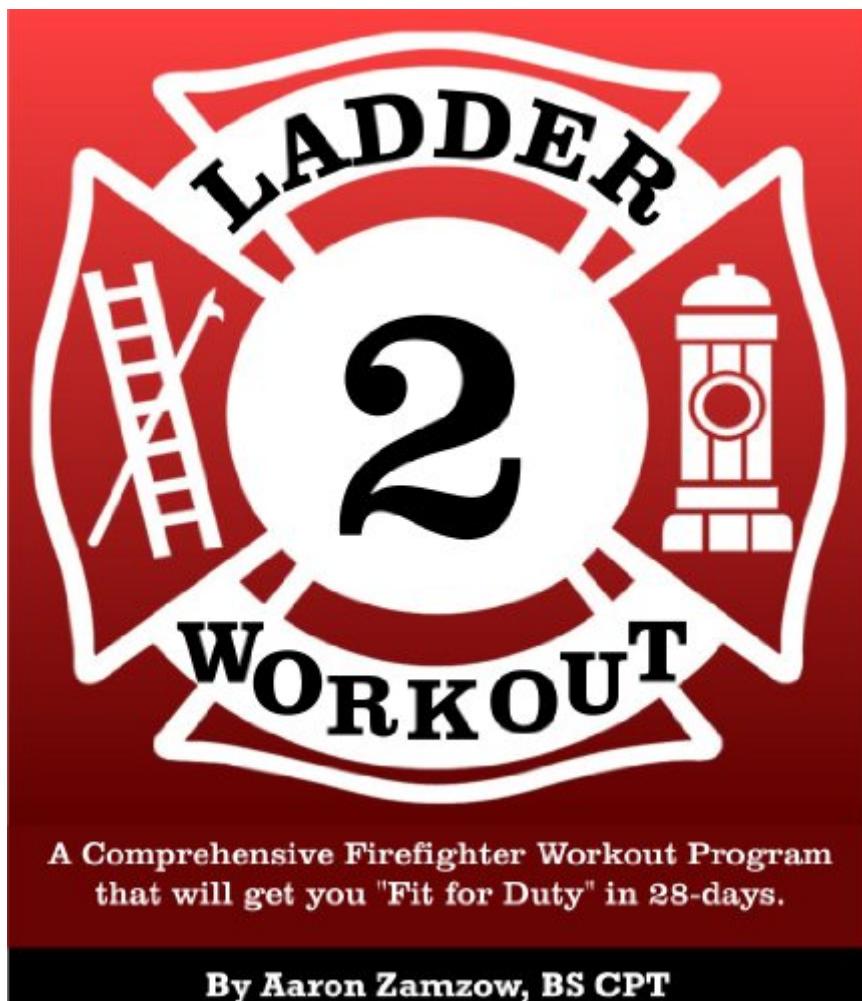


The book was found

Ladder 2 Workout



Synopsis

The Ladder 2 Workout was developed to give Firefighters, EMTs and Paramedics (Fire Rescue Athletes) a revolutionary new fitness system that will reduce the risk of injury, increase strength, decrease body fat and insure that you are always "fit for duty." This program is 15 years in the making and is endorsed by hundreds of firefighters, paramedics, and elite trainers. The Ladder 2 Workout contains all of the information you need to get "fit for duty." It includes specifically designed strength/power workouts, cardiovascular interval workouts, fitness tips, exercise descriptions and pictures, along with eating guidelines. If you've been training sparingly or need to get back into shape, this program is for you. If you've been doing the traditional bodybuilding/ body part training (which doesn't really apply to firefighting skills) then this program is for you. Maybe you've been following other fitness programs and have noticed that your efforts haven't transferred to the fireground, then...this program is for you. Essentially this program is for any FireRescue Athlete that wants to improve their level of fitness, reduce chances of injury (especially shoulder and back), get stronger and get leaner. **New version is Kindle friendly and formated with bonus links to videos and workout logs.**

Book Information

File Size: 5876 KB

Print Length: 90 pages

Publication Date: September 11, 2012

Sold by:Ã ª Digital Services LLC

Language: English

ASIN: B009C04B6S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #424,263 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76 inÃ ª Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related Health #136 inÃ ª Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #1257 inÃ ª Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health,

Customer Reviews

Great Functional workout for firefighters or anyone looking for an easy to follow pretty intense workout. Aaron is great and is always willing to answer any questions. I'm an 18 year Firefighter/Paramedic and this is most certainly going to help me stay healthy and fit for the rest of my career.

Great Book- Antidotal stories were very interesting and some of the commentary was hilarious .

Not bad. I'm not big into the gym type workouts. I was hoping for workouts at a much higher intensity but it is still a great read

Excellent

It's was ok...Not set up for the kindle fire.....if your new to working out it's a good read. Other than that it's meh....

If you are serious about working as a firefighter and being physically ready for the job, this is great book to get. The work outs are tailored to the work we do on the fire ground and focused on movements we perform every day on scene. You can tell the author has taken his time to analyze fire ground tasks and translates those tasks into specific muscle group exercises and cardio workouts that get you ready for a working fire. I also like that the plan is 28 days. It is a very doable plan and has a obtainable goal in site. Stepping onto a treadmill for 20 minutes does not work for people in our profession and the "Ladder 2 Workout" is guide to get firefighters job ready.

For those looking to enter the fire service, or for those who are looking to improve, this is the book for you!

This program is awesome. Finally a workout that treats firefighters like athletes and approaches fitness like an athlete. I highly recommend this program if you are an EMT, a firefighter or paramedic. The author opens your eyes to approaching fitness like an athlete should because we as firefighters are just that...occupational athletes.

[Download to continue reading...](#)

Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Ladder 2 Workout How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle ECG Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Squats: The Best Butt Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day Workout Plans) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) 100+ Word Fill In Puzzle Book For Adults: The French Style Brain Teaser Crossword Puzzles With Fill In Words Puzzles for Total Brain Workout! (A Total Brain Workout Series) (Volume 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Climbing The Corporate Ladder The Ladder of Divine Ascent Calvin's Ladder: A Spiritual Theology of Ascent and Ascension Life is Like a Chicken Coop Ladder: A Study of German National Character through Folklore Gioachino Rossini - La scala di seta (The Silken Ladder): Opera Vocal Score Critical Edition by Anders Wiklund Polymer Clay Ladder Bracelet: Easy step by step craft projects.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

FAQ & Help