



# Fire Rescue Athlete Workout

## ***Thanks for joining the Fire Rescue Fitness Nation.***

As promised, one of the benefits of being a member are the exclusive offers and workouts. Today, I wanted to explain to you the essential components of a Fire Rescue Workout and how you can integrate them into an efficient and effective workout program.

**1. The program must be planned using sound periodization and science.** Training should follow a developmental approach or progression. This means there should be a hierarchy of training. First, it is essential for the fire rescue athlete to develop a training base that should increase the body's functional capacity. Once this is accomplished, the intensity of the exercise is increased to emphasize strength and muscular development. In more general terms, we can also say we develop stability, then strength, and finally power. Regardless of what the training program looks like, it cannot violate this developmental approach. This is one variable that CrossFit does not do, people are getting injured from performing too many presses or pulls or jumps without having a sound base.

**2. The program MUST place a large amount of focus on Core Strength and Balance.** During the course of their career, almost 50% of all fire rescue athletes will hurt their back while on duty. Low back pain is the number one reason firefighters retire early. In order for a program to be effective, it must utilize exercises that focus on the developing the glutes, shoulder girdle, hamstrings, hips and abs. Notice that I didn't say anything about a "six pack" of abs. That is one of the cons of P90X; the program is more concerned about beach muscle than core strength.

**3. The program needs to focus on cardiovascular conditioning and recovery.** When you think of cardiovascular conditioning most people think of running or biking, which in most cases emphasizes aerobic conditioning. Fire Rescue athletes need to have a good level of aerobic fitness but cannot overlook the value of challenging the anaerobic systems. If you've ever humped a "charged" hose line up some stairs or dragged a victim or axed a roof open you realized the importance of anaerobic fitness. An effective Fire Rescue fitness program will set a good cardiovascular base then challenge the cardiovascular system with intervals. Intervals are one of the best ways to simulate the high level of fitness required on the fire ground (click here for a great interval program).

**4. The program must (at some point) contain full-body functional strength exercises.** Functional strength exercises increase balance around the joints and helps prevent injuries by stimulating stabilizing muscles. Functional training is in essence is a full-body approach to core training and are effective in athletic injury rehab and prevention. Functional strength movements like the push-up, goblet squat, lunge, pull-up strengthen all joints of the body in numerous planes.

**5. Programs must include an Active warm-up and flexibility training.** The warm-ups prepare the body for movement, boosts heart rate, blood flow to the muscles, and core temperature. These movements also improve the function of your nervous system. Think of this component as taking a few minutes to warm-up a car that has been sitting outside in cold temperatures all night. The main goal of this the active warm-up and flexibility component is to improve the long-term mobility and flexibility of your muscles. The more flexible the muscle and joint around the muscle; the better the fire rescue athlete recovers and the less chance of injury.

**Do your current workouts have these components? If not (or if so) take a look at the one below.**

# Fire Rescue Athlete Workout

Here is a great program that addresses the physical needs of the fire rescue athlete. Beginners should perform 2 sets of the active warm-up, core and strength circuits. More advanced athletes should perform 2 circuits of the active warm-up and core, then 3 sets of the strength circuits. Try to incorporate a 10-minute interval overhaul at the end as a way to increase your cardio and incorporate fireground movements into your workout ([click here to read more about interval overhauls.](#))

**You can find video demonstrations of each exercise at:**

[Click Here to see the Videos](#)

