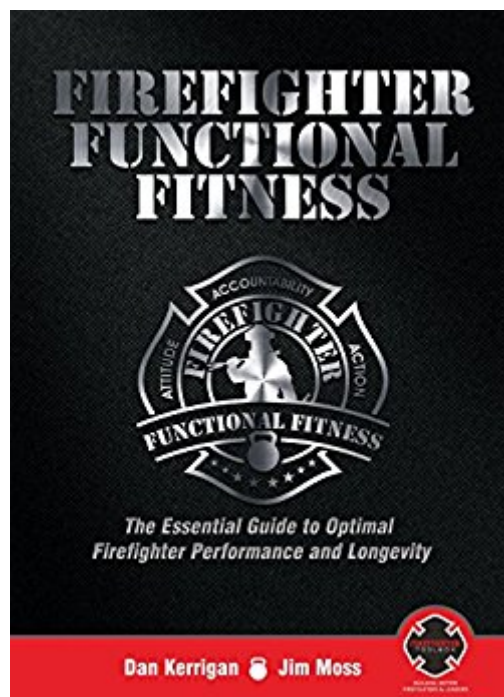




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# Firefighter Functional Fitness: The Essential Guide To Optimal Firefighter Performance And Longevity



## Synopsis

Firefighter Functional Fitness is the essential guide to optimal firefighter performance and longevity. It provides all firefighters with the knowledge, mindset, and tools to:- Maximize their fire ground performance - Reduce their risk of injury and experiencing a line-of-duty death- Live a long, healthy career and retirement

Designed for firefighters by firefighters, this book shares The 4 Pillars of Firefighter Functional Fitness: 1- Physical Fitness2- Recovery and Rest3- Hydration4- Nutrition and LifestyleIt also reveals The Big 8 concept, which includes over 100 photos and descriptions of functional exercises, movements, and stretches that are specifically designed to enhance firefighter performance. The Workout Programming chapter gives firefighters numerous options for putting The Big 8 into action, taking into account all levels of fitness. Additionally, each chapter provides practical action steps for both immediate improvement and long-term success.

Must-read bonus chapters include:- The Importance of Annual Medical Evaluations- An Analysis of the Fire Service's Cardiovascular Epidemic- Firefighter Physical Agility Assessments- Addressing Organizational Barriers to Fitness- Frequently Asked Questions

Alarming, over the past 10 years, the fire service has suffered more than 1,000 line-of-duty deaths. Unfortunately, over 50% of these LODDs were attributed to heart attacks, strokes, and other medical causes. Firefighter Functional Fitness attacks these statistics by providing all firefighters with the tools needed to combat this epidemic.

Firefighter Functional Fitness brings together the authors' combined 40+ years of fire service experience and decades of utilizing functional fitness principles. The result is an invaluable resource with the vital tools and knowledge that firefighters desperately need to not only enjoy a healthy productive career, but also benefit with a healthy retirement. ----Editorial

Reviews:

"Am I ready?"

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 success and failure comes down to their everyday habits. They know that their training, education, and fitness matter. We all have the time to improve our knowledge base as well as our ability to deal with the mental and physical stress of the job. Regrettably, far too many firefighters waste precious moments of every day that they could instead use to prepare for their defining moment. I promise you: At some point your body will be tested and your physical limitations will be exposed. It may be today, next week, or a year from now, but it's going to happen. Don't waste any more time. Ask yourself: "What can I do today to physically prepare for that moment?"

If you struggle to find an answer, I'm confident that Firefighter Functional Fitness is the solution.

Frank ViscusoDeputy Fire ChiefKearny Fire Department, New Jersey

Author - Step Up and Lead and Step Up Your Teamwork\*\*\*\*\*Firefighters

must be jacks of all trades---especially with their fitness. We must have the endurance of marathon runners, the strength of powerlifters, the speed of sprinters, and the flexibility of yoga masters. It is very difficult to find a program that gives you the knowledge and tools needed to accomplish this---until now. With Firefighter Functional Fitness, Dan and Jim have nailed it! This book is a must-read for all firefighters!

