

## ***Firefighter Functional Fitness The Essential To Optimal Firefighter Performance And Longevity***

One of the fire service's most well-known and respected leaders reveals principles and events that have shaped his and other chief's careers and leadership values that no "cookie-cutter" leadership or management book can provide. The real-world experiences and lessons that are vividly detailed in the book provide a roadmap for any aspiring firefighter wishing to be promoted, a company or chief officer looking to go to the next level, or a fire chief who wishes to further develop their leadership skills. Fully Involved Leadership, written by Chief Gary Ludwig addresses the tenets of leading firefighters at all ranks and levels, and provides a blueprint for not only motivating firefighters but inspiring them; not showing them how much you know, but how much you care; that leadership is not a position or title - it is an action and examples; reminding you that rank does not equate to leadership, the inverted table of organization, and much more! Fully Involved Leadership is filled with powerful leadership topics and at its core addresses the values of trust; the two key qualities needed to be a fire service leader - character and competence; how to keep your emotions in check by using I before E - intelligence before emotions; how to keep from making a wrong decision; why it is important to show honor to your firefighters, plus a whole lot more! Chief Ludwig offers warm and engaging stories of not only his

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experiences but other chief officers and how they learned from their mistakes when it comes to leadership. Chief Ludwig provides insights and hard lessons learned that makes you reflect upon the question, "Who would you follow if your life depended upon it?"

House Fires provides a practical and comprehensive guide to strategy and tactics to fight house fires. Features and Benefits: Interactive scenarios based on fireground experience to help develop your fireground decision making Compilation of the best strategy and tactics for house fires from many experienced fire service experts Firefighters: critical information, insight, and understanding of strategies you will be expected to execute on the fireground including size up, search/rescue, fire attack, ventilation, and engine and truck operations Fire officers: scenario-based practical application of traditional and modern approaches to house fires Students of fire suppression: a comprehensive text including the latest research on our most important alarm Examine and practice what must be done for you to determine how best to develop your strategy and tactics at your most important alarm--the house fire. Use this book as a reference as your career progresses--from firefighter to line officer to chief--after you experience different fire situations. You will gain a deeper understanding from the practical scenarios to improve your decision-making skills.

The manual is designed as a comprehensive guide that helps fire and emergency service providers understand the concepts that form the foundation of risk management

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principles and practices, In addition, the manual directs the reader to sources of additional information and operational examples. The manual focuses on the practical application of risk management principles to fire department operations.

Kate Meader's blazing Hot in Chicago firefighter series has "everything you want in a romance" (RT Book Reviews, Top Pick)! The flames of desire burn out of control in this sexy third novel when ex-lovers unexpectedly reunite for a sizzling affair that will have the director yelling, "Quiet on the set!" Actor Molly Cade, America's fallen sweetheart, finally has her shot at a Hollywood comeback with a dramatic new role as a tough-as-nails firefighter that promises to propel her back to the big time and restore her self-respect. Wyatt Fox, resident daredevil at Engine Co. 6, needs a low-key job to keep him busy while he recovers from his latest rescue stunt. Consulting on a local movie shoot should add just enough spark to his day. Especially when in struts Molly Cade: the woman who worked his heart over good, and then left him in the Windy City dust. Their story is straight out of a script: irrepressible, spunky heroine meets taciturn, smoldering hero. But these two refuse to be typecast, and when the embers of an old love are stoked, someone is bound to get burned...

The Ultimate Career Coaching & Study Manual Training the Firefighters of Tomorrow  
Ladder 2 Workout  
Step Up Your Teamwork  
Firemanship ...

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## The Guide to Informal Leadership in the Fire Service 25 to Survive

Response and tactics for common calls, incl. carbon monoxide.

Firefighter Success is the blueprint for firefighters who want to achieve excellence in their careers and personal lives. Its 20 core principles provide every firefighter with a complete road map to fire service success. Going beyond the conventional definition of success (i.e. promotions, rank, money), Firefighter Success will teach firefighters how to continuously improve, maximize and achieve their potential, and leave a positive, lasting impact on the fire service.

