



APSWC Cadet Physical Training Program

Exercise Physiologists

Jeff Johnson

Hillary Lee



Movement Patterns: Knee

Frontal Plane Motion

1. Create a line from hip to toes
2. Knee falls on the line in every movement

Relevant Activities

1. Climbing
2. Running
3. Hose advance



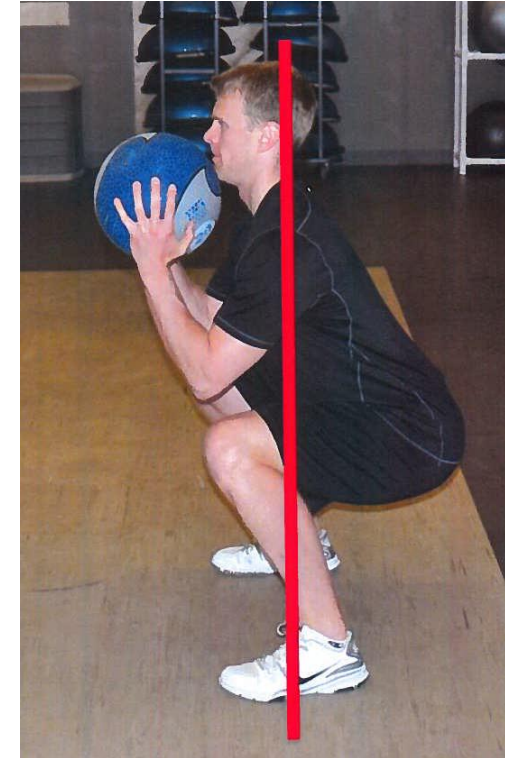
Movement Patterns: Knee

Center of Pressure Position

1. Draw a vertical line from the arch of the foot to the ceiling
2. Bodyweight should be centered on the line

Relevant Activities

1. Squatting/lifting
2. Jumping
3. Equipment handling





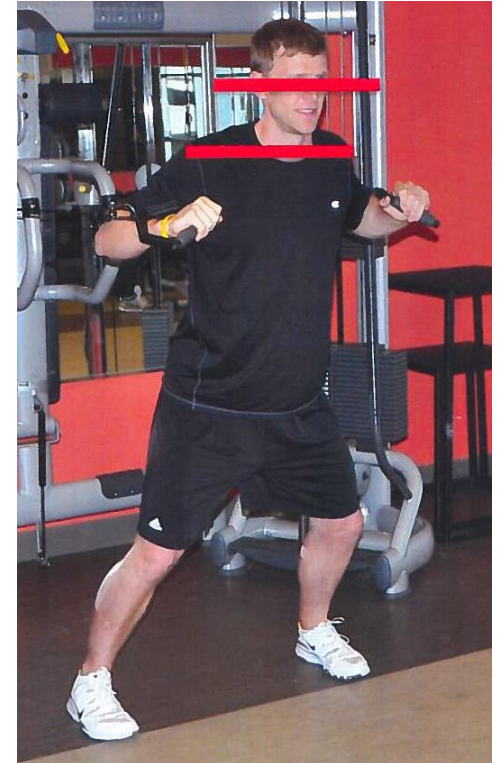
Movement Patterns: Shoulder

Elevation

1. Visualize 2 lines: through the ears and through the shoulders
2. Lines stay the same distance apart in every movement

Relevant Activities

1. Pushing and pulling
2. Reaching
3. Ceiling breaching/pulling





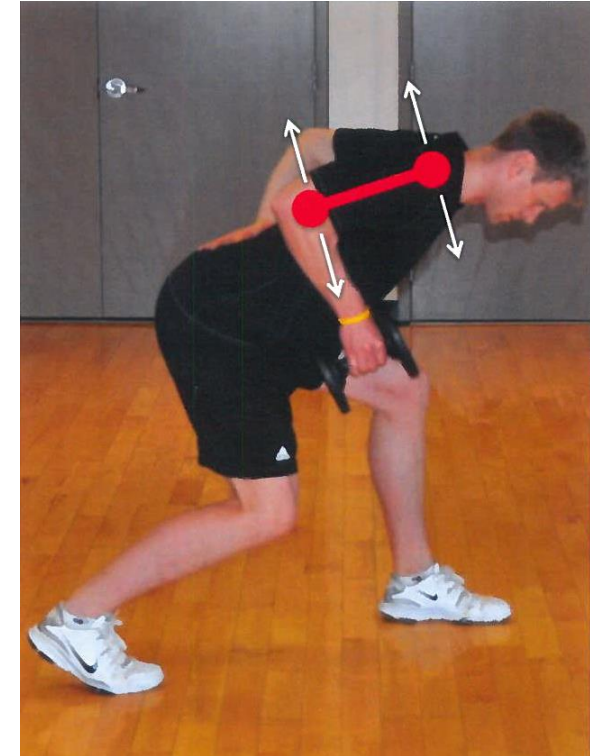
Movement Patterns: Shoulder

Anterior Rotation

1. Create a line from shoulder to elbow
2. The ends of the line move in the same direction in every movement

Relevant Activities

1. Pushing and pulling
2. Search and rescue
3. Breaching a wall





Movement Patterns: Back

Lateral Bend

1. Visualize 2 lines; through hip and through upper back
2. Lines remain parallel during all movements