Robert Owens  
Lieutenant  
Henrico County Division of Fire,  
Virginia  
Average Jake Firefighter.com

## Book Information

File Size: 20072 KB

Print Length: 320 pages

Publisher: Firefighter Toolbox (July 19, 2016)

Publication Date: July 19, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01IRP2Q6A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #95,061 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related Health #31 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #79 inÃ Â Books > Engineering & Transportation > Engineering > Civil & Environmental > Fire Science

## Customer Reviews

I have been listening to Firefighter Toolbox, and other podcast for awhile and that was how I first learned of Jim Moss and Dan Kerrigan. When I heard they were writing a book I knew I must have it! The information in this book is easy to read and follow. I have really taken firefighter fitness seriously for the past few months after being promoted and wanting to set a better example. My journey in fitness has not been easy, but the rewards are truly amazing! I have lost 55lbs and 4 pants sizes since taking fitness more seriously and a large part of that is following the plans found in this book! If you don't have a gym, that is not a problem, because if you have a fire engine and tools on it, you have a firefighter functional fitness gym! If you want to be fit, and ready for anything the

job will throw at you, buy this book and follow the advice and programs in it, you will not be sorry!

An outstanding book, perfectly aligned to the needs, requirements and solutions for fitter, stronger and healthier firefighters. I recommend this book for all firefighters, whether you are just starting your fitness program or need to take your workouts to the next level. This should also be required reading for all chiefs and training 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 add new variations and challenges. The chapters on nutrition and hydration will be helpful to everyone. As a Combat Challenge and OCR competitor I found the program to be helpful in improving my performance and as an older fire chief (60) key components for long term health and longevity in the fire service. Bill Gaughan. Asst. Fire Chief,

Overall, this book has great information and suggestions for firefighting. It's a book that is easy enough to understand (for all those non-exercise physiologists and dietitians) for potential recruits through experienced firefighters. As a student and practitioner of firefighter fitness/wellness, I can tell you that the information provided in the exercise section of this book is backed by more studies and research than you might expect! There are dozens of pictures depicting proper body mechanics from lifting to stretching. Something I was surprised to see were old-school style of static stretching along with a number of fantastic yoga-style compound stretches! On the nutritional side, it does a great job of emphasizing a balanced diet and hydration (majorly lacking sometimes!). However (my only gripe), some of the statements about saturated fats (especially those from animals) are questionable. This book is well thought out and should be read through at least once. It's to the point, easy to read, and will hopefully convince potential and active-duty firefighters to enhance their fitness and well-being!

A book that has been a long time coming, not just for the two inspiring authors, but for all of us that work hard to stay fit while assuring professional capabilities. Functional fitness is about an overall state of mind and body, not just another fitness fad, and these guys hit it out of the park. Whether already doing performance based functional fitness or no exercise at all, emergency service professionals everywhere will get something out of it. Raymond Stackhouse  
Director of Building and Life Safety

An easy to read & follow, systematic framework for firefighters and fire officers to maintain 'functional fitness.' In a profession where mental and physical demands on the mind & body are intense, impactful and lifesaving... Jim Moss and Dan Kerrigan expose us to a comprehensive guide to fitness. Find a workout (related to the job we do) and a lifestyle (proper nutrition, hydration) that will increase your ability to do your job and prolong your retirement.

I've been waiting for this book for over a year. I've been a follower of the authors prior to buying their book. They are both highly respected and regarded in the field. What makes it great is that it's written by Firefighters for Firefighters. As iron sharpens iron, so one person sharpens another (Proverbs 27:17). I enjoyed the straight forward approach. It flows well and was enjoyable to read. Covers the Why, What, and How, to proactively approach your conditioning and fitness. Easy to follow, Big 8, 4 Pillars, 10 Commandments, and a call to action. I like that there is no special equipment needed, you can do this with what's already at the firehouse. Chapters with tips on lift, carry and drag (Injury prevention is so important). Nutritional tips that are realistic and easy to incorporate into your routine. I am sharing with my brothers and sisters, I highly recommend this for all firefighters.

Received my copy the other day and dove into it relaxing pool side the other afternoon. What an eye opener! It's amazing how many firefighters must lose their lives to cardiac issues and still the majority of us will do nothing about it. Dan and Jim tackle this problem head on in an informative and entertaining way. Reading and implementing the ideas and exercises in this book will make you think "why haven't I been doing this all along?". Nothing complicated, easily implemented and most of all if you have been living a sedentary lifestyle and eating way too much putting just some of the exercises and ideas this book offers into use will benefit you greatly. If you have been working out for years changing up your routine with some of these exercises will absolutely take your fitness and flexibility to new territory. Make a commitment to your family and yourself, pick up this book and don't just read it LIVE IT!

I've been waiting for this book to be available and I couldn't be more excited! There isn't anything else like this for firefighters. The authors are really doing what they can to ensure we all stay fit, healthy and be the best we can be when we show up.

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