

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Overload Principle

The body can adapt to any stress placed upon it, but that stress must be greater than that which the body is normally accustomed to.

Law of Progression

The body can adapt to any overload as long as the overload is placed in small incremental increases.

Specificity of Training

The body will adapt to any overload placed upon it but only to that particular overload.



In exercise there are certain principles that you must follow in order to maximize the benefit from your training. In fire fighting if you don't follow some basic principles, such as roofs fall down, fire is hot and smoke is very uncomfortable to breathe, you will get hurt. Similarly, in exercise, if you follow some basic principles you will get fit quicker and possibly avoid injury.

In order for a muscle to get stronger, be it your bicep or your heart, the only way to improve your fitness is to push it beyond that which it is normally accustomed. This does not mean that you need to push yourself to your maximum every workout. It only states that you must push yourself above the level which you normally do.

If you are patient and you progress slowly your body will maximize its ability to improve from each workout. If you progress too quickly, you may over train and possibly get injured.

To get the most out of your workouts you should design each workout to meet your specific goals. This will prevent you from wasting your time and help you perform your best.