

## Introduction

This workbook provides some additional fitness information to complement the material shown in the video. This information can assist you with your physical preparation, but the final responsibility rests with you. Seek out and use available resources to maximize the return from the time and effort you put into your training program. A good place to start is the nearest **“Be Fit for Life”** Center. The contact information for these regional centers is listed at the end of the workbook.



## Are you Fit to Fight?

Wildland firefighting presents some extremely demanding physical challenges, and the training guidelines are intended for healthy, physically-active individuals. You are advised to consult with your physician before undertaking any strenuous exercise program. These fitness tests assess whether you meet the required fitness level for a wildland firefighter. The minimal standards are based on both work performance and safety. In order to meet and hopefully exceed the minimal standards, most people will need to devote a significant amount of time to serious training. Remember, meeting the minimum standards may not be good enough to secure a job. The more fit you are, the more competitive you will be in the selection process.

## Personal Training Program

As you start to organize your personal training program, it is important to recognize the principles on which successful programs are based. These fundamental principles of training are briefly explained in the sections below.



## Individuality

Effective training programs should be tailored to the needs of the individual. This involves such factors as your present fitness level, health status, short and long-term goals, available time, facilities, training preferences or interests, and the requirements of the activity you are training for. Your goals are unique and you will need modification as the program progresses. For example, if your primary goal is to improve the maximal capacity of the cardiovascular system (in preparation for the Pack Tests or the Shuttle Run Test), your program would look very different than if the major objective was to improve muscle strength and power (in preparation for the Upright Row and the Pump/Hose Test).

You will want to discuss your program with an expert, but it is always best to start by assessing your own needs. The outcomes of this “needs assessment” will dictate the way you plan your training program.

A simple way to begin the needs assessment is to answer the following questions:

1. What is your present fitness level?
2. Are there any health concerns which might affect your ability to train?
3. What are your fitness goals?
4. How much time is available for working towards those goals?
5. What facilities and equipment do you need?
6. What are your training preferences?
7. What ‘barriers’ can you foresee that will affect the success of the program?

Consider seeking some professional assistance from your physician and a fitness professional to help with providing accurate answers to these questions. Identifying your present health and fitness status, your goals, how you intend to achieve those goals, and the things that may hinder your progress are all important steps. Reconsider these factors from time to time during the training program.

## Variety

Variety is the spice of life, and is equally important in a training program. Many programs fail because they are boring. Regular exercise brings rewards such as improved health, weight loss, greater work tolerance, or in this case, new job opportunities.



For many people, these rewards are enough, and they tolerate exercise because they see value in it. You can also try to incorporate an element of fun into your program by choosing games like badminton, squash, hockey or soccer instead of more traditional activities like jogging or lifting weights. These

activities are usually more fun and may give you an excellent workout. However, when you involve others, equipment, and rules in a complex activity, you often start to lose control over how much fitness benefit you actually receive.

It is fine to add in games and alternate activities for fun and variety, but do not depend on them to build your fitness. Try to monitor the amount and the type of physical effort involved in each activity. Then you can make a decision about the value of that activity towards meeting your fitness goals in preparation for the demands of wildland firefighting.

In the video there are people using a selection of different exercises and various types of training equipment. Use your imagination to create your own exercise equipment as is shown in the video. Finally, remember to exercise all parts of the body, not just the parts you think are involved in the tests.

## Regularity

Increases in fitness occur most effectively when the exercise is performed in a regular, systematic fashion. Any increase in activity should result in some improvement, so if you are completely sedentary now, exercising even once a week is a start.

In order to keep improving though, you will need to increase the amount and intensity of exercise in a progressive fashion to reach an optimal level. For optimal improvement in cardiovascular fitness, you can train four or five times a week. For optimal improvement in strength and muscle power, you should exercise three times a week. If your goal is to improve both strength and aerobic fitness, you could be doing some form of training almost every day.



## Progressive Overload

The body adapts to the stress of exercise and, in doing so, increases the capacity to handle greater exercise challenges in the future. In order to increase exercise tolerance, we have to load the body beyond the normal requirements. This “overload” training is any activity that is not part of a normal daily routine. If you are completely sedentary, almost any physical activity is a form of overload. If you are moderately active, anything which increases the activity level constitutes an overload. We can describe exercise loads in terms of intensity, duration and frequency. These three elements are discussed in more detail below. Each element is also broken into aerobic and strength training.

