

FIREHOUSE

Learn it. Lead it. Love it.

Functional Fitness for the Fire Service

Presented by:

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Aaron Zamzow (ZAM)

- Firefighter and Training Officer for the City of Madison, WI Fire Department. Firefighter/ EMT for over 20 years.
- Certified (NASM, Ace – Peer Fitness, NSCA – CSCS, PN1) and degreed Personal Fitness Trainer with 30 years experience.
- Trained with elite athletes for the NBA, NHL, and NFL and had the privilege to study under some of the top trainers in the world.
- Owner of Fire Rescue Fitness
- Contributing Writer for Firehouse Magazine (Expo and World), Lexipol, FR1...
- Thank YOU!



What we want to learn today.

- Define “functional fitness” for the fire service?
- The Essential Components of a Fire Rescue Workout Program
- Workout Templates
- How to Schedule/ Plan Workouts (weekly)
- Q and A (equipment, nutrition, assessments, trends)
- **FYI-** www.FireRescueFitness.com/Firehouse



BENEFITS OF FUNCTIONAL FITNESS

- Injury Reduction/Performance Improvement
 - Weight control
 - Lower instances of Cancer
- Decrease chances of sudden heart attack and stroke.
 - Improves cognitive thinking
- Improves mental health (lowers symptoms of depression)
 - Helps manage PTSD
 - Improves Cognitive Thinking
- Improves immune response (COVID)

[** Brain, Behavior, and Immunity](#)
[Volume 61](#), March 2017, Pages 60-68



What is Functional Training?

“Training the body for the activities performed in daily life”.

-Mayo Clinic



Our Playing Ground “daily life”

Firefighting/ EMS is strenuous work!

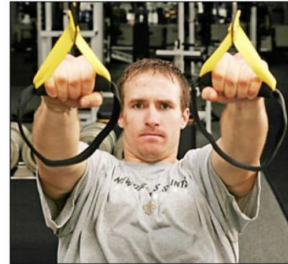


Fire/Rescue Ground Motions

- Lifting
- Crawling
- Pulling
- Hoisting
- Carrying
- Dragging
- Climbing
- Slamming (sledge)
- “Core” Work



What is Functional?



These athletes don't do these workouts to prepare for their job...



STAY BACK 500 FEET

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FUNCTIONAL TRAINING FOR THE FIRE SERVICE



**“IF YOU HAVE A BODY,
YOU ARE AN ATHLETÉ.”**

-BILL BOWERMAN



**“Being a fire rescue athlete is a state of mind,
which is not bound by age, rank, or situation.
You must be physically and mentally ready to
perform regardless of your playing field.”**

--Aaron "ZAM" Zamzow

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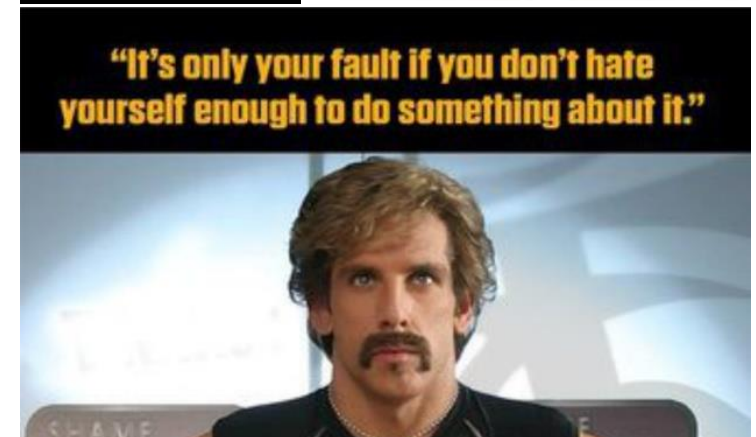


**Do the exercises in your workout
mimic and/or help you do your job
more efficient and effectively?**



What is “Functional” Fitness

- Marathon/ Ironman?
- CrossFit?
- P90X, Insanity?
- GET HUGE Bro-tein Program?
- How much do you bench?
- 7-minute Abs?
- Zumba?
- Yoga?



How much do you bench...?

Many of the traditional weight-lifting machines seen in most firehouses do not “functionally” address the physical challenges fire rescue athletes need.....



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Is this an effective exercise?





THIS IS “Functional”...