**FIREFIGHTER SUCCESS' 20 CORE PRINCIPLES:** CHAPTER 1 - COACHABLE  
CHAPTER 2 - CURIIOUS CHAPTER 3 - CHAMPION MINDSET CHAPTER 4 - CONFIDENT  
CHAPTER 5 - COMMITTED CHAPTER 6 - COURAGEOUS CHAPTER 7 - CONVICTION  
CHAPTER 8 - COMPETENT CHAPTER 9 - COMPREHENSIVE CHAPTER 10 -  
CONSISTENCY CHAPTER 11 - CHARACTER CHAPTER 12 - CREDIBILITY CHAPTER 13  
- CHARISMA CHAPTER 14 - COMMUNICATION CHAPTER 15 - CANDID CHAPTER 16 -  
COMPASSION CHAPTER 17 - COMPOSURE CHAPTER 18 - CHANGE CHAPTER 19 -  
COMMUNITY CHAPTER 20 - COACH

Firefighter Success specifically shares the following with firefighters of all ranks and ages: -How to turn adversity and even failure into success-5 Steps to building credibility-5 Keys to humility- 10 Strategies to becoming more confident-6 Fundamentals to staying committed for the long haul-5 Ways

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to deal with negative people-How to create a personal vision statement-The 3 R's of "Training Triangle"-101 Hands-on training ideas-3 Pillars of building competency-5 Key elements to building character-4 Steps to firefighter resiliency-"Top 10 Credibility-Killers" for firefighters-How to use positive habits and routines for longterm success-20 Rules for successful communication-5 Strategies for maintaining your composure-5 Fundamentals to becoming a well-rounded firefighter-10 Steps to becoming a thorough firefighter-8 Keys to leading change-12 Ways to build a successful team-4 Fundamentals of being candid-10 Steps to becoming an effective coach and mentor-And much more ...Each chapter includes ready-to-implement Action Steps, which provide firefighters with practical ways for short-term and long-term success.WHAT FIRE SERVICE LEADERS ARE SAYING ABOUT FIREFIGHTER SUCCESS: "Firefighter Success is the go-to guide to help you stay on the right path to a career of firefighter excellence." Jason Hoevelmann - Fire Chief - Florissant Valley FPD (MO) & Author of "No Exceptions Leadership""The simple, yet timeless wisdom contained in Firefighter Success provides the details to winning as a firefighter." Mark vonAppen - Captain - Palo Alto Fire Dept. (CA) & Founder of Fully Involved"Firefighter Success gives you 20 core principles that if applied, will not only help you excel at your job and in life. This book contains life lessons and experiences, both good and bad, that

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come together to form a message of excellence---which is shared from a place of humility and gratitude. I guarantee you that if you adhere to these principles, you will not only realize personal success, you will serve as an inspiration and example to those around you as well." Dan Kerrigan - Fire Chief - Upper Providence Township Fire & Emergency Services (PA) & co-author of "Firefighter Functional Fitness" "I highly recommend Firefighter success. If you want to become a great firefighter, read it and live it." Frank Viscuso - Deputy Chief (ret.) - Bestselling Author: "Step Up and Lead" ABOUT THE AUTHOR: Jim Moss is a career Fire Captain in St. Louis County (MO). His passions include leadership, training, and firefighter wellness. He shares his message on the national level, presenting at fire departments and firefighter conferences. Jim is also the co-author of the #1 Amazon Bestseller: Firefighter Functional Fitness, available at [FirefighterFunctionalFitness.com](http://FirefighterFunctionalFitness.com). Learn more at [FirefighterSuccessBook.com](http://FirefighterSuccessBook.com)

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

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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.

Through powerful stories and proven principles, Step Up Your Teamwork teaches how to create momentum, prepare for success, prevent collapse, and turn a group of individuals into a high-functioning team. Frank Viscuso encourages each person to tap into individual talents, skills, and abilities and recognize how to use these skills to improve the team as a whole. The book discusses various proven firefighting team-building methods you can implement immediately.

High Intensity Functional Training

So You Want to Be A Firefighter, Eh?

The Future Firefighter's Preparation Guide: Be the Best Firefighter Candidate You Can Be!