Relevant Activities

1. Carrying equipment
2. Ceiling breach
3. Hose operations



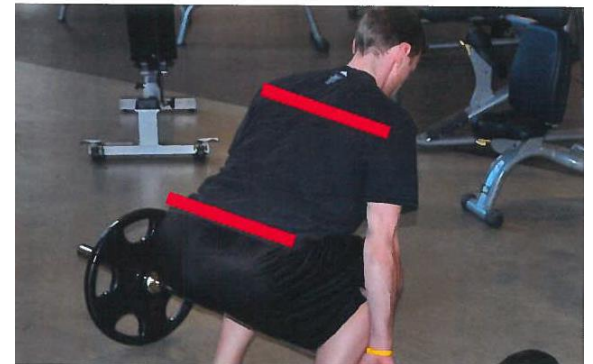
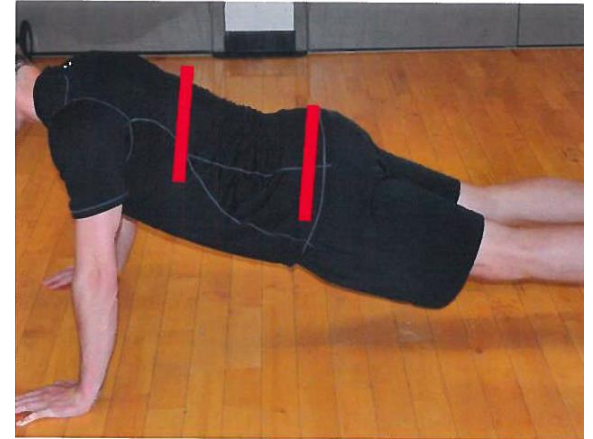
Movement Patterns: Back

Flexion and Extension

1. Visualize 2 lines; through the hips and through the upper back
2. The lines should stay the same distance apart in all movements

Relevant Activities

1. Equipment handling
2. Pushing and pulling
3. Vehicle extrications





Movement Patterns: Back

Axial Twist

1. Visualize 2 lines; through the hips and through the upper back
2. Shoulders should rotate with the hips

Related Activities

1. Throwing
2. Forced entry
3. Hose advance





Weight Room Rules

- Each cadet will lift their prescribed weight unless told otherwise by an exercise physiologist
- Main lifts are always completed before accessory work
- When not lifting you will either be spotting or loading the next lifter's weight onto the bar
- Complete all movements in their full range of motion

Check Your Ego At the Door!!



Weight Logs

Week 1							
Squat		Bench		Deadlift		O/H Press	
Easy-Average-Hard		Easy-Average-Hard		Easy-Average-Hard		Easy-Average-Hard	
Notes							



Expectations

1. Be safe
2. Perform all workouts as prescribed
3. Be proactive about injury prevention
4. You WILL be sore
5. You WILL be tired