

Additional Information for FireFit

Exercise Equipment Alternatives: (adaptable for field environment)

- Medicine balls (good for core strength and stability, team building, and can be carried in crew transport)
- Flexi-Bands (very compact, come in different strengths, can be carried in packs for incidents)
- Jump rope (good for continued cardiovascular training, compact, easily carried and storable – some come with weighted ends)
- Wobble board /Balance disc (good for core strength and balance, can be carried easily in vehicles)

Exercise Alternatives: (adaptable for field environments and/or limited space)

- Jump roping (can be done in very limited space for long periods or short duration. Can be easily carried in pack.)
- Calisthenics (can be done for cardiovascular and muscle strength/endurance in limited space)
 - Push ups
 - Pull ups
 - Tricep dips
 - Jumping Jacks
 - Abdominal work
 - Back extensions
 - Calf raises
 - Balance drills
- Plyometrics (can be done in very limited space, good for muscle strength/endurance and cardiovascular – good for agility)
 - Hops (both feet, one foot)
 - Jumps (frog hops, jump in place with knees to chest)
 - High skips
 - Lunges with hops
 - Side steps
 - Scissors
 - Hops/steps on box, step down

Contraindicated Exercises: (should not be encouraged – can compromise injuries)

- Full neck rolls
- Deep knee lunges or squats (with knee below 90 degree angle)
- Hurdler's Stretch (unless knee stabilized and not at 90 degree angle)
- Full Sit ups (w/legs straight)
- Push ups with sway back (arch)

Team Building Alternatives: (to enhance team building and crew cohesion)

- Elbow Tag
- Follow the Leader
- Simon Says
- Challenge Course (using ropes, balance beams, obstacles that require team work in order to complete)
- Caterpillar Runs (using a ball – person at back of the line sprints to the front of the line with the ball and gives it to the next person in line. The ball is passed back and when the last person gets the ball, they spring to the front of the line and start passing the ball back again.)

Fitness Assessments: (Provides a tool to determine/measure success, good for incentive and goal setting, encourages group participation and team building when accomplished in teams – should be measured every 2-4 weeks while in season)

- Cardiovascular Fitness:
 - Aerobic = 1 ½ miles run (timed)
 - Anaerobic = shuttle run (timed)
- Muscle Strength (absolute strength – measured for 1 rep):
 - Maximum Bench Press (measured 1 rep)
 - Maximum Leg Press (measured 1 rep)
- Muscle Endurance (dynamic strength – timed for 1 minute):
 - Push-Ups (maximum number accomplished in 1 minute)
 - Pull-Ups (maximum number accomplished in 1 minute)
 - Tricep Dips (maximum number accomplished in 1 minute)
 - Abdominal Crunches (maximum number accomplished in 1 minute)
- Flexibility:
 - Sit and Reach – (measures hamstring flexibility)
 - Upper Back Extension – (measures upper back flexibility)
- Body Fat Caliper Assessments – (measures approximate percentage of body fat)

Goal Setting: (setting goals is very important for improvement – goal setting must be realistic and follow the S.M.A.R.T. guidelines):

- Specific (the goal(s) must be specific, not general)
- Measured (the goal must be able to be measured in time, distance, pounds, etc.)
- Action-Oriented (the goal must need specific action to be accomplished)
- Realistic (the goal must be realistic in order to be achievable in a safe and healthy manner)
- Timed (there must be a time limit to the goal – goals can be short-term and long-term)

Goals should be revisited as often as needed to determine if you are ‘on track’ and based on ‘short term’ or ‘long term’.