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
<b>Warm-ups</b>					
Start with a 5-10 minute jog, elliptical or bike session					
Hips, glutes	Step Forward Toe Touches	5-6 each	0	2 circuits	Perform the warm-up exercises in a circuit. You need to perform them 2 circuits-- go right from one exercise to the next.
Hamstrings, calves	Straight Leg Raises	5-6 each	0	2 circuits	
Hips, legs	Knees side to side	5-6 each	30 sec	2 circuits	
<b>Core Exercises</b>					
Abs	SB Crunch	15-20	0	2 circuits	Perform the core exercises in a circuit. Move from one exercise to the next with minimal rest. Rest for 30 seconds after the final exercise, then repeat for a 2 <sup>nd</sup> circuit.
Core	Prone Planks	20-40 sec	0	2 circuits	
Back, Hamstrings	Bridges	10-15	0	2 circuits	
<b>Strength Exercises</b>					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
1A	Push-ups	10-15	0		Perform the first exercise with strict form, after completing the suggested reps, quickly go to the next exercise without rest and follow its suggested reps. Rest after the second exercise then repeat 2-3 times before going to the next superset pair. You will superset: <ul style="list-style-type: none"> <li>• Push ups with Body Row</li> <li>• Prisoner Squats with DB Alternate arm Shoulder Press</li> <li>• Lunge Stance Bicep Curls with DB Tricep Skulls</li> <li>• Farmers Carry (perform this exercise alone, rests between sets, perform 2 to 3 sets.</li> </ul>
1B	Body rows (bent knee)	10-15	1 min	2 to 3	
2A	Prisoner Squats	10-15	0		
2B	DB Alternate Arm Shoulder Press	6-8 each leg	1 min	2 to 3	
3A	Lunge Stance Bicep Curls	6-8 each leg	0		
3B	DB Tricep Skulls	10-15	1 min	2 to 3	
	Farmers Carry	30 steps	1 min	2 to 3 sets	
After completing the strength portion perform 10 minutes of moderate intensity cardio work (run, steps, elliptical) and finish with foam rolling and stretching. For more advanced athletes try to perform a 10-minute interval overhaul ( <a href="#">click here for more information</a> ).					

**Read below to discover how to use workouts like this to become the "fittest" firefighter on the fireground (and your department)...**

[www.FireRescueFitness.com](http://www.FireRescueFitness.com)

**Attention Firefighters, EMT's and Paramedics (Fire Rescue Athletes)**

***Discover the Ultimate Firefighter Workout, designed to transform you into the Ultimate Fire Rescue Athlete.... Get Lean, Strong and become the "Fittest" Firefighter on any department.***

**Stop Wasting your time and money on workouts that don't address the physical demands of the Fire Ground**

As seen in FireFighterNation.com, FireRescue Magazine and Fire Engineering Online...



***Hello Fellow Fire Rescue Athlete,***

If you are interested in getting in the shape of your life (quickly) and Ultimately "Fit for Duty" using a simple to follow workout program that uses exercises and movements that are applicable to the Fire Rescue Athlete....then this may be the most important letter you ever read.

**Here's why:**

**About the FRF Ultimate Fire Athlete Workout Program...**



My name is Aaron Zamzow. I'm a Firefighter and EMT in Madison Wisconsin and also a certified and degreed Personal Fitness Trainer and author. I am the owner of Fire Rescue Fitness ([www.FireRescueFitness.com](http://www.FireRescueFitness.com)) a company dedicated to creating products and articles focused on keeping Firefighters, EMTs and Paramedics in top physical condition and "fit for duty."

First and foremost I am a firefighter/ EMT and have been for over 12 years. I have also been working in the fitness industry as a Fitness Trainer, Strength Coordinator and author for over 20 years. I've been fortunate to train with elite athletes for the NBA, NHL, and NFL and have studied under some of the top trainers in the world. I created the FRF Ultimate Fire Athlete Training System ([FRF Foundations Program](#), [FRF 28-day Quickstart](#) and the FRF Ultimate Fire Athlete Workout) because I was discouraged by all of the programs on the market claiming to be geared toward firefighters. In most of these cases these programs were written by trainers and not by firefighters that truly understood the functional and physical challenges of our job. I guarantee that this is the most comprehensive workout system for Firefighters, EMTs and Paramedics. It will improve every aspect of your fitness (conditioning, strength, cardiovascular recovery, core power) and make you strong, lean, athletic and efficient. The workouts are easy to follow with exercise tutorials and are very practical. This program is 20 years in the making and is endorsed by hundreds of fire rescue athletes and elite trainers.