## Intensity (How hard should you exercise?)

**Aerobic Training** – For a wide range of effort, intensity is almost directly proportionate to heart rate, therefore some people prefer to use their heart rate as a means of monitoring how hard they are working. You can estimate maximal heart rate by using this simple equation:

$$220 \text{ beats per minute (bpm)}$$

$$\begin{aligned} & - \frac{\text{your age in years}}{\text{Maximum Heart Rate}} \end{aligned}$$

For example, maximal heart rate would be about 195 bpm for a 25 year old. For most people, raising the heart rate to about 70% of the maximal heart rate (in this example to 138 bpm) is necessary to start building endurance. On the other hand, working at up to 85% of the maximal heart rate (in this example to 166 bpm) will probably develop endurance at an optimal rate.

These are only guidelines, but by taking your pulse carefully while you are exercising you can identify a target heart rate where you will reap the optimal benefits from continuous aerobic exercise. If you try to work harder than you are capable of, chances are you will fatigue quickly and have to stop. If you lower the intensity too much, the exercise will be very comfortable, but will not provide the same benefits.



For aerobic exercise, you can monitor intensity by using the **“Talk Test”** illustrated in the video. If you can carry on a conversation easily while exercising, you are probably below the optimal intensity. If you can’t speak at all, you are working too hard. However, if your conversation is slightly strained because you are breathing deeper and more rapidly than normal, chances are you are close to the right intensity.

The heart rate target zone concept is based on the expectation that you will be participating in continuous exercise like walking, jogging, swimming, or cycling. Games like hockey, soccer, and squash usually involve brief periods of work above the target zone interspersed with rest periods at much lower intensity. This type of activity is excellent for fitness improvement as well, but it is difficult to monitor heart rate as easily.

Monitoring breathing stress with the Talk Test is probably more convenient than monitoring heart rate for most people. Remember that breathing is usually pretty stressed at the very beginning of a workout unless you do a very thorough warm-up. So, in order to allow your body time to make the necessary adjustments as you go from light to strenuous exercise, follow this sequence. First of all, warm-up well, then exercise for about 5 minutes or so before you make the assessment of how hard your breathing is.

Later on in the workbook, you will find some advice on how to put together a sample aerobic program. We want to identify different levels of training stress, and incorporate easier and harder workouts into a training week. There are many ways to do this but for the purposes of this workbook, we’ll use the Talk Test to identify three levels of breathing stress.

The first level is at the point where you are working hard enough that your breathing is strained to where you are just having difficulty maintaining a normal conversation. We'll call this relatively easier work rate Level 1.

Level 1 workouts are fairly easy and can be done for longer periods of time. This type of work can be used to build endurance as well as recovery exercise after very strenuous workouts earlier in the day, or even the day before.

Now, if you increase the level of effort to the point where it is quite difficult to talk, this should correspond to the highest level of work that you can sustain for any length of time. We will call this Level 2. Use this type of exercise for building aerobic fitness. This should be quite challenging exercise and after 30-45 minutes, you should be very tired. When done properly, this type of aerobic exercise is probably optimal for development of aerobic fitness. Usually, most of your aerobic training should be at this level.

**Strength Training** – In strength training, intensity is expressed as a fraction of the maximal force a muscle can exert in one single lift. For example, if the heaviest weight you can lift once in a particular exercise is 100 lbs. That would be your one-repetition maximum (1RM). For optimum development of strength you should work at about 75% to 85% of 1RM until the muscle is too tired to complete the exercise properly. Usually, you can complete 8 – 12 repetitions in what is known as a set. After a brief rest, go back to that exercise and complete another set.

Another approach is to simply find the weight that you can lift 8 – 12 times (usually 10 repetitions is the target) before the muscle fatigues. As you get stronger, you will have to increase the amount of weight in order to keep the number of repetitions around 10 per set. The term 10RM indicates the weight you can lift 10 times.

It is very important to use proper technique when lifting weights. Sometimes it is possible to lift more weight than you should by “cheating” or “breaking form”. This can be quite dangerous and does not make your training any more effective. Remember, you should normally try to select a weight that you can lift about 10 times before the exercise leads to temporary fatigue. When choosing that weight, make sure that you can complete the 10 repetitions using correct form. If you have to change your body position or use other strategies (like arching your back during a bench press) in order to finish the set of 10 reps, then the weight is probably too heavy.

