40 seconds, 20 seconds rest)
- Exercise 4: Renegade Rows (40 seconds work, 20 seconds rest)
- Exercise 5: Kettlebell Goblet Squat Jumps (40 seconds work, 20 seconds rest)

# **Incorporating Firefighter-Specific Movements**

The true efficacy of firefighter HIIT workouts lies in their ability to directly translate to the demands of the job. This means consciously integrating movements that simulate critical firefighting tasks. By incorporating these specific actions, firefighters can build not only general fitness but also task-specific strength, power, and endurance. This targeted approach ensures that training time is maximized for real-world applicability.

The aim is to move beyond generic exercises and embrace movements that echo the physical challenges encountered during a fire or rescue operation. This not only improves performance but also builds confidence in a firefighter's physical capabilities when facing high-stress situations.

## **Forcible Entry Simulation**

Exercises that mimic forcible entry, such as heavy bag striking, sledgehammer work, or medicine ball slams, are vital. These actions develop the explosive pushing and pulling power needed to breach doors or clear debris. Practicing these movements under fatigue conditions within a HIIT format can significantly improve a firefighter's ability to perform these critical tasks when seconds count.

## **Search and Rescue Drills**

Incorporating movements like crawling under obstacles, bear crawls with added weight, or simulated victim drags builds the strength, agility, and endurance required for search and rescue operations. These exercises often demand full-body engagement and require the ability to move efficiently in confined spaces under duress, mirroring the realities of navigating a burning structure.

## **Equipment Management and Carrying**

Carrying heavy loads, such as weighted vests during runs, farmer's walks with heavy dumbbells or kettlebells, or simulated hose drags, is essential. These exercises build the muscular endurance and grip strength necessary to transport heavy equipment, such as SCBA tanks, tools, or rescue gear, over extended distances or up stairwells. The ability to maintain composure and efficiency while carrying substantial weight is a hallmark of a well-prepared firefighter.

## **Stair Climbing with Load**

Performing HIIT intervals that involve stair climbing, either on a stair climber machine or actual stairs, while wearing a weighted vest or carrying gear, is a direct simulation of a common and highly demanding firefighting task. This builds exceptional cardiovascular capacity and lower body strength, crucial for ascending floors rapidly and repeatedly in full turnout gear.

# **The Importance of Proper Form and Technique**

While the intensity of HIIT workouts is a key driver of adaptation, it is absolutely crucial to maintain proper form and technique throughout each exercise. Neglecting form in favor of speed or increased repetitions can lead to serious injuries, which can sideline a firefighter and compromise their ability to perform their duties. For firefighter HIIT, this is not just about aesthetics; it's about injury prevention and ensuring long-term physical capability.

Proper technique ensures that the intended muscles are being worked effectively and efficiently. It also reduces undue stress on joints, ligaments, and tendons, which are already subjected to significant stress in the line of duty. Prioritizing quality of movement over quantity is a fundamental principle of safe and effective training.

## **Muscle Activation and Engagement**

Correct form ensures that the primary muscle groups intended to be activated are indeed doing the work. For instance, in a kettlebell swing, the power should come from the hips, not the lower back. In a push-up, proper shoulder and core engagement prevents strain on the wrists and elbows. Understanding and feeling the correct muscle activation is paramount for achieving the desired training effect.

## **Injury Prevention Strategies**

Many common workout injuries stem from poor form or overexertion without proper biomechanics. For firefighter HIIT, where intensity is high, the risk can be amplified. This means mastering the fundamental movement patterns before increasing weight or speed. It involves paying close attention to body alignment, controlled movements, and avoiding compensatory motions that can put undue stress on joints and connective tissues. Regular self-assessment or working with a qualified trainer can help identify and correct form issues.

## **Progressive Overload with Form Integrity**

The principle of progressive overload is vital for continued improvement in fitness. However, progression should never come at the expense of form. When increasing weight, repetitions, or workout duration, ensure that the movement pattern remains clean and controlled. If form begins to break down, it is a sign that the intensity or volume is too high, and it's time to scale back or modify the exercise until proper technique can be maintained.

