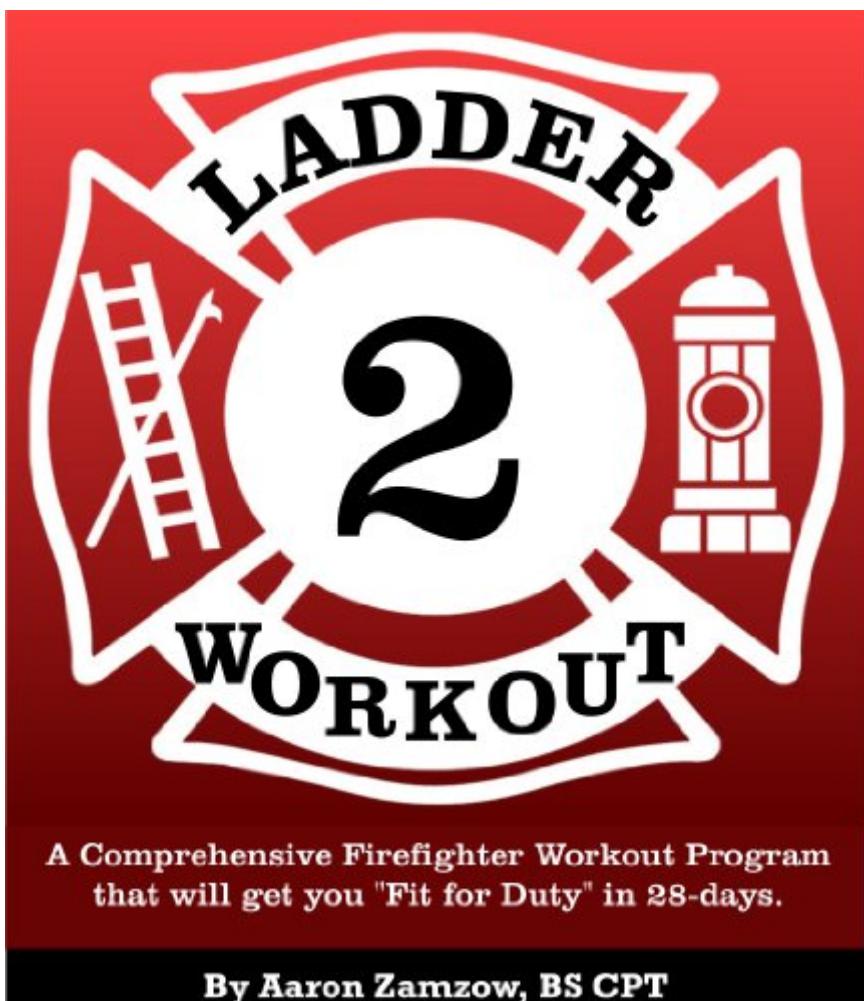


The book was found

## Ladder 2 Workout



By Aaron Zamzow, BS CPT



## **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 formated with bonus links to videos and workout logs.\*\*

## **Book Information**

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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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Ladder 2 Workout Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) The Generosity Ladder: Your Next Step to Financial Peace Learn How To Program And Troubleshoot Ladder Logic Gioachino Rossini - La scala di seta (The Silken Ladder): Opera Vocal Score Critical Edition by Anders Wiklund Three Steps on the Ladder of Writing The Ladder of Lights Climbing Jacob's Ladder: One Man's Journey to Rediscover a Jewish Spiritual Tradition Mage Silver Ladder \*OP (Mage the Awakening) US Army, Technical Manual, TM 5-4210-227-24&P-8, 85 AERIAL LADDER FIRE FIGHTING TRUCK, (NSN 4210-00-965-1254), military manuals The Imagineering Workout Eat Yourself Fit: Make Your

Workout Work Harder Love Your Workout Hypnosis / Guided Imagery CD - Love to Exercise! Get Motivated! Happy Herbivore Light & Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great The Badass Body Diet: The Breakthrough Diet and Workout for a Tight Booty, Sexy Abs, and Lean Legs The Stretch Workout Plan: Simple Exercises to Improve Flexibility, Increase Mobility and Relieve Tension BODYMINDER Workout and Exercise Journal (A Fitness Diary) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)

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