Truck Company Operations

NASM Essentials of Personal Fitness Training

Firefighter Success

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**Developed by the National Academy of Sports Medicine (NASM), this book is designed to help people prepare for the NASM Certified Personal Trainer (CPT) Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training (OPT) model. The OPT model presents NASM's protocols for building stabilization, strength, and power. More than 600 full-color illustrations and photographs demonstrate concepts and techniques. Exercise color coding maps each exercise movement to a specific phase on the OPT model. Exercise boxes demonstrate core exercises and detail the necessary preparation and movement. Other features include research notes, memory joggers, safety tips, and review questions.**

**The essential guidebook for thriving as a firefighter. Over 20 years of research and 100's of interviews were incorporated in the foundational principals shared in this book. Discover the mindset, attitude and habits that make firefighters great & respected. Discover 3 the destructive C's of a fire service career and how to avoid them and discover the firefighter training success diamond. Learn how great firefighters stay focused and motivated and how to become a respected firefighter among respected firefighters. These and so much more in this jam-packed guidebook for thriving as a firefighter. Learn more at [FirefighterPreplan.com](http://FirefighterPreplan.com) Learn what it takes to become a firefighter. Peterson's® Master the Firefighter Exam gives prospective firefighters the tools they need to**



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**prepare for and pass all portions of the firefighter exam--written, physical ability, oral interview, and psychological--to help them begin their life-saving career as a first responder. This comprehensive guide provides everything you need to pass local, state, and national written exams, including test-taking strategies, information on the firefighter screening process, expert oral interview and job search advice, and a review of the Candidate Physical Ability Test (CPAT). full-length practice tests which include questions from actual Fire Department exams--all with detailed answer explanations Strategies for tackling each section of the firefighter exam--reading comprehension, reasoning and judgment, spatial orientation, observation and memory, fire science, and mechanical reasoning Valuable tips on how to prepare for the physical aptitude (CPAT) portion of the screening process In-depth review of the firefighting profession, including employment prospects, job tasks performed by firefighters, and information on training, advancement, and related occupations Comprehensive list of the latest EMT, first-aid, and crisis management requirements Expert advice on acing the oral interview and information on psychological testing**

**Author John Mittendorf has completely rewritten his best-selling book, Truck Company Operations, a must-have for all firefighters who are assigned to the truck and who have responsibilities for the truck on the fireground. The new second edition covers the many aspects, tasks, and**

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**functions of a truck company, and contains new and expanded information related to search, reading a building, reading smoke, the Ten Commandments of truck company operations, operating truck apparatus, and more--all from a truck company perspective.**

**Sparking the Fire**

**The Ultimate Fire Fighter Workout and Nutrition Program**

**House Fires**

**The 30 Minute a Day Train-for-Life Program for Men and Women**

**Supporting Extinguishment and Survivability**

**Fully Involved Leadership**

Leadership at the informal level is becoming a lost art in the fire service. We lack men and women who are willing to lead regardless of their current position. Preparing yourself to lead at the informal level starts now, today. You may not carry a title, but it doesn't mean you can't influence others around you. You can lead from the jump seat.

Veteran firefighter and peer fitness trainer Ryan Vacek shares his unique perspective on physical training with workouts specifically designed for fellow 'fire athletes' in "The Fire Athlete Fitness Program."

Two seasoned fire officers take an in-depth look into the causes of line of duty deaths in residential building fires, and offer incident recommendations. This

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book is designed to provide firefighters and fire officers “ street proven ” tips, techniques, and company-level drills that address and overcome the 25 most common errors that occur at residential building fires.

In Challenges of the Firefighter Marriage, author Anne Gagliano has teamed up with her husband, Captain Mike Gagliano, to share their 30-plus years of personal experience on how marriage can thrive in the chaotic world of firefighting. In addition, they have called upon well-known and respected couples who share their stories of comfort and guidance for firefighter families everywhere.

The Revolutionary Firefighter Workout Program Designed to Transform You Into a "Fire Athlete"

Successful Strategies in Leadership from the Firefighter to the Fire Chief

Assessing Fitness for Military Enlistment

Firefighter Functional Fitness

20 C's to Firefighter Excellence

The Firefighter's Fitness Handbook

The Ladder 2 Workout was developed to give Firefighters, EMTs and Paramedics (FireRescue Athletes) a revolutionary new fitness system that will reduce the risk of injury, increase strength, decrease body fat and insure that you are always "fit for duty".

