

FIREFIGHTER FUNCTIONAL FITNESS



*The Essential Guide to Optimal
Firefighter Performance and Longevity*

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Firefighter Functional Fitness: The Essential Guide to Optimal Firefighter Performance and Longevity



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I am confident that Firefighter Functional Fitness may be the solution. It provides all firefighters with the knowledge, mindset, and tools to:

- Maximize their fire floor performance
- Reduce their threat of injury and going through a line-of-duty death
- Live a long, healthy profession and retirement

 Designed for firefighters by firefighters, this reserve shares The 4 Pillars of Firefighter Functional Fitness:

- 1- Physical Fitness
- 2- Recovery and Relax
- 3- Hydration
- 4- Nutrition and Lifestyle

 It also reveals The Big 8 idea, which includes over 100 photos and descriptions of useful exercises, motions, and stretches which are specifically designed to enhance firefighter functionality. The Workout Programming chapter gives firefighters numerous choices for putting The Big 8 into action, considering all levels of fitness. Additionally, each chapter provides practical action methods for both immediate improvement and long-term success. Regrettably, too many firefighters waste materials precious moments of each time that they could instead use to prepare because of their defining second.s

- Cardiovascular Epidemic
- Firefighter Physical Agility Assessments
- Addressing Organizational Barriers to Fitness
- Frequently Asked Questions

 Alarming, in the last 10 years, the fire assistance has suffered more than 1,000 line-of-duty deaths. However, over 50% of these LODDs were attributed to heart attacks, strokes, and other medical causes. Firefighter Functional Fitness attacks these statistics by giving all firefighters with the tools needed to fight this epidemic. Firefighter Functional Fitness brings together the authors' mixed 40+ years of fire service knowledge and years of utilizing functional fitness principles. The effect is an invaluable reference with the vital tools and understanding that firefighters desperately need to not only like a healthy productive career, but also benefit with a healthy retirement.

 ----Editorial Evaluations:
 "Am I ready?" In the event that you struggle to discover an answer, I' They know that their schooling, education, and fitness matter. Don't Must-read bonus chapters include:

- The Importance of Annual Medical Evaluations
- An Analysis of the Fire Service' I guarantee you: At some point your body will be tested as well as your physical limitations will be exposed. It may be today, next week, or a 12 months from now, but it's going to happen. We all have the time to improve our knowledge base in addition to our ability to cope with the mental and physical stress of the job.

 Frank Viscuso Deputy Fire Chief Kearny Fire Division, New Jersey

 Author - INTENSIFY and Lead and INTENSIFY Your Teamwork

 *****Firefighters should be jacks of most trades---especially with their fitness. Ask yourself: "What can I do today to physically plan that minute?"

 Robert Owens Lieutenant Henrico County Division of Fire, Virginia

 Average Jake Firefighter All firefighters are aware that they can be called to work at an intense and challenging fire at any moment, but great firefighters fully understand that the difference between achievement and failure comes down to their everyday habits. Firefighter Functional Fitness may be the essential guideline to optimal firefighter functionality and longevity.

 t waste materials any more time. We must have the stamina of marathon runners, the effectiveness of powerlifters, the speed of sprinters, and the flexibility of yoga exercise masters. It is extremely difficult to find an application that provides you the data and tools needed to accomplish this---until now. This reserve is a must-read for all firefighters! With Firefighter Functional Fitness, Dan and Jim have nailed it!"



