



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 | | | | ✓ | | ✓ | ✓ | ✓ | | ✓ | | ✓ | ✓ |