**“Train like a life depends on it.”**

Aaron Zamzow

Firefighter/EMT, BS and Certified Personal Trainer

Author of the FRF Ultimate Fire Athlete Training System

## Hear what other Firefighters, EMTs and Paramedics are saying about the Workout Program

*"Hey Aaron, I've done a lot of different fitness programs.....P90X got me ripped but made me feel slow and tired on the fire ground. Then I tried CrossFit, it got me in great shape, but eventually my joints were hurting and my performance struggled. I bought the FRF Ultimate Athlete (actually to prove you wrong) but **you NAILED It!** I finished the first 8 weeks and I am in the best shape of my life...strong, lean and able to "fly" on the fire ground....Nice work!"*

-T Higgins (Illinois)

*"I must admit, I was that guy that everybody on the department was afraid to work with. I was 60 pounds overweight and a "heart attack waiting to happen." I decided to purchase the FRF Foundations program and FRF Ultimate Fire Athlete and give it a go. I am happy to say that I am down 50 pounds and halfway through the FRF Ultimate Athlete program. I have some more things to improve on but had to tell you how your program has changed my career. I am now the guy people ask about fitness (to which I send them to you). Thank You!"*

-Mike Miller (NSW Fire Department)

*"Aaron, Thank you very much for creating the FRF Ultimate Fire Athlete! I started the workouts in prep for the Civil Service PAT, trying to get on the job FT. I tried Crossfit a few months ago and got the same feeling after your workout, without the painful back and knees! Your workouts are great, easy to follow and man, do they kick my a\$\$\$. Thank you!"*

-Charlie K (Massachusetts)

*"So far, I LOVE IT! Lost 8 pounds in the first month and my core is stronger than ever. I feel more flexible and move faster. The interval overhauls are a great idea and an easy way to incorporate "real" fire ground movements. Looking forward to the next 8 weeks....."*

-R. Heltsrtun (Wisconsin)

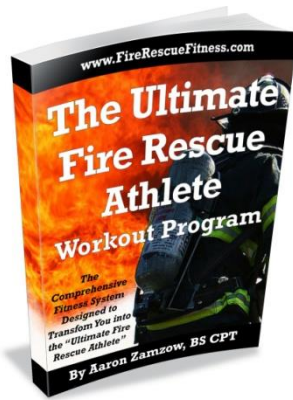
*"Great stuff! Since I incorporated your workouts into my training, my ability on the fire ground has skyrocketed. That cardio spike can be felt at nearly every fire I ever fight."*

-A Willis (Tennessee)

*"Finally someone gets it! I'm a professional firefighter searching for a fitness program that understands the demands of my job. Aaron's program not only makes you a more efficient firefighter but a leaner, stronger athlete. The program is written for athletes yet is practical and easy to follow. I use the workouts with my crew, we are all seeing great progress. I HIGHLY recommend this program to anyone who is serious about being the best Fire Rescue Athlete they can be. ...losing weight and reaching their fitness goals."*

-C. Gaylord (Minnesota)

**[Click here to get more information about The FRF Ultimate Fire Rescue Athlete Workout Program--lose fat, get strong and be the "fittest" on your department.](#)**



**~~Regularly \$59.99~~**

**Special Offer for FRF Nation Members**

**Order Today for \$29.99**



*This is a downloadable e-book program. You will NOT receive a physical package shipped to you in the mail. The entire package will be immediately available for you to download and get started right away after ordering. This program is NOT available in stores, so you can only access it through this website.*

The FRF Ultimate Fire Athlete Program is the combined result of years of University study (including a BS in Kinesiology), 22 years of hands-on, in the trenches gym and field experience, over 10,000 personal and group training sessions, and careful scrutiny of hundreds of "other" fitness programs.

### **My Story...**

Over ten years ago I was a successful fitness trainer in Minneapolis. At that time, I had over 10 years of experience and had a great business and client base which included working with both professional and young athletes. I loved fitness and was constantly working to improve my clients level of fitness (including my own). I was however, looking for something more in my life. The fire department down the street from my house was taking applications for on-call paid firefighters. I've always been an athlete and was missing the team camaraderie. I decided to apply. Little did I know that many years later I would be a professional firefighter and training officer in Madison, Wisconsin.



## Get Fit for Duty

### Firefighter Workouts and My Fitness Background...

When I first got involved in firefighting I was quickly introduced to the high demands on the job and desperately wanted to improve my performance in the academy and fire ground. My passion for fitness took over and I started reading and buying any program aimed towards firefighting....Wow, was I disappointed. Back then (10 years ago) all of the programs that I found were very unimpressive. They claimed to be oriented toward firefighters but in actuality didn't contain any real "fire athlete" functionality. One of the books I purchased didn't teach me anything more than what I learned in a high school weight training class.....frustrating.



