

FITNESS PREPARATION

Preparing for the CPAT:

The four major areas of fitness include:

- ◆ Flexibility
- ◆ Cardiopulmonary endurance
- ◆ Muscular strength
- ◆ Muscular endurance

Warm-up and Flexibility:

A warm-up serves several functions, including:

- Increased blood flow to working muscles and joints.
- Decreased likelihood of injury
- Decrease in pre-event tension
- Possible improved performance
- Improved flexibility

A proper warm-up should begin with a few minutes of the same type of activity you are about to do at a very light exertion level. The next step is to stretch to improve flexibility and further your warm-up.

Flexibility rules:

- No bouncing
- Stretch slowly
- No pain
- Stretching is not competitive
- Breath slowly to help you relax
- Stretching should feel good

Cardiopulmonary endurance:

Cardiopulmonary endurance is the ability of the cardiovascular and respiratory systems to deliver oxygen to working muscles. It consists of both aerobic and anaerobic energy systems.

Aerobic activities include: bicycling, hiking, climbing stairs, and running when performed at a low enough intensity. These should be done 3-5 days a week.

Anaerobic activities include sprinting and circuit training and should be done 2-3 days a weeks, resting at least a day in between for recovery necessary to prevent over training.



Try some or all of these stretches:

- | | |
|--------------------------------|----------------------|
| ○ Knee to chest | ○ Forearm stretch |
| ○ Knee to chest - diagonal | ○ Leg cross |
| ○ Side quadriceps stretch | ○ Butterfly stretch |
| ○ Straddle stretch | ○ Cross over stretch |
| ○ Calf stretch | ○ Upper back stretch |
| ○ Chest stretch | ○ Triceps stretch |
| ○ Knee to chest - leg straight | |

Muscular strength/endurance

This is a resistance program designed to improve your total body strength and endurance. If you are not familiar with lifting programs, have any joint pain or feel uncomfortable performing any weight training exercises, you should seek the advice of a professional trainer.

The workout should follow a warm-up and stretching program.

General safety tips while performing resistance training:

- ❑ Always lift with a partner
- ❑ Ask for help from an expert if you don't know what you are doing
- ❑ Progress slowly to avoid injuries
- ❑ Never show off by attempting to lift more weight than you normally lift
- ❑ Use proper lifting technique when lifting weight plates and dumbbells
- ❑ Never drink alcohol or take medications that may cause drowsiness prior to lifting weights
- ❑ Do not lift too quickly, always control the weights
- ❑ Always use strict form. Proper technique is more important than the amount of weight lifted
- ❑ Keep head in neutral position, looking straight ahead and not upwards or downwards



CPAT Training program consists of two training programs:

Aerobic Training and Interval Training

Although this is best accomplished at a gym with an array of equipment, exercise can be done with little or no equipment.

If you need further information for specific type of exercises that are helpful to the physically demanding job of a Firefighter go to the following website:

www.mc.maricopa.edu/dept/d12/fsc/cpat/.../CPATPrepGuide.pdf