The term “interval training” is used to describe a workout where you exercise for brief periods at high intensity interspersed with periods of much lower intensity. These low intensity intervals will allow you to recover before completing another high intensity interval. A good example of this type of training would be running hard up stairs or a hill for about 1 – 2 minutes and then taking 3 – 4 minutes to walk back down and recover before starting up again. This form of advanced endurance training is quite complex. It is very important to develop an aerobic base or foundation before attempting interval training. This type of training is very demanding (both mentally and physically). Therefore, it is usually best to do it only once or twice a week.

Strength programs can become quite sophisticated with different combinations of repetitions and sets at different fractions of the 1RM for each exercise. Generally, sets of fewer reps at higher weights (e.g., 3 –5 reps at 90% 1RM) are most effective at building strength. Similarly, sets of more reps at lower weights (e.g., 15 – 20 reps at 60% 1RM) are most effective for developing muscle endurance. You might want to try these combinations to add variety to your weight training program.

## **Duration** (How long should you exercise?)

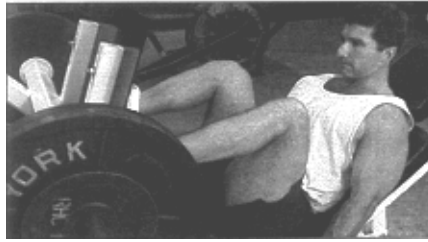
**Aerobic training** – For optimal benefits, you should exercise at your level for about 20-30 minutes in the beginning. In the early stages of an exercise program, this may be difficult. If so, lower the intensity to make the exercise more tolerable. When it becomes easier, try exercising harder and/or longer to increase the challenge. As a general rule, higher intensity exercise will provide more direct benefits to the cardiovascular system. Longer duration exercise at a lower intensity builds endurance, burns more calories and may be more effective at reducing excess fat. Both forms of endurance exercise are advantageous and a good training program will probably include some workouts that emphasize duration and some that emphasize intensity each week.

**Strength training** – For optimum development of strength, you should complete three sets of about 10 repetitions for each major muscle group. Remember that this estimate is based on the premise that at the end of the 10<sup>th</sup> repetition, you are too tired to lift any more without a rest.

A straightforward method is to select about 10 – 12 exercises that work most of the major muscle groups in the whole body and complete three sets of each exercise. Ideally, you would complete a “whole body” workout three days per week. Another method is to “split” your exercises into convenient groups (for example, upper body and lower body) and complete one group each day. There are several advantages to this plan. For example, the workouts need to be more frequent, but are also shorter. This also works well if you want to devote more emphasis to training particular body parts.

For example, if your goal is to maintain your lower body strength and focus on building your upper body strength, you could complete three upper body workouts per week and only one lower body workout.

Regardless of how you group the exercises, it is very important to remember the concept of balance in strength training. If you exercise the muscles on one side of the body, you must also work the same muscles on the other side. In the same way, you must always exercise both sides of a joint. For example, if you exercise the bicep muscle on the front of the arm (this muscle bends the elbow), then find an exercise to make the triceps muscle on the back of the arm (which straightens the elbow) do the same amount of work.



## **Frequency** (How often should I exercise?)

**Aerobic Training** – As mentioned earlier, regular exercise three to five times per week is recommended for developing aerobic endurance. Some weeks you may do more or less. Increasing frequency is an excellent way to build more overload into your program in the early stages but once you have reached five times per week, adjust your focus to emphasize the quality of training instead of simply continuing to increase quantity.

**Strength Training** – Usually, strength training for any given muscle should only be done three times per week. This is pretty simple if you choose to complete a whole body workout three times a week. If you split your weight training routine, you may workout five or six days per week, but each muscle is only exercised three times. In any case, **always** allow a day of rest between workouts on any particular muscle.

The principle of **Progressive Overload**, which was explained above, is probably the most important principle of successful training. In order to prevent injury, and to ensure continued improvement, the exercise overload should be progressively increased. In other words, start slowly and add more exercise as your tolerance increases. You can show progression by increasing intensity (exercising harder), duration (exercising longer), and/or frequency (exercising more often). The concept of progressive overload is illustrated in the sample program (page 9). Note that as intensity increases, the exercise sessions are more frequent and are longer in duration.

## **Which exercises are best?**

This is a difficult question because in order to answer it fully, we need to know a great deal of information about your current fitness level, your goals, any injuries, the time of year, the facilities available to you, and so on. However, while almost any exercise will be good, some are definitely better than others to help you prepare for both the wildland firefighting fitness tests and the actual job itself. If you were training for a game like hockey, you would choose exercises that train the muscles and the energy systems in a way that simulates the demands of the game. When making decisions about choosing the best exercises, stop and think about the physical demands of fighting wildfires.