## **Rest and Recovery for Optimal Firefighter Fitness**

For firefighters, rest and recovery are just as critical as the training itself, especially when engaging in high-intensity interval training. The demanding nature of HIIT workouts, coupled with the inherent stresses of firefighting, places significant strain on the body. Adequate recovery allows for muscle

repair, energy replenishment, and adaptation, ultimately leading to improved performance and reduced risk of injury and burnout. Ignoring recovery can negate the benefits of even the most meticulously planned firefighter HIIT sessions.

During rest periods, both between intervals and between training sessions, the body undergoes essential physiological processes. These processes are what lead to muscle growth, increased strength, and enhanced cardiovascular capacity. Without sufficient recovery, the body remains in a catabolic state, hindering progress and increasing susceptibility to overtraining and injury.

## **Sleep Quality and Duration**

Quality sleep is the cornerstone of effective recovery. During sleep, the body releases growth hormone, which is crucial for muscle repair and regeneration. Aiming for 7-9 hours of uninterrupted sleep per night is vital for firefighters. Creating a consistent sleep schedule, optimizing the sleep environment (dark, quiet, cool), and avoiding stimulants before bed can significantly improve sleep quality.

## **Active Recovery Techniques**

Active recovery involves engaging in low-intensity activities that promote blood flow and aid in the removal of metabolic byproducts. This can include light jogging, cycling, swimming, or dynamic stretching. Performing these activities on rest days or after intense HIIT sessions can help reduce muscle soreness and improve flexibility, preparing the body for the next training stimulus.

## **Nutrition and Hydration**

Proper nutrition and hydration play a pivotal role in recovery. Consuming adequate protein supports muscle repair and growth, while carbohydrates replenish glycogen stores depleted during intense exercise. Staying well-hydrated is crucial for all bodily functions, including nutrient transport and waste removal. Post-workout meals and snacks containing a balance of protein and carbohydrates are particularly beneficial for accelerating recovery.

## **Mindful Rest and Stress Management**

Beyond physical rest, mental recovery is also important. Firefighting is a high-stress profession, and the demands of intense training can add to this. Incorporating stress management techniques such as meditation, deep breathing exercises, or spending time with loved ones can significantly contribute to overall recovery and well-being. Listen to your body; if you are feeling excessively fatigued or experiencing persistent soreness, it may be an indication that more rest is needed.

A strong and resilient firefighter is a cornerstone of community safety. Firefighter HIIT workouts offer a potent and efficient pathway to achieve the peak physical condition required for this demanding profession. By understanding the principles of HIIT, selecting appropriate exercises, structuring workouts effectively, and prioritizing form and recovery, firefighters can significantly enhance their readiness and capability in critical situations. Continuous adaptation and a commitment to a well-



rounded fitness approach will ensure that firefighters are prepared for any challenge they may face.

## **Q: How often should firefighters perform HIIT workouts?**

A: Firefighters should aim to incorporate firefighter HIIT workouts 2-3 times per week, ensuring at least one rest day between sessions to allow for adequate recovery. The frequency can be adjusted based on individual fitness levels, training volume from other activities, and the demanding nature of their duty shifts.

## **Q: Can I do firefighter HIIT workouts every day?**

A: It is generally not recommended for firefighters to perform intense HIIT workouts every day. High-intensity training places significant stress on the body, and daily sessions can lead to overtraining, increased risk of injury, and diminished performance. Rest and recovery are crucial for muscle repair and adaptation.

## **Q: What are the most important exercises for firefighter HIIT?**

A: Key exercises include compound movements that mimic firefighting actions: burpees, jump squats, kettlebell swings, sled pushes/drag, farmer's walks, and stair climbs. Bodyweight exercises and functional strength movements are paramount.

## **Q: How do I know if my firefighter HIIT workout is intense enough?**

A: A workout is intense enough if you are working at 85-95% of your maximum heart rate during the work intervals, feel significantly challenged, and are breathless. You should find it difficult to hold a conversation during the high-intensity bursts.

