



PULLMAN FIRE DEPARTMENT

FITNESS PREPARATION FOR RESERVES

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Back Strength Exercises

Back Extensions



Seated Rows



Plank



Dead Lifts



Wide Grip Pull-Ups



Shoulders – Arms – Chest Strength Exercises

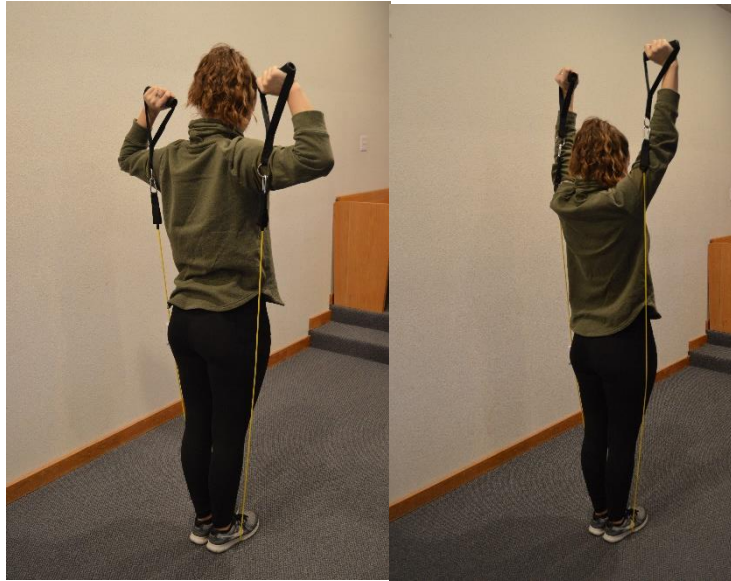
Hammer Curls



Lateral Raises



Tricep Extensions



Push Ups



Horizontal Shoulder Adduction



Horizontal Shoulder Abduction



Shoulder Shrugs



Bent Over Rows



Chest Press



Core Strength Exercises

Crunches



Plank Circles





Russian Twists

Leg Lifts



Flutter Kicks

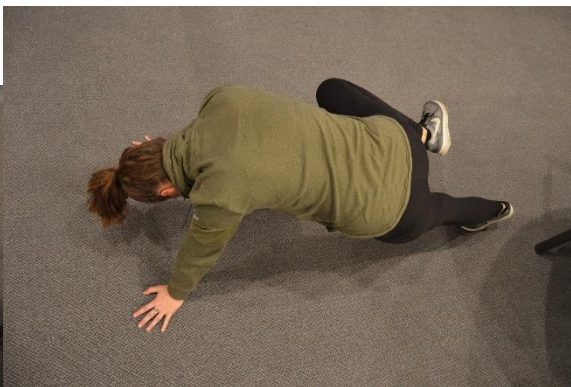


Seated Knee Tucks



Side Plank

Spiderman



Legs – Glutes Strength Exercises

Squats



Leg Press



Lunges



Jump Squats



Side-Leg Lunge



Wall Sit



Laying Down Side Leg Raise



Standing Side Leg Raise



Lunge Step-Up



Calf Raises



Hamstring Curls



Glute Kickback

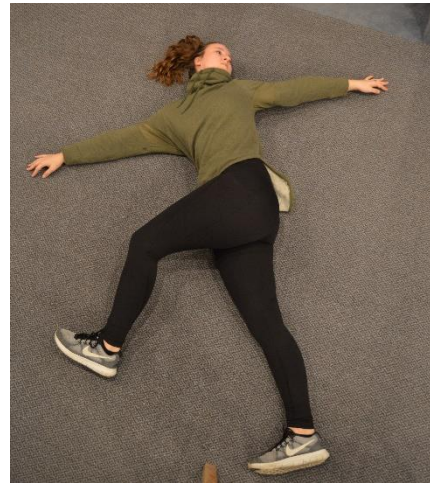


Side Squat Shuffle



Flexibility Stretches

Supine Spinal Twist



Child's Pose



Toe Touch

Foam Roller – Upper Back



Cross-Body Shoulder Stretch



Arm on Wall Bicep Stretch

Upper Trap (Neck) Stretch



Overhead Triceps Stretch



Bicep Stretch (on ground)



Wrist Extension & Wrist Flexion



Cobra Stretch



Standing Oblique Stretch



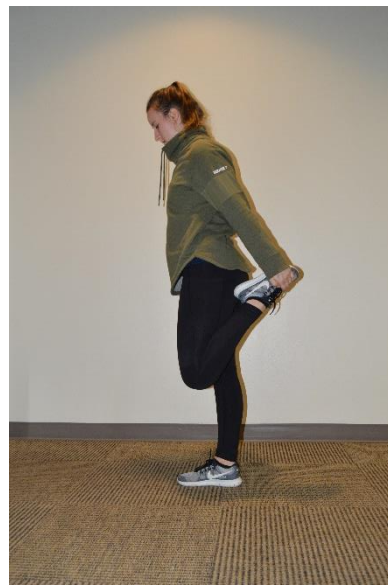
Bridge Pose



Hamstring Stretch



Quad Stretch



Sitting Calf Stretch



Adductor Stretch

Butterfly Stretch



Piriformis Stretch



Seated Glute Stretch

Foam Roll – Adductors, Quads, Glutes, Hamstrings, &IT Bands



Shoulder Strengthening Exercises

Internal & External
Rotation Dumbbell Curls



Abduction Shoulder
Dumbbell Curls

Forward Flexion Shoulder Raises



Pendulum Exercises (Circle)



Knee Strengthening Exercises

Stabilization
Lunge



Glute Bridge



Single Knee Extension



Knee Stretches

Side-Leg Lunge



Half-Kneeling Hip Flexor Stretch



Calf (gastrocnemius & soleus) Stretch



Back Strengthening Exercises

Bird Dog



Dead Bug

