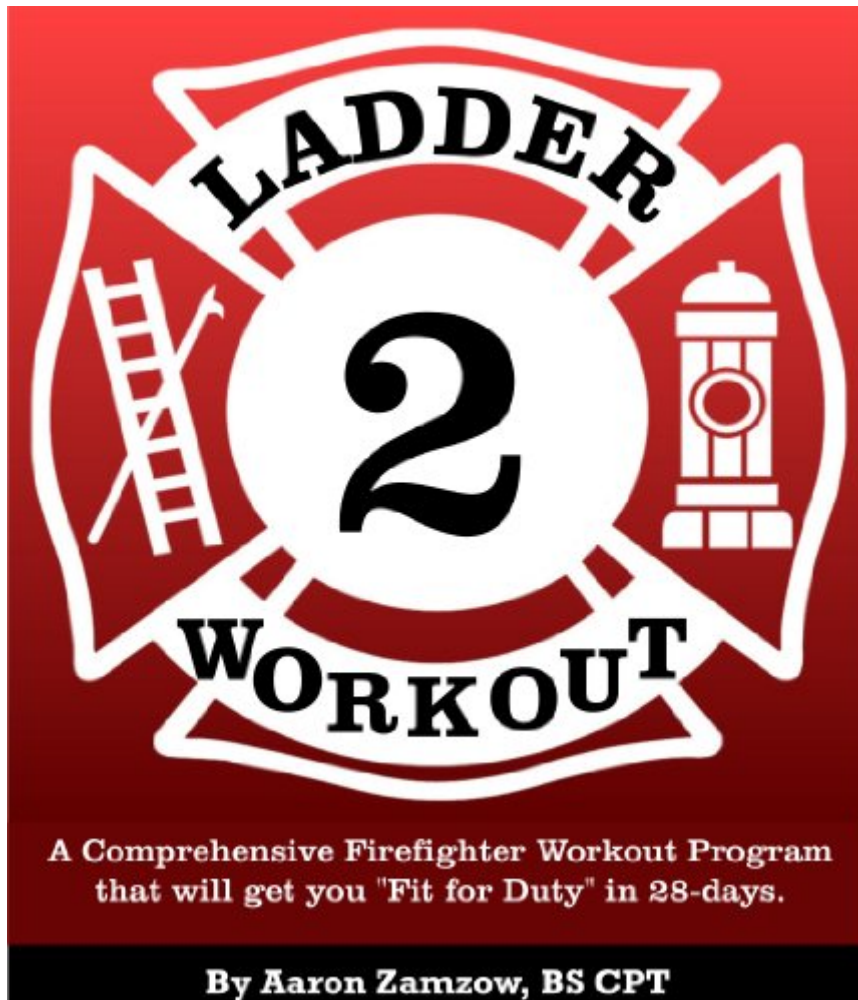


The book was found

Ladder 2 Workout



Synopsis

The Ladder 2 Workout was developed to give Firefighters, EMTs and Paramedics (Fire Rescue Athletes) a revolutionary new fitness system that will reduce the risk of injury, increase strength, decrease body fat and insure that you are always "fit for duty." This program is 15 years in the making and is endorsed by hundreds of firefighters, paramedics, and elite trainers. The Ladder 2 Workout contains all of the information you need to get "fit for duty." It includes specifically designed strength/power workouts, cardiovascular interval workouts, fitness tips, exercise descriptions and pictures, along with eating guidelines. If you've been training sparingly or need to get back into shape, this program is for you. If you've been doing the traditional bodybuilding/ body part training (which doesn't really apply to firefighting skills) then this program is for you. Maybe you've been following other fitness programs and have noticed that your efforts haven't transferred to the fireground, then...this program is for you. Essentially this program is for any FireRescue Athlete that wants to improve their level of fitness, reduce chances of injury (especially shoulder and back), get stronger and get leaner. **New version is Kindle friendly and formatted with bonus links to videos and workout logs.**

Book Information

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in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #150 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

#1715 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health,

Fitness & Dieting

Customer Reviews

If you are serious about working as a firefighter and being physically ready for the job, this is great book to get. The work outs are tailored to the work we do on the fire ground and focused on movements we perform every day on scene. You can tell the author has taken his time to analyze fire ground tasks and translates those tasks into specific muscle group exercises and cardio workouts that get you ready for a working fire. I also like that the plan is 28 days. It is a very doable plan and has a obtainable goal in site. Stepping onto a treadmill for 20 minutes does not work for people in our profession and the "Ladder 2 Workout" is guide to get firefighters job ready.

This program is awesome. Finally a workout that treats firefighters like athletes and approaches fitness like an athlete. I highly recommend this program if you are an EMT, a firefighter or paramedic. The author opens your eyes to approaching fitness like an athlete should because we as firefighters are just that...occupational athletes.

It's was ok...Not set up for the kindle fire.....if your new to working out it's a good read. Other than that it's meh....

Great Book- Antidotal stories were very interesting and some of the commentary was hilarious .

Excellent

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