

Click on the links [highlighted in blue below](#) to see video overviews of each section. These videos will help you understand the workout sections and make it easier for you to remember how to perform the workouts.

Ladder 2 Workout #1

It starts here. This first workout will get you moving; stay on target with your rest intervals. For this workout you will be circuiting the warm-up exercises and the core exercises. Perform 2-3 sets of each strength exercise, adhering to the listed rest between sets.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Warm-ups (Click Here for a video overview of the active warm-up)					
Start with a 5-10 minute jog, elliptical or bike session					
Hips, low back	Knees side to side	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You only need to perform them 1 time each, go right from one exercise to the next.
Hamstrings, calves	Waiters bow	10x	0	1 circuit	
Hips, legs	Spiderman's	5-6 each	0	1 circuit	
Chest, shoulders	Chest hugs	20	30 sec	1 circuit	
Core Exercises (Click Here for a video overview of the core circuit)					
Core	Ball Crunches (hold a weight)	12-20	0	2 circuits	Perform the core exercises in a circuit. Move from one exercise right to the next with minimal rest. Rest for 30 seconds after the final exercise, then repeat for a 2 nd circuit.
Back, glutes	Hip Extension feet on Stability Ball	12-15	0	2 circuits	
Core	Prone planks (hold)	20-45 sec	0	2 circuits	
Shoulders, Low back	Opposite Arm/Leg raise on Ball	8-10 each side	30 sec	2 circuits	
Strength Exercises (Click Here for a video overview of the Strength Exercises)					
Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest, shoulders	Incline DB Chest Press	10-12	30-45 sec	2 to 3	Perform each exercise with great form and posture. Perform 2 to 3 sets following the rest suggested. Move from one exercise to the next. (Once you complete the suggested sets of the Incline DB chest press, follow the rest guideline and start the Smith Bar Body Rows). The "Your Choice Exercise" can be just that, your choice. If you want to work on your calves, choose the calf raise exercise, if you would rather work on abs, choose your favorite abs exercise.
Back	Smith Bar Body Rows	10-12	30-45 sec	2 to 3	
Total body	Squat with Press	10-12	30-45 sec	2 to 3	
Back	Seated Cable Row	10-12	30-45 sec	2 to 3	
Arms, hips	Captain Morgan Curls	6-8 each leg	30-45 sec	2 to 3	
Legs	Walking Lunges- hold weights	6-8 each leg	30-45 sec	2 to 3	
Triceps	Triceps Cable Pushdowns	10-12	30-45 sec	2 to 3	
???	Your Choice Exercise	10-12	30-45 sec	2 to 3	

After you complete the strength training portion, perform one of the 10-minute Interval Overhauls.

Ladder 2 Workout #2

You made it to number 2. This second workout will introduce you to circuit strength training. You will perform one or two sets of each exercise, following the rest intervals. When finished with the one or two sets of each, you will then perform the last set of each in a circuit. Depending on your level of fitness, you may only do the first 2 sets per exercise. Then introduce the circuit during the 3rd or 4th week. These exercises are slightly different from Workout 1, be sure you understand the proper forms.

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
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Warm-ups ([Click Here for a video overview of the active warm-up](#))

Start with a 5-10 minute jog, elliptical or bike session

Hips, low back	Knees side to side (feet up)	5-6 each	0	1 circuit	Perform the warm-up exercises in a circuit. You only need to perform them 1 set each-- go right from one exercise to the next.
Hamstrings, calves	Straight Leg Raises	5-6 each	0	1 circuit	
Hips, legs	Hip Cross-overs	5-6 each	0	1 circuit	
Chest, shoulders	Step Back, Reach & Twist	5-6 each	30 sec	1 circuit	

Core Exercises ([Click Here for a video overview of the core circuit](#))

Core	Ball Squeeze Crunch	15-20	0	2 circuits	Perform the core exercises in a circuit. Move from one exercise to the next with minimal rest. Rest for 30 seconds after the final exercise, then repeat for a 2 nd circuit.
Low back, hamstrings	Bridges- feet on ball	12-20	0	2 circuits	
Obliques, core	Oblique Twist (feet up knees up)	10-15 each side	0	2 circuits	
Core, shoulders	Side Planks (hold)	15-30 sec	30 sec	2 circuits	

Strength Exercises ([Click Here for a video overview of the Strength Exercises](#))

