










## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

LADDERS (10.5m & 13.5m)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Double Handed, Switch Grip, Barbell Upright Row to Over Head Press</u></a>	Low	High	Lifting the ladder from an extended arm position for carrying to an overhead position, to launch the ladder back on to the appliance.
Reference Pictures		Reference Pictures	
  		 	

LADDERS (10.5m & 13.5m)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Farmers Walk - Dumbbell (One Handed)</u></a>	Moderate	Moderate to High	Holding the ladder whilst carrying it using one or two hands from the appliance to the location of the required ladder pitch or visa versa.
Reference Pictures		Reference Pictures	
 		 	





#### IMPORTANT INFORMATION: READ BEFORE USE





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Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Straight Arm Barbell Walking Rotations (Opposite Arm to Leg)</u></a>	Low	Moderate to High	Walking forward, whilst under running the ladder in to a vertical position and walking backwards, whilst under running to the ladder in to a horizontal position.
Reference Pictures		Reference Pictures	
			
			

LADDERS (10.5m & 13.5m)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Alternate Arm Dumbbell Shoulder Press (Walking)</u></a>	Low	Moderate to High	Walking forward, whilst under running the ladder in to a vertical position and walking backwards, whilst under running to the ladder in to a horizontal position.
Reference Pictures		Reference Pictures	
			
			





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Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Kneeling Pull Downs - Cable (One Handed)</u></a>	Low	Moderate to High	Hand over hand pulling down on the line in order to either extend, extend to lower or lower either the 10.5m or 13.5m ladder.
Reference Pictures		Reference Pictures	
			
			

LADDERS (10.5m & 13.5m)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Hold Time	Load	
<a href="#"><u>Piriformis and Glute Stretch (1)</u></a>	30secs to 45secs	-	Getting the leg high enough into position to take a leg lock.
Reference Pictures		Reference Pictures	
			
			



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Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Upright Row - Dumbbell (Two Handed)</u></a>	Low	High	Lifting the ladder from an extended arm position for carrying to and elevated position in order to launch the ladder back on to the appliance – Facing the ladder.
<a href="#"><u>Upright Row - Dumbbell (One Handed)</u></a>			
Reference Pictures			Reference Pictures
			

ROOF LADDERS			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Single Shoulder Loaded - Step Up</u></a>	Moderate	Moderate	Ascending the 13.5m carrying the roof ladder on one shoulder.
Reference Pictures		Reference Picture	
			
			

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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

#### ROOF LADDERS

Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Kneeling Low to High Single Arm, Cross Body Cable Pull</u></a>	Low	Moderate to High	Feeding the roof ladder up the roof on its wheeled side. <b>Also...</b> Removing and returning roof ladders hand over hand to the roof of an appliance that doesn't have a ladder beam gantry.
Reference Pictures			Reference Pictures
 			 

#### ROOF LADDERS

Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Kneeling Low to High Single Arm Cable Bicep Pull to Press (Back Facing Machine)</u></a>	Low	Moderate to High	Feeding the roof ladder up the roof on its wheeled side.
Reference Pictures			Reference Pictures
  			 

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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List





ROOF LADDERS			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Kneeling Lateral Side Flexion and Extended Arm Weight Plate Rotations</u></a>	Low	High	Twisting the roof ladder over from the wheeled side using both arms in a fully extended position in order to hook the bill on the ridge of the roof.
Reference Pictures		Reference Pictures	
			




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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

HOSE REEL & HOSE MANAGEMENT			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<b><u>Seated Row - Cable (or Standing Rows)</u></b>	Moderate	Moderate	Pulling the hose reel off the back of the appliance. As well as hose management in the open and whilst during the operational commitments of breathing apparatus as a number two.
Reference Pictures		Reference Pictures	
			
			

HOSE REEL & HOSE MANAGEMENT			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<b><u>Standing Cross Body Low to High Cable Row</u></b>	Moderate	Moderate	Pulling the hose reel off the back of the appliance. As well as hose management in the open and whilst during the operational commitments of breathing apparatus as a number two.
Reference Pictures		Reference Pictures	
			
			

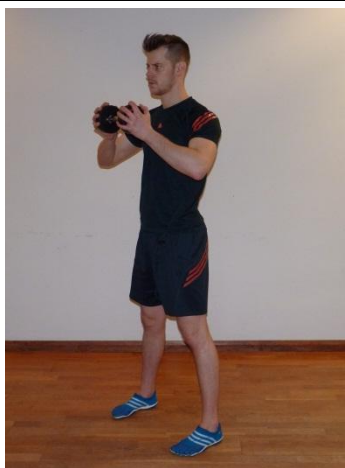
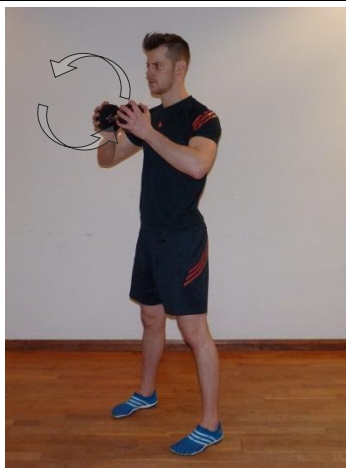