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Combat Challenge firefighter overview of firefighter functional fitness An outstanding reserve, perfectly aligned to the requirements, requirements and solutions for fitter, stronger and more healthy firefighters. I recommend this reserve for all firefighters, whether you are just starting your fitness routine or have to take your workouts to the next level. This will also be required reading for all chiefs and teaching officers to help design, implement and manage your fitness and health program with your department and firefighters. The organization and development of the program makes it easy for beginners to follow, and for experienced firefighter-athletes to include new variations and challenges. A great book for individuals who are . As a Fight Challenge and OCR competitor I came across the program to be useful in improving my efficiency and as a mature fire chief (60) essential components for longterm health and longevity in the fire assistance. Bill Gaughan. I've been a follower of the authors prior to buying their book. This publication is the greatest I've seen about overall firefighter health. This book is not a self help study on how best to get yourself a great beach body or drop 40-pounds in four weeks, this is a book that approaches firefighter fitness from the industrial athlete perspective with an emphasis on engaging in shape and maintaining a strong fitness level throughout your fire service career. The exercises concentrate on ones that you can do with limited equipment and target muscles required by firefighter to accomplish the job. Essential read! This book is great for a new or veteran firefighters. Obtain the book! You won't be disappointed! I anticipate incorporating this reserve into my training so I can have a long career in which I master my duties in addition to a successful retirement from that profession where my body can still enjoy life. I have already been a firefighter for 10 years and I just started with a fresh full time dept 24 months ago and made a decision to take my fitness to the next level. The chapter for fire chiefs that focuses on overcoming organizational barriers that prevent or limit conditioning program is very helpful and much needed. Fantastic stuff. The most important thing we can do for a workout besides cardio (go run!) is functional fitness for our profession!!! I cannot tell you how many moments pulling hose during teaching has become a lot more easier as I train for it with my workouts. This is a great book for information and has lots of great tips!! Get it! Can't wait to get my copy. Lays a great base for optimal firefighter efficiency and health! Overall, this publication has great info and ideas for firefighting. It flows well and was pleasurable to read. This publication provides helped me understand more of that physical element and has produced me respect the work of being a firefighter more! I usually had an overwhelming interest in firefighters including their work and their fitness. Something I was amazed to see were old-school design of static stretching plus a amount of fantastic yoga-style substance stretches! On the dietary side, it does a great work of emphasizing a well balanced diet and hydration (majorly lacking sometimes!). However (my just gripe), some of the statements about fats (especially those from animals) are questionable. I would definately recommend!. I anticipate going down to my regional station and showing the reserve to the firefighters. Fire Chief, The Industrial Athlete: Keeping the firefighter fit for service throughout your entire career! If it is read and the information used, it will make you an improved, more capable, well informed firefighter. After having read some chapters I've learned a lot not only about maintaining physical fitness but about firefighting as well. Asst. They are both highly respected and regarded in the field. Why is it great is definitely that it's written by Firefighters for Firefighters. Nutritional suggestions which are realistic and an easy task to incorporate into your routine. I enjoyed the self-explanatory approach. It's a book that's easy enough to understand (for all people non-exercise physiologists and dietitians) for potential recruits through experienced firefighters. Covers the Why, What, and How, to proactively strategy your conditioning and fitness. Easy to

stick to, Big 8, 4 Pillars, 10 Commandments, and a call to action. I like that there is no special devices needed, you can certainly do this with what's already at the firehouse. Chapters with tips about lift, carry and drag (Injury prevention is indeed important). As iron sharpens iron, so one person sharpens another (Proverbs 27:17). I am posting with my siblings, I highly recommend this for all firefighters. Very informative I initially bought this reserve because I saw it in Instagram and wanted to find out more about fitness mainly because a firefighter because I would like to be one in the near future after high school. Every day is training day I've been looking forward to this publication for over a season. A must go through for all firefighters-probie or veteran I've been a firefighter for 18 years. Total I'd state it's an amazing book for those attempting to be considered a firefighter or those that already are. The book was filled was some very nice information. The chapters on diet and hydration will become beneficial to everyone. The authors understand their limitations, like nutrition or yoga exercise, however they also lay a strong foundation leading us to grow in our understanding and seek to improve our knowledge in every regions of our fitness journey! It's to the point, easy to browse, and will hopefully convince potential and active-duty firefighters to enhance their fitness and well-being! The book was filled was some very nice information. A great book for individuals who are brand-new to physical fitness or those time for fitness following a long absence. Individually, I felt the reserve offered very little to those with a extensive history in fitness. My head to fitness book for setting and completing goals This book has provide its self very helpful! It is my head to fitness book to generate my goals every week and how to satisfy those goals. This book has been very useful in my career way to become a firefighter Good read Good fitness tips Five Stars Excellent book great pointers and advice Best purchase I've made in a long time As someone who isn't yet a firefighter but just at the beggining of their journey I am certain just portion of the method through this reserve that was money very well spent. The ideas in this publication are all easily put on your teaching and having all of them in a single place is huge.! Love this Book!!! The authors outline an exercise program that will take any firefighter, no matter their level of training, far beyond their current level of fitness, while laying down a foundation that leads to athletic lifestyle a firefighter should embrace.. Can't wait to get my copy. Therefore exited to . Therefore exited to become 3rd generation firefighter.. You will not be disappointed for sure.. Don't think i possibly could perform it without this reserve in my potential!This book is well thought out and should be read through at least once.! There are dozens of pictures depicting correct body mechanics from lifting to stretching. As a student and practitioner of firefighter fitness/wellness, I could tell you that the information provided in the exercise section of this reserve is backed by even more studies and analysis than you might expect! This book outlines everything! This book is the closest thing your likely to get to a step-by-step guide to getting your rear end ready for the job. I use and appearance to this publication for many workouts that I do on change or at home. The book also places significant attention on nutrition, rest/sleep and the significance of annual medical examinations and on-picture rehab including firefighter decontamination.



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