



KENTUCKY FIRST RESPONDER PEER SUPPORT

# Ready for Action: Elevating Firefighter Performance Through Functional Training.

*Presented by:*

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**Owner- FireRescueFitness.com**

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**Host of the Better Every Shift Podcast**



# Aaron Zamzow (ZAM)

- Fire Lieutenant for the City of Madison, WI Fire Department. Firefighter/ EMT. (20 years).
- Certified (NASM, Ace – Peer Fitness, NSCA – CSCS, PN1) Personal Fitness Trainer with 30 years of experience.
- B.S.- Health and Wellness, M.B.A -Entrepreneurship
- Trained with elite athletes for the NBA, NHL, and NFL.
- Owner of Fire Rescue Fitness
- Contributing Writer for Firehouse Magazine, Firefighter International, Lexipol, FireRescue1...
- Host of the “Better Every Shift Podcast”
- Thank YOU! [www.FireRescueFitness.com/seminar](http://www.FireRescueFitness.com/seminar)



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# WHO ARE YOU?

- Chiefs, Captains, Admin?
- Peer Fitness Trainers?
- Interested in Fitness?
- What do you hope to get from today's seminar?



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# WHAT WE WANT TO LEARN TODAY.

- ✓ Why is “functional” fitness so important.
  - ✓ What is functional.
- ✓ What are the Essential Components of an effective Firefighter Workout Program.
- ✓ How to create and effective and efficient workouts.
- ✓ How to put everything together to BUILD RESILIENCE.



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# Health and Fitness in the Fire Service

- **We still die of heart attacks and strokes.**
- **Cancer is projected to become the next epidemic in the fire service.**
- **PTSD and mental health (suicide) cases continually rise...**
- **Orthopedics injuries still occur at a high rate**
  - (Ankle injuries in Ohio)



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# Culture Change Starts with Movement!

- Exercise (and hydration) helps with cognitive function and thinking.
- Training properly reduces injuries and lost time!!!
- Even lifting a radio requires strength
- Longevity- Enjoy retirement
- The better you move and feel, the better you perform and function (on the job and off).



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# What does it mean to be Fit and Healthy?

- **Fit or not fit: Shredded, works out 2 times per day, drinks 2 energy drinks per day, and burns a bottle in 5 minutes...**
- **Fit or not fit: Workout 3 times per week, 10-15 pounds overweight, eats healthy, practices mindfulness, hydrates...**
- **Health is a confluence of factors that work together.**



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# THE "RESILIENT" FORMULA



**E**  
**M**  
**S**  
**+**  
**G**

= EXERCISE (FUNCTIONAL)

= MIND YOUR NUTRITION

= SLEEP

= GRATITUDE & ATTITUDE



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# 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



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# WHERE TO BEGIN



- We know we need to improve our health.
- Overwhelmed?
- Frustrated?
- How?



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# What is Functional Training?

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

**-Mayo Clinic**



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# What is Functional...



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



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# Are "WE" Athletes?

**"IF YOU HAVE A BODY,  
YOU ARE AN ATHLETÉ."**

**-BILL BOWERMAN**



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# Can You Do the Job?

Firefighting/ EMS is strenuous work!



## BARIATRICS

We don't need bigger ambulances, we need smaller people



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# Fire/Rescue Ground Motions

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



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# The Million Dollar Question



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

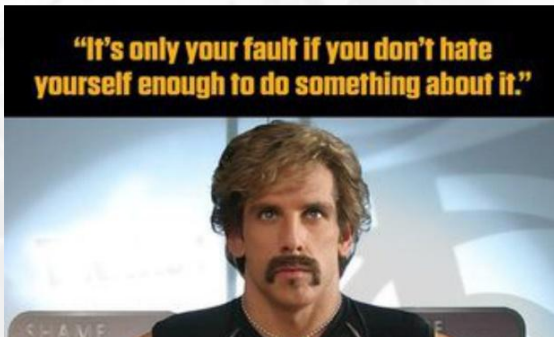


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# Functional?

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



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# Is this an effective exercise?