## **Q: What is a good work-to-rest ratio for firefighter HIIT beginners?**

A: For beginners, a 1:1 work-to-rest ratio is a good starting point, such as 30 seconds of intense exercise followed by 30 seconds of rest. As fitness improves, this ratio can be adjusted to increase intensity or volume.

## **Q: Can firefighter HIIT workouts help with weight loss?**

A: Yes, firefighter HIIT workouts are highly effective for weight loss due to their high calorie expenditure during and after the workout (EPOC - Excess Post-exercise Oxygen Consumption). They also help build lean muscle mass, which further boosts metabolism.

## Q: How can I make firefighter HIIT workouts more specific to the job?

A: Incorporate exercises that directly simulate firefighting tasks like forcible entry (heavy bag work), search and rescue (bear crawls, victim drags), and carrying heavy equipment (weighted vest carries, farmer's walks).

## Q: What should I eat after a firefighter HIIT workout?

A: After a firefighter HIIT workout, consume a meal or snack rich in protein and carbohydrates within 30-60 minutes to aid muscle repair and replenish glycogen stores. Examples include chicken breast with sweet potato or a protein shake with a banana.

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**firefighter hiit workouts: Deep Fitness** Philip Shepherd, Andrei Yakovenko, 2021-10-12 Fight aging, build strength, and achieve whole-body health in just 30 minutes a day, once or twice a week, with these 30 strength training exercises based on science and mindfulness practices—for people of all ages and activity levels. The mixed messages we've received about exercise, aerobics, and mental and physical fitness are all misleading...or at least incomplete. Clinical research shows that we lose muscle mass as we age, and that preventing muscle loss through strength training—more than cardio, stretching, or flexibility—is the key to staying active, healthy, and well. Deep Fitness introduces Mindful Strength Training to Failure (MSTF), a science-based method that reverses muscle loss and improves overall strength in just 1 or 2 30-minute sessions a week. MSTF exercises are simple and effective, and can be done at home with resistance bands and bodyweight, or with the machines at your local gym. Using slow reps, MSTF marries mindful body awareness with proven strength-training techniques to help you become stronger at any age. With more than 30 full-color exercises, Deep Fitness explains the science behind MSTF. It shows how the program boosts longevity and healthspan; aids weight loss and fat reduction; increases overall wellness and mental health; and can improve or reverse symptoms of: • Prediabetes and diabetes •

Cardiovascular disease • Metabolic syndrome • Alzheimer's and dementia • Chronic inflammation • Osteoporosis • Other chronic illnesses Appropriate for people of all ages and activity levels, the exercises and techniques in Deep Fitness are effective, straightforward, and sustainable, helping you enjoy the vibrant, fit, whole-body health you deserve.

**firefighter hiit workouts: Healthy Shoulder Handbook** Karl Knopf, 2010-03-09 Clear information and effective exercises to end pain, regain range of motion, and prevent future injury—includes over 300 photos. Shoulder problems can be debilitating, whether they come from sports injuries or just daily stresses and strains. Healthy Shoulder Handbook outlines the causes for common shoulder conditions, including shoulder impingement, rotator cuff, tendinitis, dislocation, and repetitive motion injuries. Illustrated with over 300 step-by-step photographs, it offers easy-to-follow exercises to: • Build strength • Improve flexibility • Speed up recovery • Prevent future injury Healthy Shoulder Handbook also features specially designed programs to reverse or alleviate the strain from high-risk sports and occupations, including construction work, desk jobs, tennis, golf, and more. Follow the approach in this book and you'll be able to quickly get back on the job (or back on the court!) and stay there—pain-free!

**firefighter hiit workouts: Black Belt Krav Maga** Darren Levine, Ryan Hoover, 2009-12 As the official defensive tactics system of Israeli police, military, and elite special operations units, krav maga has proven its effectiveness from front lines to back streets. Black Belt Krav Maga teaches and illustrates the discipline's most lethal fighting and self-defense moves in book format.

