



# 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				✓		✓	✓	✓		✓		✓	✓