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This program is 15 years in the making and is endorsed by hundreds of firefighters, paramedics, and elite trainers. The Ladder 2 Workout contains all of the information you need to get "fit for duty." It includes specifically designed strength/power workouts, cardiovascular interval workouts, fitness tips, exercise descriptions and pictures, along with eating guidelines. If you've been training sparingly or need to get back into shape, this program is for you. If you've been doing the traditional bodybuilding/ body part training (which doesn't really apply to firefighting skills), then this program is for you. Maybe you've been following other fitness programs and have noticed that your effort haven't transferred to the fireground, then...this program is for you. Essentially this program is for any FireRescue Athlete that wants to improve their level of fitness, reduce chances of injury (especially shoulder and back), get stronger and get leaner. NSCA's Essentials of Tactical Strength and Conditioning is the ideal preparatory guide for those seeking TSAC-F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military, law enforcement, and fire and rescue personnel.

A revealing guide to a career as a firefighter written by acclaimed author Jeff Wilser and based on the real-life experiences of the heroes of the St. Louis fire department—required reading for anyone considering a path to this profession. Becoming a Firefighter takes you behind the scenes to find out what it's really like, and what it really takes, to become a firefighter. Author Jeff Wilser imbeds with one of the

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oldest departments in the country, the St. Louis Fire Department, to show how this high-stakes profession becomes a reality. Discover what it's like to fight a three-alarm blaze; attend fire academy; prepare for routine calls; and rigorously train for worst-case scenarios. Gain professional wisdom from the beloved fire chief as well as a decorated 25-year veteran field commander. Firefighting is a calling, and those who choose this path are devoted to their work—here is how this life-saving job is actually performed the best in the field.

The U.S. Department of Defense (DoD) faces short-term and long-term challenges in selecting and recruiting an enlisted force to meet personnel requirements associated with diverse and changing missions. The DoD has established standards for aptitudes/abilities, medical conditions, and physical fitness to be used in selecting recruits who are most likely to succeed in their jobs and complete the first term of service (generally 36 months). In 1999, the Committee on the Youth Population and Military Recruitment was established by the National Research Council (NRC) in response to a request from the DoD. One focus of the committee's work was to examine trends in the youth population relative to the needs of the military and the standards used to screen applicants to meet these needs. When the committee began its work in 1999, the Army, the Navy, and the Air Force had recently experienced recruiting shortfalls. By the early 2000s, all the Services were meeting their goals; however, in the first half of calendar year 2005, both the Army and the Marine Corps

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experienced recruiting difficulties and, in some months, shortfalls. When recruiting goals are not being met, scientific guidance is needed to inform policy decisions regarding the advisability of lowering standards and the impact of any change on training time and cost, job performance, attrition, and the health of the force. Assessment of Fitness for Military Enlistment examines the current physical, medical, and mental health standards for military enlistment in light of (1) trends in the physical condition of the youth population; (2) medical advances for treating certain conditions, as well as knowledge of the typical course of chronic conditions as young people reach adulthood; (3) the role of basic training in physical conditioning; (4) the physical demands and working conditions of various jobs in today's military services; and (5) the measures that are used by the Services to characterize an individual's physical condition. The focus is on the enlistment of 18- to 24-year-olds and their first term of service.

The Essential Guide to Optimal Firefighter Performance and Longevity

Developing Firefighter Resiliency

Firefighter Interview Questions and Answers

Get Firefighter Fit

Master the Firefighter Exam

Coordinating Ventilation

**Firefighter Functional Fitness is the essential guide to optimal firefighter performance and longevity. It provides all firefighters with**

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**the knowledge, mindset, and tools to: Maximize their fire ground performance Reduce their risk of injury and experiencing a line-of-duty death Live a long, healthy career and retirement Designed for firefighters by firefighters, this book shares the The 4 Pillars of Firefighter Functional Fitness: Physical Fitness Recovery and Rest Hydration Nutrition and Lifestyle It also reveals the The Big 8 concept, which includes over 100 photos and descriptions of functional exercises, movements, and stretches that are specifically designed to enhance firefighter performance. The Workout Programming chapter gives firefighters numerous options for putting The Big 8 into action, taking into account all levels of fitness. Additionally, each chapter provides practical action steps for both immediate improvement and long-term success. Must-read bonus chapters include: The Importance of Annual Medical Evaluations An Analysis of the Fire Service's Cardiovascular Epidemic Firefighter Physical Agility Assessments Addressing Organizational Barriers to Fitness Frequently Asked Questions Alarming, over the past 10 years, the fire service has suffered more than 1,000 line-of-duty deaths. Unfortunately, over 50% of these LODDs were attributed to heart**