**firefighter hiit workouts: Krav Maga for Beginners** Darren Levine, Ryan Hoover, 2009-02-03 Learn the Israeli military's hand-to-hand combat system in this "fantastic introduction for anyone seeking the basic fundamentals of self-defense" (Risingsunproduction.net). As the official fighting system of the Israeli Defense Forces, Krav Maga has been battle-tested and has been proven successful. Its emphasis on instinctive movements and efficient counterattacks makes it an easy-to-learn and highly effective program for anyone—male or female, large or small, young or old. Krav Maga for Beginners presents the system's fundamental techniques, its most useful real-world moves and its comprehensive fitness program. Whether you are looking to improve your fighting skills or gain the confidence to escape from a personal assault unharmed, Krav Maga or Beginners provides everything you'll need to reach your fighting goal. With over 360 step-by-step photos, Krav Maga for Beginners makes it easy to learn the world's most effective self-defense and fighting system: Escape Danger Counterattack Neutralize & Defeat

**firefighter hiit workouts: Mastering the Craft** Jeff Rothmeier, 2023-06-06 In this insightful book, veteran firefighter and author Jeff Rothmeier aims to galvanize the minds of firefighters so that they can fulfill their potential and execute effectively in the moment of truth. Training to act effectively means understanding individual tactics fully. Aggression that is not supported by competence, morality, and discipline can be reckless. To be effective, firefighters must believe in and cultivate the power of their mental abilities. Understanding the nature of combat, fire, and humanity informs their instincts. A proper philosophical approach to firefighting is the key to tactical excellence. Features: Identify the skills and vulnerabilities of the enemy—as well as the firefighter—to optimize fire attack Assess the benefits and drawbacks of aggression to accurately manage fireground risks Focus on action: which action to take, when to take it, and how to make it decisive Empower the individual firefighters to play a crucial role on the fireground

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**firefighter hiit workouts: The Long COVID Survival Guide: How to Take Care of Yourself and What Comes Next - Stories and Advice from Twenty Long-Haulers and Experts** Fiona Lowenstein, 2022-11-08 The first patient-to-patient guide for people living with Long COVID—with expert advice on getting diagnosed, dealing with symptoms, accessing resources and accommodations, and more. "The Long COVID Survival Guide aims to give people struggling with long COVID practical solutions and emotional support to manage their illness."—NPR, It's Been a Minute For people living with

Long COVID, navigating the uncharted territory of this new chronic illness can be challenging. With over two hundred unique symptoms, and with doctors continuing to work toward a cure, people experiencing Long COVID are often left with more questions than answers. A support group in book form, *The Long COVID Survival Guide* is here to help. Twenty contributors—from award-winning journalists, neuroscientists, and patient-researchers to corporate strategists, activists, and artists—share their stories and insight on topics including: getting diagnosed finding a caregiver confronting medical racism and gaslighting navigating employment issues dealing with fatigue and brain fog caring for your mental health, and more. This vital resource provides the answers and reassurance you need, to take care of yourself and prepare for what comes next. Contributors: Karyn Bishof, JD Davids, Pato Hebert, Heather Hogan, Monique Jackson, Naina Khanna, Lisa McCorkell, Karla Monterroso, Dona Kim Murphey, Padma Priya, David Putrino, Yochai Re'em, Rachel Robles, Alison Sbrana, Chimère L. Smith, Letícia Soares, Morgan Stephens, and Terri L. Wilder

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**firefighter hiit workouts: The Combat Position** Christopher Brennan, 2011 Firefighting is combat and should be viewed as a warrior's calling. Firefighters put themselves in harm's way to protect others, a selflessness rooted in the same noble drive as the military warriors who defend our nation. This book about combat is meant to be a guide for those who seek to follow a warrior's path, the path of the fire service warrior. Today's firefighter must be a warrior who will unflinchingly put his very life in harm's way to accomplish a mission, but who is also fully informed about the path being chosen. Embracing the philosophy of the fire service warrior, and striving for the ready position--the synthesis of physical and mental readiness that allows for optimum fireground performance--can reduce firefighter injuries and fatalities. *The Combat Position: Achieving Firefighter Readiness* will be an invaluable tool for firefighters, company officers, chief officers, and instructors.

