

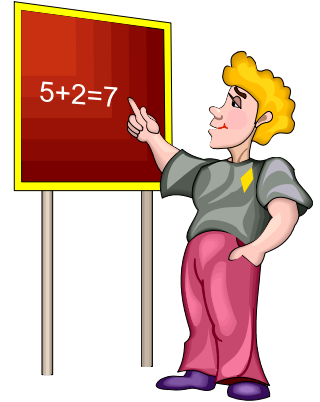
FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Principles of Strength Training ~ The Map to Success

In order to be successful in improving your physical fitness and performance, certain principles must be followed. Like gravity or simple math, these principles have been proven over and over to be true. In fact, to ignore these simple, but important, rules would be a recipe for failure. It would be like a fire fighter thinking he/she could breathe in smoke.

The first rule of being a fire fighter is **never** breathe smoke. Therefore, to fight fire without wearing your self-contained breathing apparatus would be a sure way to get hurt or even die. Follow these principles and you will safely and efficiently reach your goals.



<i>Readiness</i>
<i>Adaptation</i>
<i>Individual Response</i>
<i>Overload</i>
<i>Progression</i>
<i>Specificity</i>
<i>Variation</i>
<i>Warm-Up/Cool-Down</i>
<i>Long-Term Training</i>
<i>Reversibility</i>
<i>Moderation</i>
<i>Potential</i>