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# 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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**The main goal of a first responder workout program should be to improve performance, reduce injuries, and promote career longevity.**



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# Essential Components of a Firefighter Workout.

1. A Plan
2. CORE WORK
3. Heart
4. Full-body STRENGTH
5. MOBILITY
6. RECOVERY



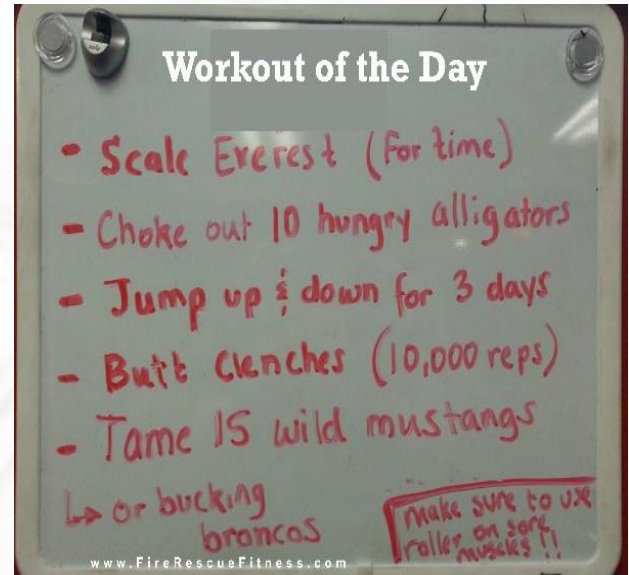
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# How Should We Workout?

## 1. Have a Plan

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



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# 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.
- Includes Balance



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# How Should We Workout?

## 3. Have 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



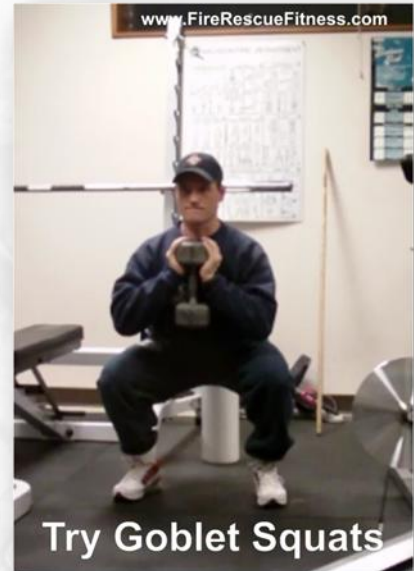
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# How Should We Workout?

## 4. Full-body Exercise.

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



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# 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.
- Find ways to incorporate movement in your day!

Spiderman Steps



Step Ups



Reach and Rotate



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# How Should We Workout

## 6. RECOVER!

- Stretch, foam roll, yoga, sleep, nutrition, hydration, stress
- Take a 10-minute break (deep breathing)
- 5 +1 = 6 Breathing
- Focus on Sleep!!!!!!!



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## FRF 50 Rep Back and Hip Fix

Start your day or shift with these 50 reps  
to improve hip and back mobility.

- 10- Pelvic Tilts
- 10- Hulas (5 each way)
- 10- Right Leg Forward Hulas (5 each)
- 10- Left Leg Forward Hulas (5 each)
- 10- Rotations (5 each way)



**MOVE!**



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# 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 (4-5 minutes)



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# Interval Overhauls

- Choose 5 exercises or movements for intervals (30/30, 30/20, 30/15)
  - Sledges
  - Crawls
  - Sled push/pull
  - Sprints
  - Drags
  - Stairs
  - Carry
  - Ladder raises

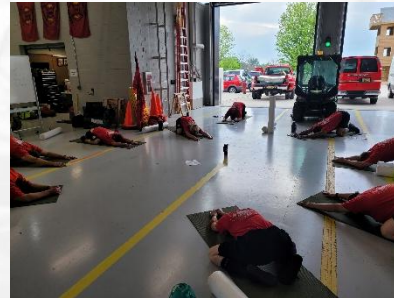


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# 4-minute Stretch Solution

- Choose 6 exercises or movements (Hold each for 20 seconds for 2 rounds)
  - Down dog
  - Kickstand
  - Quads
  - Chest
  - Low back
  - Spider
  - Hips
- Foam roll (if time permits)



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# The Anatomy of a Crew Workout

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



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# CHANGE YOUR CULTURE

## Strong Body, Strong Mind Workout Plan

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

### Daily Nutrition Goals

- At least 80 ounces of water
- Limit Sugars (added sugars 35 grams or less)
- Eat lean protein, veggies and fruit at each meal (4x/ day)
- Have some healthy fats (almonds, avocado)



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Please remember this!