**firefighter hiit workouts: The First Twenty Exercise Training Program and Fire Academy Recruits' Fitness and Health** Brittany S. Hollerbach, 2016 Firefighting is an inherently dangerous occupation with high rates of injuries and fatalities, with the majority of line of duty fatalities due to cardiovascular events. Additionally, firefighters struggle with poor health and low levels of fitness, including very high (>80%) rates of overweight and obesity likely related to the culture of the fire service. Limited resources exist for fire departments that are sensitive to the culture and work requirements of these tactical athletes. Though there has been increasing interest in circuit-type high intensity exercise training programs, key research data are lacking for the firefighter population and few studies have focused on training firefighter recruits. **PURPOSE:** The purpose of this pilot investigation was to examine a novel physical training program on fire academy recruits' health, fitness, and performance, in addition to examining the programs' acceptability, feasibility, and future efficacy. **METHODS:** Thirteen participants were recruited from an entry level fire academy and were randomly assigned to either the control (CG, n=6) or intervention exercise group (TF20, n=7). Due to attrition within the first two weeks of the study, 10 male fire recruits (23±3 years) completed the study (CG, n=3, TF20, n=7). The CG were asked to continue their current exercise habits. TF20 were provided an online-based training program (The First 20) that included periodized workouts, nutritional information, and mental readiness education. All participants completed baseline and post-intervention assessments and 10-weeks of exercise training. Health assessments included resting and post-exercise heart rate and blood pressure and estimated VO<sub>2</sub>max. Anthropometric measures included height, weight, % body fat, % lean mass, and BMI. Performance was measured using the Candidate Physical Ability Test (CPAT). Psychosocial measures were assessed by a short questionnaire. A feasibility analysis was also completed for those in TF20 group. Due to the small sample size and group differences at baseline, descriptive statistics were calculated and each participant was reviewed as an individual case study. The Wilcoxon Signed Rank Test was used to test for significance among TF20 group. **RESULTS:** This pilot investigation provided effect sizes and parameter estimates necessary for the design of a larger randomized controlled trial. Even with a small sample size, TF20 group showed improvement on

numerous outcome measures including CPAT performance (40% passing at baseline to 86% passing post-intervention). Of five TF20 participants completing the CPAT at baseline and post-intervention, four improved their passing time. TF20 participants significantly increased estimated  $\text{VO}_2\text{max}$  ( $p=0.028$ ) and significantly improved body composition (decreased fat mass (kg) and % fat mass,  $p=0.028$ ). TF20 participants also significantly improved grip strength ( $p=0.018$ ). The CG saw no statistically significant differences from baseline to post-intervention. TF20 group completed approximately 75% of the assigned workouts. Participants reported enjoying the workouts and stated a program like this should be offered for fire academy recruits in the future. **CONCLUSION:** While TF20 participants showed significant fitness gains, the small sample size limited comparisons to the control group or other covariates. TF20 program was well-received although there may be a better way to implement the intervention to increase participation. Participants mentioned they would like group workouts led by a certified strength and conditioning coach/peer fitness trainer as opposed to self-guided workouts. This investigation provides promising results for the efficacy of high-intensity training programs in firefighter recruits. Additionally, this study provides alternative guidance for exercise prescription designed specifically for the firefighter population.

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extend the limits of your endurance whether you are in the military, police, firefighting professions, or just an everyday hero. Designed for both men and women, Tactical Fitness presents a series of scaled workout plans—programs based in calisthenics, cardio, and swimming—supplemented with weights, full-body exercises, and functional athletic movements. Unique skills presented also include rope climbing, grip strength, carries, wall climbs, and much more. With Tactical Fitness, you will:

- Reach your absolute physical peak with the same workout techniques used by Special Forces military, firefighters, and police
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