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**attacks, strokes, and other medical causes. Firefighter Functional Fitness attacks these statistics by providing all firefighters with the tools needed to combat this epidemic. Firefighter Functional Fitness brings together the authors' combined 40+ years of fire service experience and decades of utilizing functional fitness principles. The result is an invaluable resource with the vital tools and knowledge that firefighters desperately need to not only enjoy a healthy and productive career, but also benefit with a healthy retirement.**

**Offers thirty-minute workout routines that cover strength, cardiovascular, and flexibility training, and includes information on nutrition and techniques used by firefighters to stay fit for their physically demanding work.**

**Promote good health and safe practices in your fire department with the simple fitness program outlined in THE FIREFIGHTER'S FITNESS HANDBOOK. Beneficial to the both the individual firefighter, as well as the entire department, this book provides a total health evaluation and fitness program designed specifically for firefighters. This book focuses on the special needs of the firefighter and is Built around the joint labor management Wellness-Fitness Initiative (WFI) and**



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**compatible with both the NFPA standard 1583, and the 16 Firefighter Life Safety Initiatives. The book begins by covering the stress levels and physical risks inherent to the job itself, then identifies the principles of successful fitness program design to help firefighters evaluate their own health and fitness levels and program goals. Proper nutrition, the importance of mental training, and a look at common firefighter injuries illustrates the critical role that physical fitness plays in the success and well-being of our nations firefighters. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.**

**Lots of training methods promise to help you build muscle and lose fat, at the same time. Unfortunately, very few deliver. High Intensity Functional Training is a new and exciting type of training method that does deliver. With this approach, you can gain muscle, lose fat, boost your fitness, and even improve your health, all at the same time! High Intensity Functional Training is similar to high intensity interval training, but far better. Like high intensity interval training, it uses short periods of hard work, with rests in between, for a couple of**

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**workouts each week. Unlike high intensity interval training, it makes use of resistance training equipment, especially new tools like battling ropes, kettlebells, and weighted sleds for pushing or towing. This gives it a big advantage over traditional cardio machines, enabling much greater gains in muscle size, and greater losses in body fat. Even better, High Intensity Functional Training is a very time-efficient form of exercise for fat loss. With only a few workouts a week, you will achieve remarkable results. Researchers have suggested that the large energy deficit it produces might be caused by a range of mechanisms on top of simply "burning calories" while you are exercising. These include excess post-exercise energy consumption (EPOC), increases in muscle size leading to gains in resting metabolic rate, reduced appetite, and improved exercise enjoyment, which leads to greater consistency. What is more, you can structure your High Intensity Functional Training workouts to increase enjoyment and minimise muscle soreness by performing exercises with no lowering phase (such as sled pushes). This makes your workouts even easier to perform regularly, and with less discomfort. Buy your copy now, to learn about the underlying research into High**

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**Intensity Functional Training, to see guidelines for how to use this training method, and to obtain a series of workouts that you can use straight away.**

**A Comprehensive Firefighter Workout Program That Will Get You Fit for Duty in 28-days**

**Firefighter Preplan**

**Fundamentals of Fire Fighter Skills**

**The Game**

**The Complete Workout from the Former Director of the New York City Fire Department Physical Training**

**Occupational Outlook Handbook**

Training ordinary people to do extraordinary things requires an understanding of how we learn. Developing Firefighter Resiliency starts with the basic psychophysical aspects of learning. The fire service has unwittingly used a failure-based training model for many years. Hands-on training exercises are often based on unachievable objectives. Trainers are often not educated about the psychology of adult learning or the effect of stress during learning.

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Consequently, participants face learning activities with mastery-level skill requirement to succeed when competency has yet to be established. This amounts to a never-ending diet of tests without actual skill development. Accessing knowledge under extreme circumstances cannot be left to chance, because the penalty for failure is severe. This book provides the roadmap for a journey to train, establish relevancy for the lessons, develop competency in the skills, and capitalize on confidence to achieve mastery. We study the impact of a stressful environment on the ability to learn and function.

