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# How To Become A Firefighter

In order to become a firefighter, one must be in the best physical shape. If you have what it takes to rush in when others rush out you may have what it takes to become a firefighter. While you either have bravery or you don't strength and stamina can be attained.

Being a firefighter takes more than the average job. It requires long hours being on call and above average physical fitness. It is, and always has been, expected that firefighters are not only reliable, but are also physically strong so that we may be rescued in a time of need.

However, most firefighters in today's time are not quite that strong. While there is a mental aspect to fire fighting as all fighters must be trained in first responder medical techniques and know how to safely exit a building, there is a physical element that cannot be overlooked.

Those brave enough to fight fires need to have exceptional arm strength so that they can hold a hose for a long period of time or help carry people to safety. One fitness tool that can help build the necessary strength is a pair of kettle bells. To use them make sure that you have cleared an area that you can walk in.

Start by racking the bells at your chest. Then take a step forward with your right foot and press the bell in the opposite or left hand over your head at the same time. There are several other moves that follow this same goal approach so that not only will your overhead strength be improved; but your overall physical strength will drastically improve and you will be greatly satisfied with your results.

Then repeat with the opposite foot. This exercise is called the see saw press. The name is influenced by the motion created from lifting each bell and lowering it. Using a kettle bell along with a strict strength training approach is an excellent way to gain more body strength so that you will be able and prepared to handle any type of physical task that is thrown your way no matter how difficult it may be.

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