**Aerobic Training** – The best exercises are walking with a pack or running. Depending on where you live and the season, you could select other activities like cross-country skiing or snowshoeing. Cycling, rowing and swimming are less specific but can help to relieve some of the stress of training because the body is supported. As noted previously, games like basketball, soccer and hockey are good for variety, but should not be used as the only form of training.

**Strength Training** – the best resistance exercises will involve lifting free weights, using simple pulley machines, or using your own body weight as resistance. You will see many examples of good exercises in the video. There are too many different strength exercises to list, and the problem is made more difficult because sometimes the same exercise has several different names.

However, most strength authorities would probably agree that the exercises listed in the following table will provide a good workout for all the major muscle groups. It is a basic or **core routine** that provides the foundation for most strength programs. Similar core routines can be found in many strength training books. In some cases, **complementary** exercises are listed together because they tend to work most of the same muscles. For each workout, you can select one or more of these complementary exercises depending on your preferences, experience, available equipment, and of course the assistance of training partner for spotting.

**Table 1. Core Routine with complementary exercises**

*Warning: If you do not know what these exercises are, or how to do them safely, ask a fitness professional for advice before you start!*

1. Squat or Leg Press
2. Leg Curl
3. Leg Extension
4. Calf Raise (knees straight)
5. Bench press or Chest Fly
6. Upright Row or Bar Dip
7. Seated Military press (standing)
8. Lat pull or Chin-up
9. Tricep Extension
10. Bicep Curl
11. Back extension
12. Sit-up (knees bent, feet not anchored) or crunch

If you are already an experienced weight trainer you may prefer other exercises. However, these exercises provide enough variety to meet the needs of most trainees.

Most of the exercises listed above tend to isolate individual muscles or groups of muscles and this is an effective way of training. Once you have a good strength foundation to work with, it is desirable to start incorporating more whole-body exercises. Again, think about the demands of the job where you will be carrying equipment or using tools for extended periods over rough terrain. The Pump/Hose test is an excellent simulation of some combinations of different demands faced by firefighters in the field.

You can simulate these demands by picking up and carrying a heavy object (like the log shown in the video) or dragging a heavy object (like the truck tire shown in the video). These types of field activities will build muscle endurance (the ability for a muscle to work for extended periods of time) and also muscle power (the ability of a muscle to generate force very quickly).



## Rest and Recovery

The fatigue that you feel at the end of a good workout is a very important element in the training process. Usually, the fatigue goes away pretty quickly and within a few hours you are back to normal.

However, remember that the fitness benefits from exercise are “built” in the hours and days after the workout. Therefore it is very important to allow proper recovery between that stress the same muscles.

Here are some general guidelines for recovery time. For aerobic training, you should allow at least 24 hours of recovery between hard workouts. For strength training, you should allow at least 48 hours between hard workouts. Also, whenever possible, try to plan for at least one complete day of rest from training each week.

## Sample Program

This booklet began by saying that successful programs are based on individuals needs. The outcome of the needs assessment process (page 1 &2) should help you direct your training emphasis. This will allow you to get the most benefit from the weeks and months of training you should be doing in order to succeed as a wildland firefighter. The sample program is simply a skeleton for you to add your own activities and variations to.

This program shows how the principle of progressive overload can be applied to increase the training challenge at a sensible and effective rate. This happens in several ways.

- As you get fitter, you will have to work harder to get the same level of stress. (For example, as aerobic fitness increases, you will have to exercise harder to get the same level of breathing difficulty in the Talk Test. Similarly in strength training, as you get stronger you will have to choose heavier weights to tire out your muscle by the 10<sup>th</sup> repetition.)
- You can increase the number of workouts or the duration of exercise within each workout.
- Finally, you can add in new forms of training. In the sample program new challenges are presented for both aerobic and strength training starting in week 9.

The program also demonstrates the importance of reducing the training challenge every few weeks to allow the body to recover from hard training. The **Stress Level** column is a rough indicator of how

much stress is presented to the body during the entire week, not in specific workouts. Note how the overall stress level increases progressively for three weeks and then is reduced in the fourth week. The actual workouts during the Recovery week are not any easier, but the total volume of exercise is reduced dramatically.