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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

LENGTHS OF HOSE (70mm)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<b><u>Extended Arm Medicine Ball or Dumbbell Circles</u></b> (Static or Whilst Walking)	High	Low	Running out various lengths of hose.
Reference Pictures		Reference Pictures	
 		 	

LENGTHS OF HOSE (45mm & 70mm)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<b><u>Walking, Bent Over Medicine Ball Rolls</u></b>	High	Low	Bending forward for extended periods of time whilst make up lengths of hose.
Reference Pictures		Reference Pictures	
 		 	


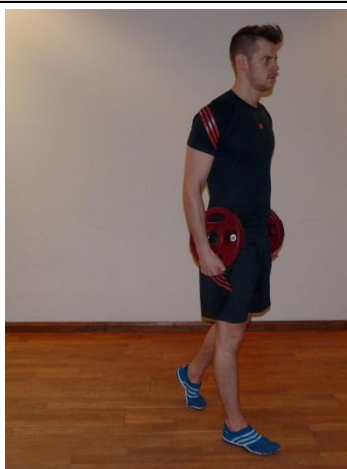


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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

LENGTHS OF HOSE (45mm & 70mm)			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<b><u>Farmers Walk - Weight Plates</u></b>	Moderate	Moderate to High	Holding two lengths of hose, one under each arm and walking between points.
Reference Pictures		Reference Pictures	
 		 	





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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

CASUALTY HANDLING			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Deadlifts</u></a>	Low	Moderate to High	Lifting a casualty from the floor to a position where you are able to safely drag and remove them from their current location.
Reference Pictures		Reference Pictures	
 		 	

CASUALTY HANDLING			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Power Pulls</u></a>	Low	Moderate to High	Lifting a casualty from the floor to a position where you are able to safely drag and remove them from their current location.
Reference Pictures		Reference Pictures	
 		 	


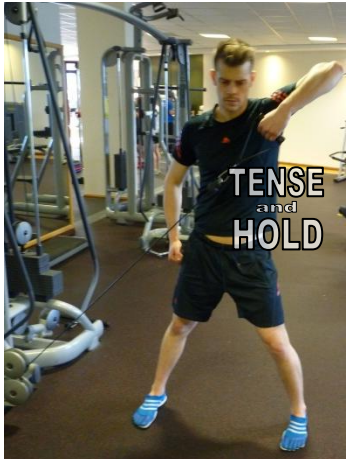


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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

OPERATING HYDRAULIC TOOLS			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Hold Time	Load	
<b>Isometric Tense and Holds – Cross Body Low to High Cable Rows</b>	Consider the time needed to make cuts	Light to Moderate	Holding hydraulic tools in static, elevated positions for the period of time between being placed on the vehicle in the correct position at the intended cut site until the active cutting/spreading phase is completed.
Reference Pictures		Reference Pictures	
 		 	

OPERATING HYDRAULIC TOOLS			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<b><u>Chest Height Barbell Kayak Paddle Rotations</u></b>	Moderate	Light to Moderate	Controlling the top hand when operating the hydraulic tools, in elevated positions to control the movement in the tool towards the vehicle during the active Cutting/Spreading phase.
Reference Pictures		Reference Pictures	
 		 	



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## Cumbria Fire and Rescue Service, Support Exercise Programme

### Task Specific Exercise List

PUMPS AND GENERATORS			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Farmers Walk - Dumbell (One Handed)</u></a>	Low	Moderate to High	Holding and carrying a pump or generator in one or two hands from an appliance to a location of use or from a location of use to an appliance.
Reference Pictures		Reference Pictures	
			

QUICK RELEASE CONNECTORS			
Exercise Name	CFRS Exercise Phys. Recommendation for...		Incorporated into a regular exercise programme, this exercise could improve your physical ability during the following Fire Fighting task...
	Rep Range	Load	
<a href="#"><u>Palm to Finger Tip Rolls - Barbell</u></a>	High	Low to Moderate	Disconnecting pressurised supplementary air supplies on a Hazmat Airtight Suit or on a BA Set.
Reference Pictures		Reference Pictures	
			

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