

CYBEX[®]
Serious about fitness.

FIREHOUSE FITNESS




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CYBEX Firehouse Fitness



The CYBEX Institute for Exercise Science is proud to support the brave men and women of the fire service who risk their lives each day in the performance of hazardous duties. Our recognized medical heritage and proven research in biomechanics and human performance helps ensure that firefighters are provided with the very best equipment, exercise programs, and information from CYBEX. To ensure success, as your partner in firefighting, the CYBEX Institute will make your job easier, safer and significantly more rewarding because of the research and protocols that we develop.

Fire Departments training with CYBEX include Phoenix FD, LA County FD, Dallas FD, Vancouver FD, Orange County FD, Indianapolis FD, DC FD, Prince George County FD, Fairfax County, VA FD, Tempe FD, Glendale FD, Tuscon FD, and London Fire Brigade.

Firefighters are Athletes

"The feature that I like most about working out on the Arc is that I get a high intensity workout in a shorter period of time. It provides the functional movement and training that firefighters require for their occupation."

Steve Butsko

*Coordinator for Health & Wellness
Perry Joint Fire District*

Athletes have long appreciated the important role of exercise in the prevention of injury and improvement of performance. But the power of exercise is not limited to playing fields and gyms – the same benefits apply to the fire ground.

Like athletes, firefighters must be properly conditioned, well equipped, and trained to achieve excellence – as well as being physically and emotionally fit to do their best in a variety of challenging situations.

Studies demonstrate the need for and benefits of high levels of physical fitness in emergency responders. Because firefighting is such a physically demanding profession, today's firefighters need to be on top of their game every time the bell is rung... ready in a moment's notice to respond to the community's call for help. It is often said that firefighters expend as much energy during a major emergency as players do in a football game.



Firefighter Task-Product Guide



	Arc Trainer	750 Treadmill	750R Bike	BRAVO™	Leg Press	Smith Press	Power Cage	Chest Press	Pulldown	Overhead Press	Abdominal	Back Extension	Torso Rotation
Advance Charged Hose	✓			✓	✓	✓	✓	✓		✓	✓	✓	
Break Through Roof				✓		✓	✓	✓	✓		✓		✓
Carry Equipment				✓	✓	✓	✓	✓		✓		✓	
Carry High-Rise Packs	✓			✓		✓	✓	✓		✓		✓	✓
Carry Ladder				✓			✓					✓	✓
Climb Ladder	✓			✓	✓	✓	✓		✓				
Direct Charged Hose				✓		✓	✓	✓		✓	✓	✓	✓
Extend Ladder				✓		✓	✓	✓				✓	
Extended Firefighting	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓
Forcible Entry				✓		✓	✓	✓			✓		✓
Hoist Equipment				✓		✓	✓	✓	✓		✓		
Lay Fire Hose				✓	✓		✓		✓			✓	
Manage Power Equipment				✓		✓	✓	✓		✓	✓	✓	✓
Moving Victims	✓			✓	✓	✓	✓	✓		✓		✓	
Stair Climbing	✓	✓		✓	✓	✓	✓					✓	
Use Heavy Equipment				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ventilate Ceiling				✓		✓	✓	✓		✓		✓	✓

Fitness Packages

The equipment chosen in these plans has been selected based on the Task-Product Guide created by the CYBEX Institute for Exercise Science, in consultation with PEER certified firefighters who have used CYBEX in their Wellness Fitness Initiative (WFI) programs.

CYBEX can compliment any facility size, and design a fitness solution specific to your facility's space requirements.



FirePower 100 (sq. ft.)

The FP 100 was created for Fire Departments with limited space for their Wellness Fitness Initiative. The Bravo and the Arc Trainer provide ample versatility to train all components of physical fitness that are required to perform safely and effectively in the fire service.



FirePower 250 (sq. ft.)

The FP 250 provides the ability for several Firefighters to train at the same time in a very limited space. With the added Power Rack, benches and dumbbells, the FP 250 allows the users to concentrate on the important strength and aerobic components needed to do their job.



FirePower 500 (sq. ft.)

The FP 500 is designed for Fire Departments that are looking to take fitness to the next level with their Wellness Fitness Initiative. It is taking the FP 250 and adding several more fitness products to increase the ability to target specific needs of the Firefighter.



FirePower 750 (sq. ft.)

This floor plan provides an unparalleled offering for Firefighters' physical conditioning and preventative training. Each piece of equipment in the FP 750 targets the specific requirements of the Wellness Fitness Initiative. There is no question that the FP 750 optimal design will provide the opportunity to build the foundation for a strong and fit Fire Department.



CYBEX designs and manufactures fitness equipment to help firefighters get in great condition to operate at peak physical performance – whether it is advancing a charged hose line, climbing a ladder or simply running up flights of stairs. The CYBEX Institute for Exercise Science develops fitness programs specifically geared to firefighters’ needs – unique programs that increase cardiorespiratory endurance and improve muscular performance.

The CYBEX consolidated approach helps firefighters with their Wellness Fitness Initiative (WFI). Cybex Firehouse Fitness provides assistance in every step of the Wellness Fitness Initiative process from grant preparation to the WFI implementation.

To learn more about CYBEX Firehouse Fitness and how it can benefit your team, contact us at +1.774.324.8000 or visit us on the web at www.cybexintl.com/firehouse



“We’ve had CYBEX in our fire department gym for a couple of years now. We’ve seen a marked increase in upper body strength and a decrease in strains and back injuries as well. We’ve seen firefighters air consumption reduced while wearing SCBA as a result of using this equipment.”

Gene Bishop, Fire Inspector
The City of Cleveland, MS

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