**BEFORE**  
13.8%



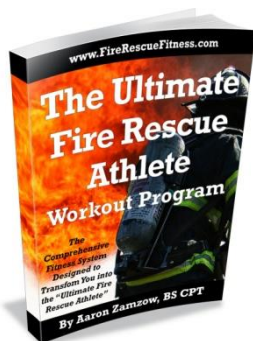
**AFTER**  
7.4%

### The birth of Fire Rescue Fitness...

My frustrations fueled me to research and create the Fire Rescue Fitness Program. This program has been in the making for 10 years. I have personally tested, scrutinized (probably way too much) and perfected the FRF Ultimate Fitness Athlete Program. It works! How do I know..I'm not only the owner but I'm their best client (I had to say it)....**I'm the guy in the picture..and I'm over 40 years old.**

**FRF Ultimate Fire Athlete Program contains the most efficient and effective workouts for firefighters, EMTs and paramedics (Fire Rescue Athletes). Follow the step-by-step plan and get "fit for duty" and "ripped" at the same time.**

**[Click Here if You Are Ready to be Fire Rescue Fit \(FRF\)?](#)**



**~~Regularly \$59.99~~**

Add to Cart



Click here to order the most effective workout for Firefighters (period)

**Order Today for \$29.99**

[www.FireRescueFitness.com](http://www.FireRescueFitness.com)

You can get access to the revolutionary FRF Ultimate Fire Athlete system for less than a month's membership at your gym or a dinner for two at a nice restaurant

*This is a downloadable e-book program. You will NOT receive a physical package shipped to you in the mail. The entire package will be immediately available for you to download and get started right away after ordering. This program is NOT available in stores, so you can only access it through this website.*

## The program includes:

- ✓ 12-week training calendar with daily workout plan that explains what you need to do each day (strength, core, cardio, flexibility, recovery, power, intervals)
- ✓ 12 full-body efficient and effective (strength, power and conditioning) workouts
- ✓ 5 different challenge workouts to test your level of fitness and bring it up to the next level. These workouts are great to use with a group or your crew to push each other.
- ✓ Core exercises and stretches that will make you move more efficiently and PAIN FREE. These exercises alone can add 5 years to your Fire Rescue Athlete career.
- ✓ Interval Cardio Workouts that incorporate fire ground movement patterns. These workouts are less than 30 minutes and can be completed on-duty, at home... Anywhere really.
- ✓ Over 150 Exercises with guides that are easy to follow (and printable) that instruct you on proper form. Each exercise links to a video showing it in proper motion also. Most importantly, the program explains how, why and when to do each exercise.
- ✓ Fire Rescue Athlete Training Rationale- why the program is so effective...

FRF Ultimate Fire Athlete													
FRF Ultimate Fire Athlete Workout Schedule													
Week	Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Week 1	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 2	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 3	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 4	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 5	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 6	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 7	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 8	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 9	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 10	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 11	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio
Week 12	Day 1	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio

The program includes a 12-week schedule that will show you exactly what workouts to use on what days.

## FRF Ultimate Fire Athlete

### Inverted Hamstring

**Muscles worked:**

- Core stabilization, strength and balance

**Preparation:**

- Stand up straight with your thumbs up and arms at your sides.
- Draw belly tight and slightly lift one foot.

**Movement:**

- Make sure to keep your head back and ribs tight.
- Balance on one foot, pivot at the hips and slowly bring your upper body forward and the other leg back.
- at the same time slowly raise your arms with thumbs up.
- Bring your body parallel to the floor, pause then slowly return to the starting position.
- Try not to let the feet hit the floor between legs.

**Finish:**

- Form is more important than how long or how much!
- Perform each rep slowly with good control!
- Perform all reps on one leg then repeat with the other leg.

[Click here to see this exercise in action](#)

**CAUTION:** Stand up straight with one foot slightly off the floor. Make sure to keep your head back and ribs tight. Balance on one foot, pivot at the hips and slowly bring your upper body forward and the other leg back. At the same time slowly raise your arms with thumbs up. Bring your body parallel to the floor, pause then slowly return to the starting position. Try not to let the feet hit the floor between legs. Perform all reps on one leg then repeat with the other leg.

Exercise tutorials that demonstrate proper form

## FRF Ultimate Fire Athlete



Video Tutorials that explain aspects of the program in detail.

