

Hello PF&R Recruit Class 26-04!

Welcome to Portland Fire & Rescue! My name is Jessica Cone, but you can call me Jess! I am the Health & Wellness Program Coordinator for PF&R. I look forward to meeting and working with all of you. I have provided a list of exercises to focus on below. Incorporating these exercises into your fitness routine will help you prepare for workouts we perform in recruit academy. Before performing any of the exercises or workouts, please read the Portland Fire & Rescue and The City disclaimer below.

The following workout is intended to help you prepare for fire academy workouts. You do not need to be able to perform these movements for fire academy. Portland Fire & Rescue does not require you do complete this workout and is providing it solely for informational purposes only. The City assumes no liability or risk for any injury or harm resulting from use of this video. Perform workouts under your own discretion, at your own risk, and under the advice of a medical or fitness professional.

If you have never performed resistance training or followed workout programming, we recommend you decrease reps, sets/rounds, weight, and incorporate more rest as needed, and to slowly progress to this full workout over the course of several weeks. If you experience any injury, pain, or discomfort, stop immediately and seek medical attention.

PF&R TAC Recruit Workout Preparation

MOBILITY

- ✚ Mobility — the ability to move through a full range of motion at all joints — is critical for firefighters because it directly affects performance, efficiency, and injury prevention in a physically demanding job. Incorporating mobility into a fitness routine will help with sore muscles, pain management, and injury prevention.

- ✚ [Why is mobility important for firefighters? - Search](#)

- **Things to work on:**

- **Squat Mobility**

- [Squat Stretch Hold Instruction for Fitness Assessment](#)
 - [Squat Stretch Hold - How to Improve for Fitness Assessment](#)
 - [Ankle Mobility - How to Improve for Squat Stretch Hold](#)

- **PF&R Mobility Videos**

- Hip/Knee Mobility - [KNEE & HIP PAIN - YouTube](#)
 - Shoulder Mobility - [SHOULDER PAIN - YouTube](#)
 - Back Mobility - [BACK & HIP PAIN - YouTube](#)

CORE – MUSCULAR ENDURANCE & STRENGTH

- ✚ Lower back pain and injuries are one of the most common musculoskeletal issues in firefighting. Incorporating core work into a fitness routine is important to help with sore muscles, pain management, and injury prevention.

- ✚ [Lower back injuries for firefighters - Search](#)

- **PF&R Core Videos**
 - [CORE STRENGTH - YouTube](#)
- **Things To Work On:**
 - Plank Holds - [Plank Hold Instruction for Firefighter Fitness Assessment](#)
 - Side Planks - [Side Plank Hold Instruction for Fitness Assessment](#)
 - Prone Holds - [Prone Hold Instruction for Firefighter Fitness Assessment](#)

MUSCULAR STRENGTH & ENDURANCE

- ✚ Muscular strength and endurance are critical survival skills for firefighters, directly impacting their ability to perform life-saving tasks under extreme conditions.
- ✚ [Why is muscular strength and endurance important for firefighters? - Search](#)

- **PF&R Workout Videos**
 - [FIREFIGHTER WORKOUTS - YouTube](#)
- **Things To Work On**
 - Squat Holds - [BW isometric squat hold](#) (1—2 min. with correct form)
 - Lunge Holds - [Lunge Iso Hold](#) (1—2 min. with correct form)
 - Overhead Weighted Holds & Carrys (1—2 min. with correct form)
 - [Dumbbell overhead hold](#)
 - [Dumbbell Overhead March](#)
 - [Dual Dumbbell Overhead Carry \(Hold\)](#)
 - Slow Tempo Shoulder Press - [Tempo Standing Dumbbell Shoulder Press](#) (8—12 reps @ a weight that allows correct form)
 - Slow Tempo Pushups - [Push up progression](#) (8—12 reps @ with correct form)
 - Slow Tempo Pullups, Pullup Holds, &/or Incline Pullup Holds
 - [Pull-up Instructions | Videos & Movies on Vimeo](#) (Pull-up ability not required, modify as needed, see video for modification options)
 - [ISO Pull-up Hold](#) &/or [Australian \(Incline\) Pull-up hold](#) (30-60 sec. with correct form)

AEROBIC CONDITIONING

- ✚ Aerobic conditioning, measured by VO₂max (maximum oxygen consumption during intense exercise), is essential for firefighters because it directly impacts job performance, survivability, and long-term health.
- ✚ [Why is aerobic conditioning important for firefighters? - Search](#)

- **PF&R Workout Videos**
 - [Aerobic Test Instruction for Firefighter Fitness Assessment](#)
 - [Aerobic Capacity Test - How to Improve for Firefighter Fitness Assessment](#)
- **Things to Work On**
 - Up Downs (Straight Arm Burpees) – 1 minute of work, 1 minute of rest, 5 rounds (record reps each round)
 - [Up Downs - CrossFit Movement Library](#)

PF&R TAC RECRUIT PREPARATION WORKOUTS

 The following Recruit Preparation Workout (RPW) videos are not posted to our public [PFR Wellness](#) YouTube page, as the videos are within the editing process. I wanted to provide you with an example workout our recruits perform in academy. Our recruits follow the RPW video and the movements in the video on a regular basis. The RPW video incorporates a mobility warmup, upper and lower body muscular strength/endurance, aerobic conditioning, and a mobility cool down.

- **PF&R Workout Videos**

- [TAC Recruit Preparation Workout | Videos & Movies on Vimeo](#)
- [TAC Preparation Workout Instructions | Videos & Movies on Vimeo](#)

If you have any questions, please contact me by emailing jessica.cone@portlandoregon.gov.

Thank you!

Jess

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