The program starts with 3-4 relatively short, basic workouts per week and progresses to 6-7 longer, more complicated workouts. Remember, the rate of progress is going to depend on many factors and obviously one of the most important is your current fitness level. If you are already very active, find the week that corresponds to your current level of training and start there. This is only a guide for you work with as you develop your own program to prepare for wildland firefighting.

This sample program is designed for those who need to increase both aerobic fitness and strength fitness. If your goal is to emphasize development of one component while simply maintaining the other, then you can increase or decrease the emphasis on each component accordingly. Remember, usually one good quality workout per week is enough to maintain either strength or endurance, but usually three good quality workouts per week are required to develop either component.



**Table 2. Sample 12-week program to develop both aerobic endurance and strength**

*RM stands for repetition maximum so 10 RM means you are able to do the same exercise 10 times in a row without stopping.*

**Please Note!** Always consult a physician before beginning any physical fitness program!

<b>Week</b>	<b>Stress Level</b>	<b>Aerobic</b>	<b>Strength</b>
<b>1</b>	Moderate	2 @ Level 1 intensity for 30 min 1 @ Level 2 intensity for 20 min	1-2 workouts of 12 exercises from Core Routine with sets of 10 reps at 10 RM
<b>2</b>	Hard	2 @ Level 1 intensity for 35 min 2 @ Level 1 intensity for 25 min	2 workouts of 12 exercises from Core routine each with 3 sets of 10 reps at 10 RM
<b>3</b>	Very Hard	2 @ Level 1 intensity for 40 min 2 @ Level 2 intensity for 30 min	3 workouts of 12 exercises from Core Routine each with 3 sets of 10 reps at 10 RM
<b>4</b>	Recovery	1 @ Level 1 intensity for 40 min 1 @ Level 2 intensity for 30 min	1 workout of 12 exercises from Core Routine each with 3 sets of 10 reps at 10 RM
<b>5</b>	Moderate	2 @ Level 1 intensity for 35 min 2 @ Level 2 intensity for 25 min	3 workouts 12 exercises from Core Routine each with 3 sets of 10 reps at 10 RM
<b>6</b>	Hard	2 @ Level 1 intensity for 40 min 2 @ Level 2 intensity for 30 min	3 workouts 12 exercises from Core Routine each with 3 sets of 10 reps at 10 RM
<b>7</b>	Very hard	2 @ Level 1 intensity for 45 min 2 @ Level 2 intensity for 35 min	3 workouts 12 exercises from Core Routine 3-4 sets of 10 reps at 10 RM
<b>8</b>	Recovery	1 @ Level 1 intensity for 45 min 1 @ Level 2 intensity for 35 min	1 workout 12 exercises from Core Routine 3 sets of 10 reps at 10 RM
<b>9</b>	Moderate	2 @ Level 1 intensity for 40 min 1 @ Level 2 intensity for 30 min *1 @ Level 3 intensity <sub>(interval training)</sub>	2 workouts 12 exercises from Core Routine 3 sets of 10 reps at 10 RM 1 field workout (e.g. log carry, tire drag, etc.)
<b>10</b>	Hard	1 @ Level 1 intensity for 45 min 2 @ Level 2 intensity for 35 min *1 @ Level 3 intensity	2 workouts 12 exercises from Core Routine 3 sets of 10 reps at 10 RM 1 field workout
<b>11</b>	Very hard	1 @ Level 1 intensity for 50 min 1 @ Level 2 intensity for 40 min *2 @ Level 3 intensity	2 workouts 12 exercises from Core Routine 3 - 4 sets of 10 reps at 10 RM 1 field workout
<b>12</b>	Recovery	1 @ Level 1 intensity for 45 min 1 @ Level 2 intensity for 35 min	1 workout 12 exercises from Core Routine 3 sets of 10 reps at 10 RM

\*Start with 6 – 8 repetitions of 1 – 2 minutes hard work followed by 3 – 4 minutes of light exercise for recovery.

## **Fitness Maintenance**

Fitness is a fragile commodity and will disappear if you do not make a concerted effort to maintain it. The good news however, is that fitness is much easier to maintain than to develop. Once you have developed a particular level of fitness, you can maintain that level for short periods of time (weeks to months) by reducing the frequency of exercise.

The other components of your workouts should remain the same. For example, suppose you were running for 45 minutes, three times per week, over several months. In order to maintain the level of fitness you built during that training period, you could reduce the frequency to only once per week, but the intensity and duration of that one workout should remain the same as before.

The same principle applies to weight training. If you are working out three times a week to build strength, then reducing the frequency to once a week will be enough exercise to maintain the strength you have developed.