Muscle Groups	Exercise Name	Suggested Reps	Rest Between Sets	Suggested Sets	Notes/ Key Points
Chest	DB Alternate Arm Chest Press	10-12	30-45 sec	1-2 (Circuit set 3)	Perform the first exercise for 1-2 sets, and then move to the next. Complete 1-2 sets of each exercise resting for 30-45 seconds then perform a 3 rd set of each in a circuit (start with DB Alternate Arm Chest Press, complete a set, then move to One Arm DB rows, then right to the next exercise). Remember form and posture are key. If you lose your form, stop and move to the next exercise. Keep the right tempo and rest intervals.
Back, low back	One Arm DB Rows	10-12 each	30-45 sec	1-2 (Circuit set 3)	
Full body	Goblet Squats	10-12	30-45 sec	1-2 (Circuit set 3)	
Shoulder girdle	Arm Raises V-scaption (thumbs up)	10-12	30-45 sec	1-2 (Circuit set 3)	
Back, biceps	Lat Pulldown -reverse Grip	10-12	30-45 sec	1-2 (Circuit set 3)	
Legs	Step-ups	8-10 each leg	30-45 sec	1-2 (Circuit set 3)	
Biceps	Standing DB Hammer Curls	10-12	30-45 sec	1-2 (Circuit set 3)	
Triceps	Triceps Pushdown- rope	10-12	30-45 sec	1-2 (Circuit set 3)	

After you complete the strength training portion, perform one of the 10-minute Interval Overhauls.

**AFTER you complete the 4-week Ladder
2 Workout you will be ready for...**

The Ultimate Fire Athlete (read below)

Discover the Ultimate Firefighter Workout designed to transform you into the Ultimate Fire Rescue Athlete....Get Lean, Strong and become the "Fittest" Firefighter on any department.

As seen in FireFighterNation.com, FireRescue Magazine and Fire Engineering Online...



Hello Fellow Fire Rescue Athlete,

If you are interested in getting in the shape of your life (quickly) and Ultimately "Fit for Duty" using a simple to follow workout program that uses exercises and movements that are applicable to the Fire Rescue Athlete....then this may be the most important letter you ever read.

**Here's what others say about FRF Ultimate Fire Athlete
Workout Program...**

*"Hey Aaron, I've done a lot of different fitness programs.....P90X got me ripped but made me feel slow and tired on the fire ground. Then I tried CrossFit, it got me in great shape, but eventually my joints were hurting and my performance struggled. I bought the FRF Ultimate Athlete (actually to prove you wrong) but **you NAILED It!** I finished the first 8 weeks and I am in the best shape of my life...strong, lean and able to "fly" on the fire ground....Nice work!"*

-T Higgins (Illinois)

"I must admit, I was that guy that everybody on the department was afraid to work with. I was 60 pounds overweight and a "heart attack waiting to happen." I decided to purchase the FRF Foundations program and FRF Ultimate Fire Athlete and give it a go. I am happy to say that I am down 50 pounds and halfway through the FRF Ultimate Athlete program. I have some more things to improve on but had to tell you how your program has changed my career. I am now the guy people ask about fitness (to which I send them to you). Thank You!"

-Mike Miller (NSW Fire Department)

"Aaron, Thank you very much for creating the FRF Ultimate Fire Athlete! I started the workouts in prep for the Civil Service PAT, trying to get on the job FT. I tried Crossfit a few months ago and got the same feeling after your workout, without the painful back and knees! Your workouts are great, easy to follow and man, do they kick my a\$\$\$. Thank you!"

-Charlie K (Massachusetts)

"So far, I LOVE IT! Lost 8 pounds in the first month and my core is stronger than ever. I feel more flexible and move faster. The interval overhauls are a great idea and an easy way to incorporate "real" fire ground movements. Looking forward to the next 8 weeks...."

-R. Heltsrtun (Wisconsin)

"Great stuff! Since I incorporated your workouts into my training, my ability on the fire ground has skyrocketed. That cardio spike can be felt at nearly every fire I ever fight."

-A Willis (Tennessee)

"Finally someone gets it! I'm a professional firefighter searching for a fitness program that understands the demands of my job. Aaron's program not only makes you a more efficient firefighter but a leaner, stronger athlete. The program is written for athletes yet is practical and easy to follow. I use the workouts with my crew, we are all seeing great progress. I HIGHLY recommend this program to anyone who is serious about being the best Fire Rescue Athlete they can be. ...losing weight and reaching their fitness goals."

