



DAY 3 - 6 CORE PRINCIPLES TO MASTER YOUR TECHNIQUE

WHY THIS IS IMPORTANT:

How you move in the gym carries over to how you perform on the job. Movement quality, awareness, and control drive performance, reduce injury risk, and support career longevity.

Train for the job, not just the gym.

Hinge, squat, lunge, push, pull, rotation, and carry form the foundation of how firefighters move.



TRAIN MOVEMENT PATTERNS

USE THE 6-POINT SELF-CHECK



Build strong, efficient positions.

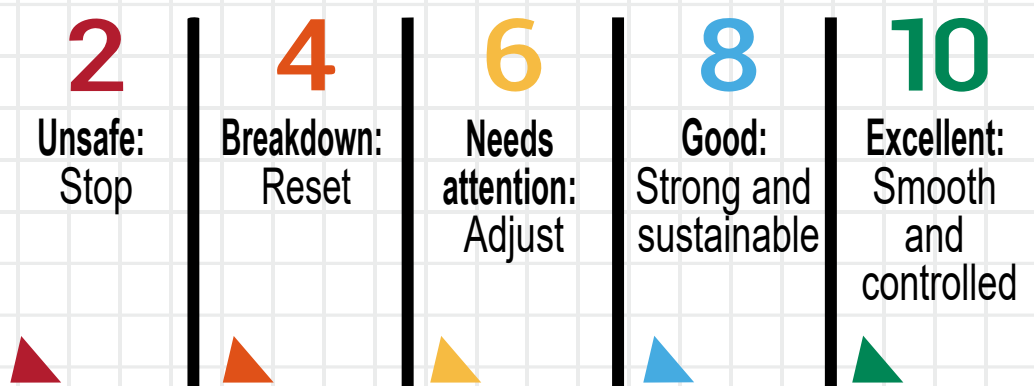
- Head – Neutral, eyes forward
- Torso – Braced and stable
- Hips – Engaged and controlled
- Legs – Aligned through knees and ankles
- Shoulders – Stable and controlled
- Arms – Aligned through elbows and wrists

Posture, alignment, balance, coordination, & control

determine whether training builds performance or increases risk.



EVALUATE MOVEMENT QUALITY



A score of 8 is the standard. If movement drops below that, adjust load, tempo, or position.

**PROTECT
TECHNIQUE
UNDER FATIGUE**

4

Check yourself before you wreck yourself.

Fatigue increases breakdown and injury risk. Maintain position and control. Reduce load. Modify volume. Control tempo. Reset position.

Strength is built by how you load movement.

Before intensity, there must be integrity. Load reinforces position, not dysfunction.

Simple tools – sandbags, kettlebells, medicine balls, steel clubs – build strength that reflects real-world demands.

5

**LOAD
MOVEMENT
WITH PURPOSE**

**TRAIN WITH
INTENTION**

6

The way you train reflects how you perform.

Each session reinforces movement patterns that carry over to the job. Focus on awareness, control, breathing, and consistent execution.



• The information in this document is for informational purposes and is not intended to provide medical advice.