

# CLARK COUNTY FIRE DEPARTMENT PHYSICAL GUIDANCE



**Cardio Endurance**



**Bodyweight Strength**



**Weight Training**



**HITT**





# CARDIO ENDURANCE



- Jogging, or running (20–45 minutes)
- Stair climbing: building stairs, stadium stairs, or step-ups (10–20 minutes)
- Weighted walks: backpack / weight vest (10–30 lbs) during walks
- Interval conditioning: 30 sec movement / 30 sec rest for 10 rounds

**Progressive overload:** increase duration, speed, incline, or added weight

# BODYWEIGHT STRENGTH



- |                |                        |
|----------------|------------------------|
| • Push-ups     | • 3 × 10–20 reps       |
| • Air Squats   | • 3 × 15–25 reps       |
| • Lunges       | • 3 × 10 each leg      |
| • Planks       | • 3 × 20–60 sec holds  |
| • Glute Bridge | • 3 × 12 – 20 reps     |
| • Bear crawl   | • 3 – 5 rounds 20 feet |
| • Step-ups     | • 3 x 10 reps per leg  |

# WEIGHT TRAINING



- Farmer carries: 20–40 lbs, 100+ feet × 3–5 rounds
- Step-ups / Stair climbs with load: 20–40 lbs, 10 minute intervals
- Sandbag carries: 20–40 lbs, 3–5 carries × 100+ feet
- Deadlift: 50+ lbs, 3 x 10 reps
- Kettlebell: 20–40 lbs, 3 x 10 reps
- Overhead press: 20–40 lbs, 3 x 10 reps
- Bent-over row: 20–40 lbs, 3 x 10 reps



# HITT



- Burpees
- Mountain climbers
- Squat to press
- Plank jacks
- Rope Exercises
  - Double slams
  - Alternating waves
  - Single arm

**X 30 sec - 1 min for all**

## LEGAL DISCLAIMER

**This document is for informational purposes only and does not represent medical advice or mandatory training requirements. Participation in any physical activity described herein is voluntary and at your own risk. Individuals should consult with a licensed medical professional before beginning any exercise program. Clark County Fire Department and Clark County, Nevada are not liable for injury, damages, or claims resulting from participation in or application of the activities listed in this document. These exercises do not replace official academy standards or mandatory testing requirements.**