**TAKE CARE OF YOURSELF,  
SO YOU CAN TAKE CARE OF THEM.**



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- ✓ FIND YOUR "WHY" & "WHAT"
- ✓ BUILD THE HABITS
- ✓ 5450



**" MOTIVATION IS WHAT GETS YOU STARTED... HABIT IS WHAT GETS YOU RESULTS. "**

**-ZAM**



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**Create  
Your  
Protocol**



**FREE  
ENTRY!**



**SIGN UP  
HERE**

# **5 FOR 50 CHALLENGE**

**CREATE/ SELECT 5 HABITS THAT PROMOTE RESILIENCE.  
DO THEM, EVERY DAY FOR 50 DAYS.  
IF YOU MISS ONE, START OVER AT DAY 1.**

## **EXAMPLES OF HABITS TO FOLLOW**

- 30 MINUTES OF EXERCISE
- 8500 STEPS
- 75 OUNCES OF WATER
- NO CHEAT DAYS/ NO ALCOHOL
- FOLLOW A DIET/ HEALTHY EATING PLAN
- 10 MINUTES OF READING (NON-FICTION)
- 1 MINUTE OF DEEP BREATHING
- POWER DOWN 30 MINUTES BEFORE BED
- BED AT THE SAME TIME EVERY DAY
- DAILY GRATITUDE
- +1 (OR MORE) YOUR CHOICE HABIT

**COMPLETE 50 DAYS AND GET A SPECIAL CHALLENGE COIN**



[www.FireRescueFitness.com/Resilient50](http://www.FireRescueFitness.com/Resilient50)



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"I lost 10 pounds and most importantly, FEEL GREAT! Now, 20 members of my department are doing it."  
-Karl Weeks

"I was incredibly negative and going thru a difficult breakup. I had a very unhealthy relationship with alcohol and couldn't sleep thru most nights. I was 20 pounds overweight and had not read a book in 3 years. All of the habits I chose have changed me as a person and helped me gain control of my health!"  
-John Foster

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"Drinking water, sleeping better, and have more energy than ever. Thanks for getting me out of my slump."

-Brandon Skeith

"Officially cancer free. During my treatments, The R50 inspired me stick with my protocol and to keep going, to stay strong."

-Becky Myers

"I lost 24 pounds and regained control of my mental and physical health. And I am not stopping."

-Sam Arnold



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# 'I'm proof that it works.'



Sign up for the R50 Challenge for FREE: [www.Resilient50.com](http://www.Resilient50.com)



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# I GOT YOUR BACK

FREE Workout and Copy of the  
Presentation

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



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**FITNESS**



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# Q AND A

- Nutrition?
- How to motivate the 15%?
- When to Workout?
- Plan for a Year?
- Assessments?



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# Essential Firehouse Nutrition...



**Just because it's there doesn't  
mean you have to eat it...**



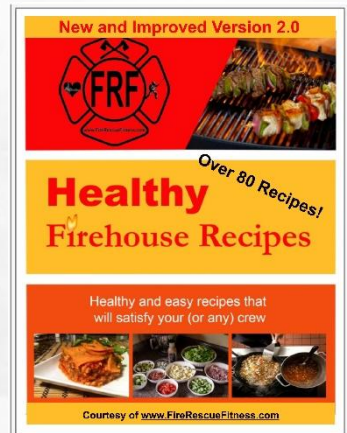
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# Nutrition Hacks



Stay hydrated, hide the sweets, have good choices available, plan ahead with healthy snacks, have some go to healthy recipes...



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# 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, Jacob's ladder



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