**BUT WAIT, THERE'S EVEN MORE!**



# Order Today and get these Bonuses....

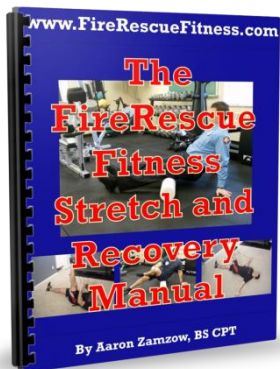
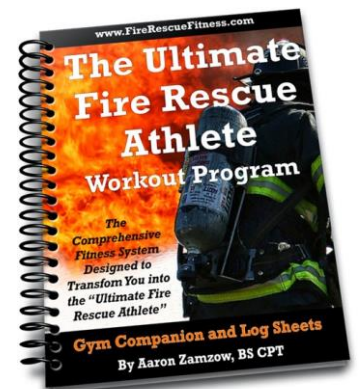
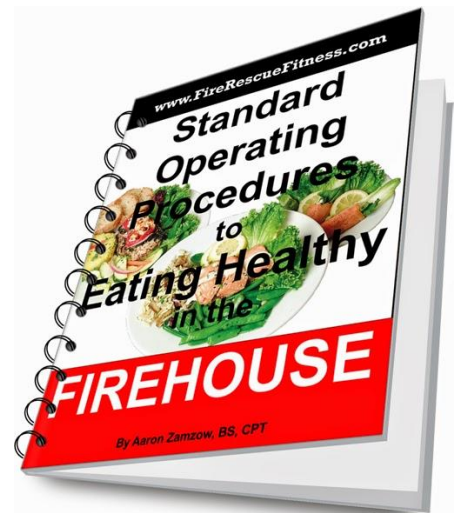
## **Bonus #1. The FRF Standard Operating Procedures to Eating Healthy in the Firehouse (Retail Value \$39.99)--**

Eating healthy in the firehouse(or any house) isn't the easiest thing to do. It takes discipline and an avoidance of the kitchen (or whatever place in the firehouse where all the goodies are). Obviously, it is impossible to avoid the kitchen entirely but it is possible to *lean out* the firehouse. Cooking for a group of hungry firefighters is not easy-- if you don't cook something tasty you will hear about it from your crew...for a long time. The goal of this e-book is to provide some guidelines (and some recipes) on how to cook and eat healthy in the firehouse (and at your own house) **to get you lean and "fit for duty."**

- ✓ Six easy to follow guidelines
- ✓ Healthy Firehouse shopping lists
- ✓ Example meal plans
- ✓ Healthy snack ideas that are easy and quick to prepare
- ✓ Healthy Recipes

## **Bonus #2 FRF Ultimate Fire Athlete Gym Companion and Log Sheets (\$39.99 Value).**

-Take the workouts and nutrition tips with you anywhere. The Quick Reference Guide and Workout Logs contains exercise photos and descriptions, coaching tips, log sheets for each workout and can be viewed on any mobile device (with the free adobe mobile reader). Great to print out and take to the gym.



**Free Bonus #3 (\$29.99 value)** – FRF Stretch and Recovery Manual. This manual includes pictures and coaching tips to help your body recover faster and move more efficiently and “pain-free.” Easy to follow and a great addition to the FRF Ultimate Fire Athlete Workouts.

**Don't delay, because the FREE bonus package valued at \$109.97 will only be available for a limited time...**

**In just a few minutes, you'll be able to download and start absorbing the info in the program and see for yourself why I think this program is the most comprehensive and effective Firefighter Workout.**

***Or...Check out the New***

[www.FireRescueFitness.com](http://www.FireRescueFitness.com)

## **The FRF Rapid Fat Loss for Firefighters**

Do your turnouts fit a little “tighter” these days? The Rapid Fat Loss for Firefighters program was designed for those Fire Rescue Athletes that want to get leaner and stronger in only 6 weeks. This is a “spin off” of the highly successful FRF Ultimate Fire Rescue Athlete Workout Program (Click here for more information and testimonials about the program). This comprehensive Fat Burning Program creatively integrates fire ground movements, crew workouts, 10-minute metabolic interval overhauls, challenge workouts and will get you stronger, leaner and more efficient on the fire ground. This program is intended for those Fire Rescue Athletes that have fallen off the fitness wagon and need an efficient plan to help get their turnouts and uniform fitting better. The 6-week Rapid Fat Loss Program includes:

