



#FireFighterFit

FITNESS GUIDE



@bucksfire / @bucksfirerescue / #BFRS

ARE YOU FIREFIGHTER FIT?

Bring your best

As part of the recruitment process you will be tested on your strength, fitness and agility. We call this stage **Role Related Tests**.

You can find out more information about these tests on our website **bucksfire.gov.uk** or visit our YouTube Channel, just search **BucksFireRescue**.

You don't have to be incredibly strong, tall or fast to be a Firefighter. Passing the role related tests is often down to technique and a good level of fitness.

We have designed this handy guide to give you some ideas on how you can get **#FirefighterFit** ready for your role related tests.

SCAN ME



HAVE A GO EVENTS

Come along to one of our Have A Go Events where you can try your hand at the role related tests under the guidance of our professional Firefighters and trainers.

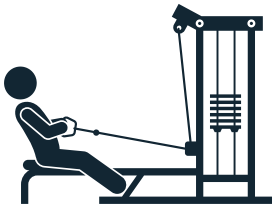
bucksfire.gov.uk/events

If it's been awhile since you've exercised or you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Lateral Pulldown

Start seated, grasp the overhead bar just wider than shoulder width. Lean back slightly and pull the bar down, drawing the elbows in towards the side of your body until the bar comes to your chest and return.



Seated Row

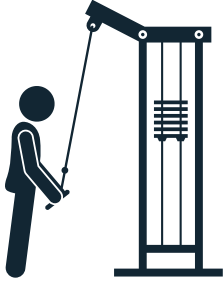
From a seated position, with arms extended in front of the body and knees slightly flexed, draw your hands into your abdominal area squeezing the shoulder blades together.

**TOP
TIPS**

Complete 3 sets of 8-10 reps.

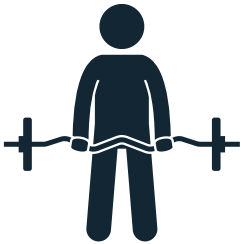
Once you can achieve this increase your reps to **10 -12** per set.

Tricep Pulldown



Keep your feet hip-width apart, slightly bent with core engaged. Use an overhand grip to slowly pull the handles down toward your hips, keeping elbows close to your body. Once your arms are almost straight return the handles to the starting position.

Farmer walks



Holding a weighted bar or a weight in each hand, walk around 8/10 paces in one direction turn around and walk back to complete a 'rep'.

Shoulder press



Keep your feet hip-width apart, slightly bent with core engaged. Start with dumbbells or a weighted bar overhead, slowly lower the weight to shoulder level. Push the weight back up to the start position.



Bicep curl

Stand legs shoulder width apart, core engaged. Bend at the elbow and lift the weights so that the dumbbells approach your shoulders. Your elbows should stay tucked in close to your ribs. Slowly lower the weights to starting position.

All the above exercises are a great way to prepare for our ladder lift and extension tests.



Cardiovascular training

Regular runs are a great way to build up your heart lung capacity and your leg muscles.

Try a mix of:

Steady running (warm up 5 mins, followed by 15-20 mins of running at a steady pace, then a cool down).

Interval training (warm up 5 mins, 30 secs hard sprint + 30 secs walking x 10, cool down). Interval training simulates what your body will go through in the bleep test.

Incorporate some 180-degree turns into your runs (where you pivot round and run the other way) – this will help prepare you better for the test, as you'll be running back and forward between two points, rather than in a straight line.



The above exercises are a great way to get ready for the bleep test