"A guide to the Eat, Sweat, Thrive curriculum used for Navy Seals intended to enhance training for firefighters, law enforcement officers, EMTs, and other tactical athletes"-- Every aspect of your fitness , health and diet are covered in this comprehensive course. You will arrive at Basic ready and prepared to take on the PT demands that WILL be put upon you. I have been Personal Training and Coaching since the late 1980's.....When I got my first job as a teenager at the

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infamous "George Turners Gym" (Maker of Bodybuilding champions in those days). I have served twice in the United States Army (Aviation) , where I was a Master Fitness and in charge of fitness programs battalion wide. During this time period is where "MAC-P" fighting systems were formed and put to practice. I am a level 3. I went to college in Oregon and Arizona, where I majored in Law and Finance. Aside from my sports and fitness endeavors.....I have also spent two decades in the finance industry and in Real Estate Development. For the past 12 years I have focused on being the Agent, Coach and the trainer of Models, Performers and athletes. In particular Fitness Models, physique competitors and Pro-MMA Fighters. Over the past decade, I have worked in some of the most famous gyms in the world for their prospective sport....Training next to and sparring with some of the biggest Icons of our day. I specialize in getting clients "Performance/Competition Ready". [www.gymmba.info](http://www.gymmba.info)  
DEVELOP THE FITNESS LEVEL AND PHYSIQUE OF A TOP-FLIGHT  
FIREFIGHTER From the Former Director of the New York City

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Fire Department Physical Training Program Over 300 Step-by-Step Photos Illustrate Exercises That Dramatically Improve Firefighting Readiness Are you ready to push yourself to the next level? Get Firefighter Fit shows how to train and achieve the peak level of fitness exhibited by high-performance firefighters. Using a multi-phased approach to total body conditioning, the authors' methods have proven successful in transforming out-of-shape rookies into members of the highly respected FDNY. Regardless of your current fitness level, Get Firefighter Fit enables you to begin today to improve: \*Absolute Strength \*Aerobic Capacity \*Muscular Endurance \*Agility and Flexibility The book also includes performance-oriented nutrition tips to properly fuel and hydrate your body during high-intensity training.

Achieving Firefighter Readiness

A Rookie Firefighter's Manual for Success

Jump Seat Leadership

Challenges of the Firefighter Marriage

Drawn by Fire

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NFPA 1583 Standard on Health-Related Fitness Programs for Fire Department Members

This book will assist future firefighters specifically prepare for a career in the fire service. This book is meant to be your starting point to get you headed in the right direction as you begin the process of becoming a fire fighter.

Ventilation can make or break the outcome of a fire. Ensuring its success requires a knowledge of how it works and what precautions must be taken. Coordinating Ventilation: Supporting Extinguishment and Survivability examines ventilation and its relationship to fire behavior to identify how it affects the fire, operations, and--most importantly--victim survivability.

Ventilation can be universally applied, from the smallest rural community to the largest metropolitan city.

With over twenty years of experience, The Game will prepare you for the many roles and expectations of a rookie firefighter, and will explain the different points that are critical to your success during probation. After reading The Game, you will be ready to start your career with the knowledge of an experienced firefighter in your back pocket.

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Readers will find that this book is more than a collection of 156 fire service editorial cartoons. Paul Combs is a gifted artist who uses his talent as a tool to express his passion for making a difference in the fire service, the greatest job in the world.

NSCA'S Essentials of Tactical Strength and Conditioning

The Firefighter's Workout Book

Fitness and Work Capacity

Strategies and Tactics for Becoming a Great and Respected Firefighter

Risk Management Practices in the Fire Service  
Mindset

*Oftentimes what separates us from being the firefighter we are and the firefighter we want to be is our mindset. Our mindset is the foundation of a lifestyle that is in line with whom we want to become. It keeps us disciplined to do the necessary daily work to uphold our end of the deal - the oath. This book has been created to help us all develop or reinforce the mindset required to consistently train so that we can serve our communities at the highest level. This performance level is what we would expect from any firefighter who shows up to one of our own homes. Our hope is that this book will assist you in creating and sustaining the discipline*



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*to maintain a high standard. Perhaps your mindset is already solid, in which case this book will help you take your training to the next level. It is a book that should be revisited time and time again for those seasons of our careers when the excuses seem to be stronger than our purpose. We believe the pages that follow will position you to overcome the natural human desire to take the path of least resistance and to consistently seek the necessary discomfort to be the firefighter you said you would be.*

*Human Performance for Tactical Athletes*

*The Fire Athlete Fitness Program*

*Responding to Routine Emergencies*

*Becoming a Firefighter*

*Reducing Residential Injury and LODD*

*The Combat Position*