- 6-week Rapid Fat Loss Training calendar
- Full-body efficient and effective workouts including 2 challenge workouts
- 4 different Interval cardio workouts including crew workout options
- Over 30 Fat Burning Exercises that will challenge every muscle in your body Exercises Exercise tutorials and video links
- 5 Highly Metabolic Interval Overhauls
- Fire Rescue Athlete Training rationale
- Including workout options for on-duty and crew workouts (group workouts)
- Core exercises and stretches (including a stretch and recovery guide)

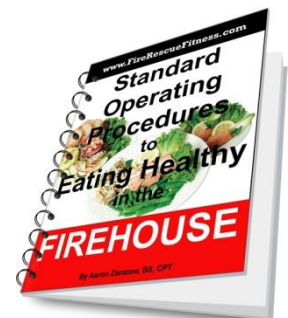
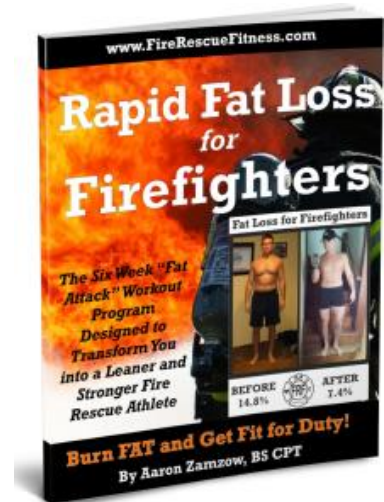
[Click here to get more information about The FRF Rapid Fat Loss Workout.](#)

**BONUS** (If you order today) –The FRF Ultimate Fire Athlete Gym Companion and Log Sheets

**BONUS #2** (If you order today) – The FRF Stretch and Recovery Manual

**DOUBLE BONUS-** Order Today and get the FRF Standard Operating Procedures to Eating Lean in the Firehouse. This guide contains:

- Easy to follow eating guidelines
- The Do's and Don'ts of eating LEAN
- Authorized Food Lists
- Healthy Recipes for you and the crew
- Daily eating plans that follow the guidelines



**~~Regularly \$59.99~~**

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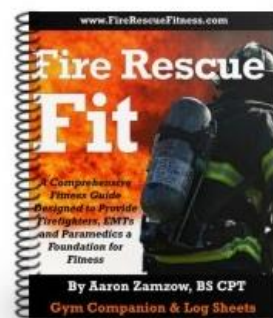
[www.FireRescueFitness.com](http://www.FireRescueFitness.com)

# ***Has it been a while since you have consistently worked out? If you so, the FRF Foundations Program is for you.***

## **[FRF Foundations Program](#)**

It all starts with this program. The foundations program was created to help Firefighters, EMTs, and Paramedics lose extra pounds, get stronger, get leaner and be a better Fire Rescue Athlete. If it's been a while since you have been consistent with your workouts or you are coming off a prolonged "break"- this is the program for you. This is a comprehensive 12-week program that includes:

- Training calendar
- Six full-body efficient and effective workouts
- Two challenge workouts
- Interval cardio workouts
- Exercise guides and videos
- Lean eating guidelines
- Daily eating plans
- Fire Rescue Athlete Training rationale
- Authorized food lists
- Core exercises and stretches that will prolong your career



**BONUS (If you order today)** –The FRF Foundations Gym Companion and Log Sheets

- Printable workout calendar
- Printable workout sheets and logs to help you track your progress and use for reference in the gym
- PDF format that you can download on to your android phone, iPad, iPhone and/ or iPod.

**BONUS #2 (If you order today)** – The FRF Stretch and Recovery Manual

**Double BONUS-** Order Today and get the FRF Standard Operating Procedures to Eating Lean in the Firehouse.

- Easy to follow eating guidelines and daily plans
- The Do's and Don'ts of eating LEAN
- Authorized Food Lists
- Healthy Recipes for you and the crew



**[Click HERE for more information or to ORDER the FRF Foundations Workout](#)**

- Click **[HERE](#)** To Purchase -



**~~Regularly \$49.99~~**

**[Order Today for \\$24.99](#)**

*This is a downloadable e-book program. You will NOT receive a physical package shipped to you in the mail. The entire package will be immediately available for you to download and so you can get started right away after ordering. This program is NOT available in stores.*