**Top 10 Exercises for Firefighters**

Presented by Rich Meyer, CPS, CSCS  
Nashua (NH) Fire Rescue Firefighter / EMT  
BOD Member, Public Safety Fitness Association  
Email: meyer@nlpstrength.com • www.IRONJAKES.com

**TOP 10 EXERCISES**

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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deadlift</td>
<td>4 sets x 6 reps</td>
<td>5x5/6x4/3x5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getups</td>
<td>3x8/3x10/4x8/4x10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PVC pulls</td>
<td>3x8/3x10/4x8/4x10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diagonal chops</td>
<td>3x8/3x10/4x8/4x10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plank</td>
<td>3x30s./3x45s./4x60s./3x30s dips</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SAMPLE WORKOUT 2

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sled drag</td>
<td>4 x 50’/4x100’/6x100’/3x100’</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cable pulls</td>
<td>3x8/3x10/4x8/4x10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lateral Stepups</td>
<td>3x8/3x10/4x8/4x10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pushups</td>
<td>3x8/3x10/4x8/4x10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bridge</td>
<td>3x30s./3x45s./4x60s./3x30s dips</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Make fitness & health a priority!