## **Fitness Tips & Precautions**

A common result of unaccustomed exercise is muscle soreness. This usually presents itself as tenderness or pain in the affected muscles about 24 hours after exercise. The soreness may persist for several days, but should disappear within a week. Usually, this is a temporary effect of beginning an exercise program. Sometimes this results from a large change in the intensity of exercise in your program, or if you switch from one type of exercise to another (e.g., cycling to running). Muscle soreness is very common after the first few workouts in a strength program.

You can avoid soreness by easing into the training program. Add new exercises or new forms of training in a slow and progressive manner to give the body time to adjust to the “new stress”. For example, if you have not lifted weights for a while, make your first week of strength training quite easy. Lift less weight fewer times and do not exercise to the point of exhaustion. Think of it as a warm-up to a new form of training. After a week of light workouts, you can increase the weight because your muscles will be ready to handle the stress.

One of the benefits of fitness is that we seem to develop a resistance to this type of soreness. If soreness persists for an extended period of time or keeps coming back, check with a fitness or medical professional. You should consult with a fitness professional to ensure you are following the exercises and your program properly. Often a simple adjustment will fix the problem.

## **Overtraining**

Is it possible to train too much? Well, the simple answer is yes. Remember, the benefits from exercise are “built” during the recovery period of 1 – 2 days after the exercise. If you repeat the same exercise too soon, then you will not realize the benefits because the muscle isn’t ready to work hard again.



The fatigue you feel after a good workout should go away within a few hours. If you are always feeling tired, something is probably wrong with your program. The problem might be too much exercise, or not enough recovery time. As a general rule, you should be ready for some kind of exercise almost every day.

## **Nutrition and Hydration**

There is a great deal of truth in the old saying, “You are what you eat”. Successful training is supported by good nutrition that provides the body with the necessary nutrients for high energy of nutritional supplements available that are usually marketed with promises of faster growth, better recovery, more energy and so on. The truth is that very few of these products can justify their claims and usually your money is better invested on fresh food at the grocery store. Generally, if it sounds too good to be true, it is!



Hydration is an important consideration for optimal training. Water is an essential component of body tissues, and even a small amount of dehydration can negatively affect performance. When you sweat during hard exercise, you generally lose water faster than you can replace it. For example, during an hour of hard work on a warm day, you could easily lose two litres of body water. It has been estimated that for the average person, this would reduce physical work capacity by up to 30%. Usually, the digestive system can only absorb fluid at a rate of about 500 – 900 ml per hour. The critical point here is not how much water you can drink, but how much the body can actually absorb.

Even if you drink during your workout, chances are that you will have to keep drinking afterwards to replace the fluid lost during the exercise. Taking small amounts (a few swallows) of cool water every 10-15 minutes is a good way to avoid serious dehydration. Another really effective strategy is to ensure that you are very well hydrated before your workout and take small drinks of cool water every 15 minutes to effectively prehydrate.

You may prefer one of the many “sport drinks” that are widely available, but for most situations they don’t provide any great advantage over plain water or dilute fruit juice. Finally, remember that some drinks that contain substances like alcohol or caffeine are classified as “diuretics”, and actually can increase dehydration. If you like these kinds of drinks, then remember to avoid using them immediately before or after workouts, and take in a little extra water to compensate for the diuretic effects.

## **Keeping Records Improves Performance!**

Keeping records and charting progress are key elements of most successful programs. You can use a small daytimer and make simple notes on a daily basis to monitor your program. For example, record the key elements of your exercise session for that day (type of exercise, intensity, duration), how you felt about the exercise, perhaps your weight, and anything else of importance should be noted. If you didn’t exercise, and should have, write down the reason why.

The value of this process is that it allows analysis of what is working for you and what is not. For example, if you are achieving your fitness goals, whatever you are doing is clearly successful. On the other hand, if you are not happy with your progress, by reviewing your 'training diary' it should be relatively easy to identify the problem and make appropriate adjustments. This is a simple method of increasing your chances of success. Finally, remember that each individual will progress at their own rate during a training program. Be careful not to judge your own progress by the progress of others.

## **Get Going!**

Good luck with your program!! Enjoy training and have fun...or at least take satisfaction in the results of your effort. If the program does not seem to be working, then contact a fitness professional for further consultation. If your job is on the line, it is worth putting some effort into training...and training smart. Finally, remember, no matter how good the program or how committed you are to achieving your goals, there are no short-cuts! No one can do it for you, it is up to you!!