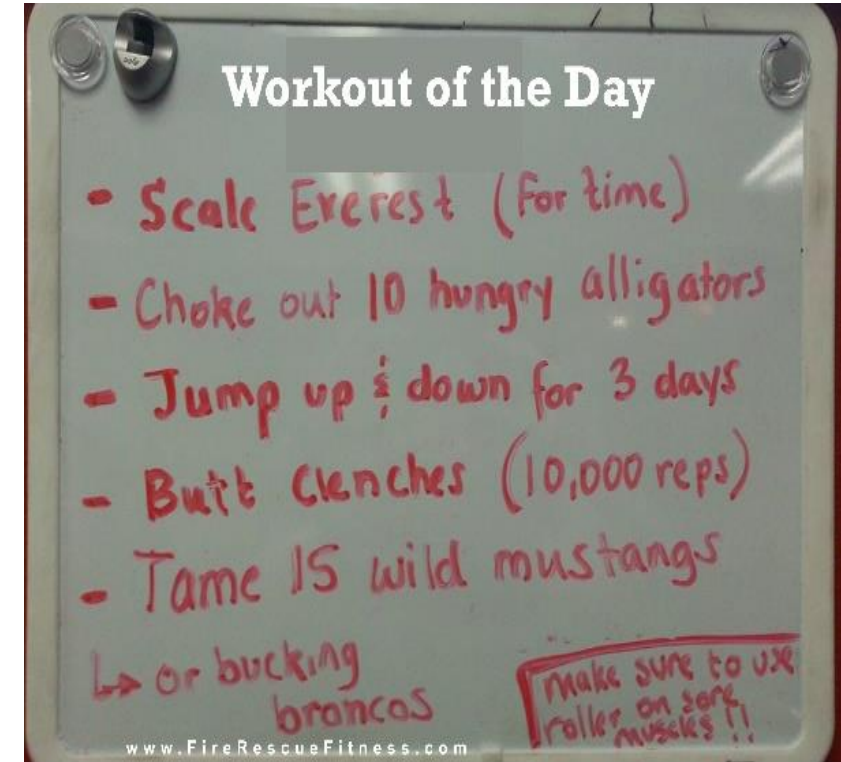
The main goal of a firefighter, EMT and/or medics workout should be to improve performance (fire/rescue ground movements), reduce injuries, and promote career longevity.



How Should We Workout?

1. Have a Plan

- Develop a training base
- Increase intensity with time and skill development.



How Should We Workout?

2. You must work your core.

- **During a career, almost 50% of all fire rescue athletes will hurt their back while on duty.**



How Should We Workout?

3. Have some heart.

- Not just running or biking...
- Intervals are one of the best ways to simulate the high level of fitness required on the fire ground



How Should We Workout?

4. Full-body Exercise.

- Functional strength exercises increase balance around the joints and helps prevent injuries by stimulating stabilizing muscles.
- We DO NOT Isolate muscles on the fire/rescue ground



How Should We Workout?

5. Warm-up and Be Mobile.

- Dynamic warm-up before workouts and trainings.
- *The more flexible...the more efficient the movement.*

Spiderman Steps



Step Ups



Reach and Rotate



How Should We Workout?

6. RECOVER

- Stretch, foam roll, yoga, sleep, nutrition, hydration, stress
- Take a 10-minute break (deep breathing)



Essential Components of a Firefighter Workout.

1. Have a Plan
2. You **MUST** work your Core
3. Have Some Heart- Intervals
4. Be Full-body Functional
5. Warm-up and Be Flexible (foam rollers)
6. Understand RECOVERY



The Anatomy of a Functional Workout

- Active warm-up (3-4 exercises)
- Core Training and prehab (3-4 exercises)
- Strength Training (8 exercises)
- Interval Overhauls (5 movements)
 - Use an interval timer
- Stretch and foam roll (5 minutes)



The Anatomy of a Crew Workout

- Active warm-up (4-6 exercises)
- Fire Ground/ Strength/ Core Movements
 - Circuits of 6 or 8 exercises (30 seconds work/rest)
 - 3 or 4 rounds (24 total)
- Stretch and foam roll (5 minutes)



Functional Firehouse Fitness Equipment

- Space!!!
- Foam buckets, hose, SCBA, heavy stuff to carry, stairs, tires, webbing
- Foam rollers, bands, H2O
- TRX, Dbells, Kbells, bench
- Squat rack (with minimal weight)
- Cable column
- Treadmill, bike, stepmill
- Sandbags, row machine, aerodyne, Jacobs ladder



Put it all together!

Big Picture approach

How do shifts and workouts relate?

How is your nutrition?

Sleep hygiene?

Are you managing stress?



Put it all together!

Strong Body, Strong Mind Workout Plan						
Sunday (on shift)	Monday	Tuesday	Wednesday (on shift)	Thursday	Friday	Saturday (on shift)
OFF Deep breathing	Full-body Strength Workout	Light jog, bike or walk with 10 minutes of stretching/ yoga	Crew Interval Workout (slams, crawls, stairs, plank, carry, drag) Deep breathing	OFF	Full-body Strength Workout + 10 minutes of intervals	Yoga and stretching

Daily Nutrition Goals

- At least 80 ounces of water
- Limit Sugars (added sugars 40 grams or less)
- Eat lean protein, veggies and fruit at each meal (4x/ day)
- Have some healthy fats (almonds, avocado)



Thanks for attending!

FIREHOUSE



Please share this with your crew and department.

Reach out to ZAM with any questions.

ZAM@firerescuefitness.com

Get a FREE Workout and the Slides:

www.FireRescueFitness.com/Firehouse

Please remember this!



Up for a Challenge?

Use code:
GETFRF2023

- **ACCESS TO FRF WORKOUT PROGRAMS AND NUTRITION RESOURCES**
 - **40-DAY RESILIENCE PROGRAM (FOR FIREFIGHTERS AND CHIEFS)**
 - **HERO- X WORKOUT**
 - **THE ULTIMATE FIRE ATHLETE**
 - **NUTRITION RESOURCES (RECIPES, MEAL PLANNING)**
- **FRF CHALLENGE COIN**
- **DONATIONS TO FCSN AND FRCE**
- **CHANCE TO WIN CASH AND PRIZES**

WORKOUTS AND COACHING



LOG WORKOUTS AND TRACK YOUR PROGRESS ON ANY PLATFORM (MOBILE AND/OR DESKTOP)



CHALLENGE COIN



SUPPORT FCSN & FRCE and THE SCIENCE ALLIANCE



<https://firerescuefitness.com/2023-challenge/>