-C. Gaylord (Minnesota)

[CLICK Here to find out more about the Ultimate Fire Athlete Program](#)

This is a downloadable e-book program. You will NOT receive a physical package shipped to you in the mail. The entire package will be immediately available for you to download and get started right away after ordering. This program is NOT available in stores, so you can only access it through this website.

Aaron,

I actually did take you up on your challenge. I completed the 28 Day QuickStart program (actually did it twice)... As of Today I have lost 22 lbs., my body has definitely changed and become more muscle toned, and my clothes are a little more baggy. I didn't follow the Lean Eating guide 100% (but did most of the time, it was easy), but on my bad days I would push myself to do an extra cardio interval session after work. So I would workout in the afternoon, go to work second shift 3p-11p and then come home and do cardio again. Killer workout! I feel great..., I have a lot more energy, I don't feel rundown and tired after calls now. Thank you!

-J. Markels (Florida)

The FRF Ultimate Fire Athlete Program is the combined result of years of University study (including a BS in Kinesiology), 22 years of hands-on, in the trenches gym and field experience, over 10,000 personal and group training sessions, and careful scrutiny of hundreds of "other" fitness programs.

My Story...

Over ten years ago I was a successful fitness trainer in Minneapolis. At that time I had over 10 years of experience and had a great business and client base which included working with both professional and young athletes. I loved fitness and was constantly working to improve my clients level of fitness (including my own). I was however, looking for something more in my life. The fire department down the street from my house was taking applications for on-call paid firefighters. I've always been an athlete and was missing the team camaraderie. I decided to apply. Little did I know that many years later I would be a professional firefighter and training officer in Madison, Wisconsin.

Firefighter Workouts and My Fitness Background...

Get Fit for Duty



BEFORE
13.8%



AFTER
7.4%

When I first got involved in firefighting I was quickly introduced to the high demands on the job and desperately wanted to improve my performance in the academy and fire ground. My passion for fitness took over and I started reading and buying any program aimed towards firefighting....Wow, was I disappointed. Back then (10 years ago) all of the programs that I found were very unimpressive. They claimed to be oriented toward firefighters but in actuality didn't contain any real "fire athlete" functionality. One of the books I purchased didn't teach me anything more than what I learned in a high school weight training class.....frustrating.

The birth of Fire Rescue Fitness...

My frustrations fueled me to research and create the Fire Rescue Fitness Program. This program has been in the making for 10 years. I have personally tested, scrutinized (probably way too much) and perfected the FRF Ultimate Fitness Athlete Program. It works! How do I know..I'm not only the owner but I'm their best client (I had to say it)....**I'm the guy in the picture..and I'm over 40 years old.**



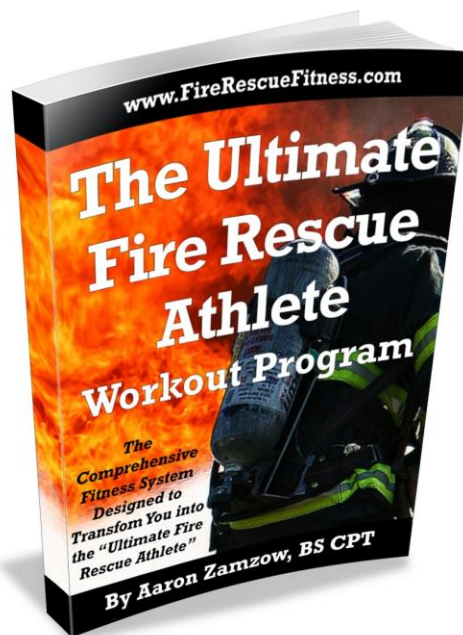
[Click HERE to order the most effective workout for Firefighters \(period\)](#)

~~Regularly \$49.99~~

Order Today for only \$29.99

FRF Ultimate Fire Athlete Program contains the most efficient and effective workouts for firefighters, EMTs and paramedics (Fire Rescue Athletes). Follow the step-by-step plan and get "fit for duty" and "ripped" at the same time.

Are You Ready to be Fire Rescue Fit (FRF)?



You can get access to the revolutionary FRF Ultimate Fire Athlete system for less than a month's membership at your gym or a dinner for two at a nice restaurant.

The program includes:

- ✓ 12-week training calendar with daily workout plan that explains what you need to do each day (strength, core, cardio, flexibility, recovery, power, intervals)
- ✓ 12 full-body efficient and effective (strength, power and conditioning) workouts

FRF Ultimate Fire Athlete						
FRF Ultimate Fire Athlete Workout Schedule						
Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20
Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27
Week 5	Day 29	Day 30	Day 31	Day 32	Day 33	Day 34
Week 6	Day 36	Day 37	Day 38	Day 39	Day 40	Day 41
Week 7	Day 43	Day 44	Day 45	Day 46	Day 47	Day 48
Week 8	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Week 9	Day 59	Day 60	Day 61	Day 62	Day 63	Day 64
Week 10	Day 67	Day 68	Day 69	Day 70	Day 71	Day 72
Week 11	Day 75	Day 76	Day 77	Day 78	Day 79	Day 80
Week 12	Day 83	Day 84	Day 85	Day 86	Day 87	Day 88


The program includes a 12-week schedule that will show you exactly what workouts to use on what days.

✓ 5 different challenge workouts to test your level of fitness and bring it up to the next level. These workouts are great to use with a group or your crew to push each other.

✓ Core exercises and stretches that will make you move more efficiently and PAIN FREE. These exercises alone can add 5 years to your Fire Rescue Athlete career.

✓ Interval Cardio Workouts that incorporate fire ground movement patterns. These workouts are less than 30 minutes and can be completed on-duty, at home..anywhere really.

FRF Ultimate Fire Athlete

Inverted Hamstring	
Muscles worked: <ul style="list-style-type: none">Core stabilization, strength and balance	
Preparation: <ul style="list-style-type: none">Stand up straight with your thumbs up and arms at your sides.Draw belly tight and slightly lift one foot.	
Movement: <ul style="list-style-type: none">Make sure to keep your head back and also tight.Balance on one foot, pivot at the hips and slowly bring your upper body forward and the other leg back.At the same time slowly raise your arms with thumbs up.Bring your body parallel to the floor, pause then slowly return to the starting position.Try not to let the foot hit the floor between reps.	
Finish: <ul style="list-style-type: none">Form is more important than how long or how much!Perform each rep slowly with good control.Perform all reps on one leg then repeat with the other leg. <p>Click here to see this exercise in action</p>	
Coaching Tip: Stand up straight with one foot slightly off the floor. Make sure to keep your head back and also tight. Balance on one foot, pivot at the hips and slowly bring your upper body forward and the other leg back. At the same time slowly raise your arms with thumbs up. Bring your body parallel to the floor, pause then slowly return to the starting position. Try not to let the foot hit the floor between reps. Perform all reps on one leg then repeat with the other leg.	

Exercise tutorials that demonstrate proper form

✓ Over 150 Exercises with guides that are easy to follow (and printable) that instruct you on proper form. Each exercise links to a video showing it in proper motion also. Most importantly, the program explains how, why and when to do each exercise.

✓ Fire Rescue Athlete Training Rationale- why the program is so effective...

Active Warm-ups and Prehab: A routine that replaces traditional pre-exercise stretching. The warm-up will increase blood flow to your joints and muscles and get you ready for an effective workout. The prehab section takes a proactive approach to protecting yourself from injury. These exercises will improve hip, core, and shoulder strength and focus on core stability.

Strength Training: A new approach to resistance training based on training body movements for increased power, stability, mobility and cardiovascular fitness. These exercises not only challenge your muscles, but your heart, and your will. Watch your form, as you get tired you want to make sure you don't lose it.

FRF Ultimate Fire Athlete



Video Tutorials that explain aspects of the program in detail.

Cardio Interval Training: A departure from traditional cardio work, creating a call for bursts of effort. This component challenges the heart, as well as boosts metabolism and mimics the high intensity of work performed on the fire ground.

10-minute Interval Overhauls: These interval Overhauls are a combination of exercises that challenges the total body, allows you to work on firefighter skills and simulates work on the fire ground! You'll discover these Overhauls can more realistically simulate the exhaustions felt on the fire ground and rescue scene.

Recovery: You'll discover foam rolling and its benefits..

"The Ultimate Fire Athlete Workout program is the next 12 weeks of the Ladder 2 Workout. It builds on your progress and takes you to the "ultimate" level of fitness."



or

[CLICK Here to find out more about the Ultimate Fire Athlete Program](#)

Please [email me](#) if you have any questions about these programs...

Get fit for duty!

A handwritten signature in black ink, appearing to read "Aaron Zamzow".

Aaron Zamzow