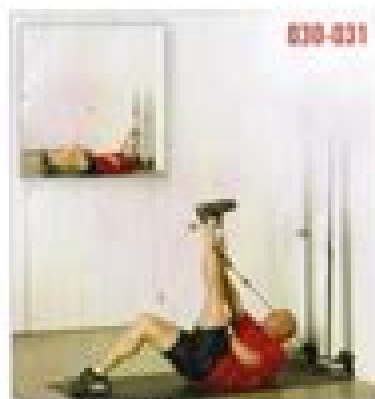
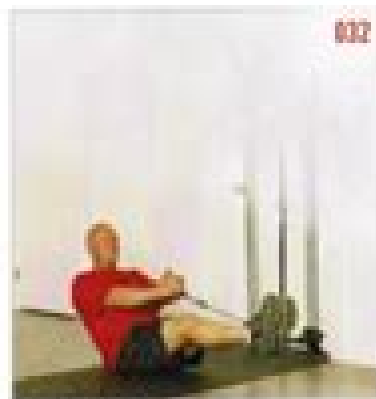




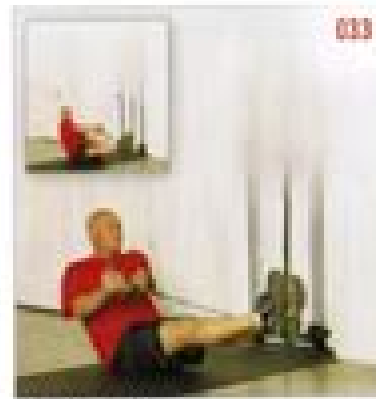
030-031

OPPOSITE ARM LEG SITUP
(VAR. OPPOSITE SIDE)



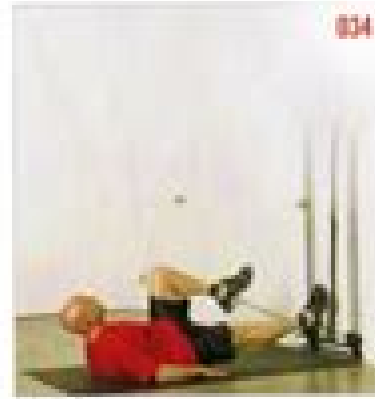
032

SIDE PIKE HOLD



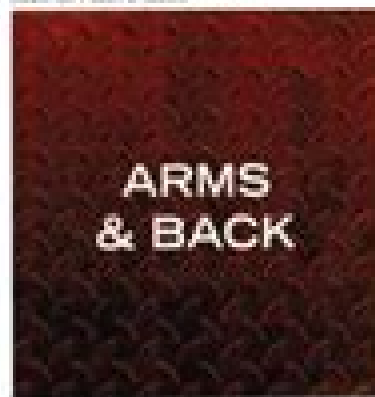
033

PIKE TO PULL OVER



034

BICYCLE



035-042

PULL DOWN WIDE GRIP
(VAR. ALL STANCES & GRIPS)



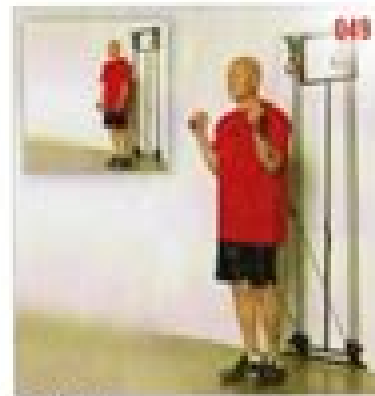
043-046

PULL DOWN CROSS CABLE
(VAR. ALL STANCES)



047-048

ADDUCTOR
(VAR. OPPOSITE SIDE)



049

BICEP CURL



050-053

STANDING ROW
(VAR. ALL STANCES)



054-057

STANDING CROSS ROW
(VAR. ALL STANCES)



058-061

UPRIGHT ROW
(VAR. ALL STANCES)

Universal Gym Fitness Workout Manuals

Ian Pickup



Universal Gym Fitness Workout Manuals:

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Health and Wellness Guide for the Volunteer Fire Service, 2004 From Book's Introduction Firefighting continues to

be one of the nation's most dangerous and hazardous jobs with heart attacks, high physical stress levels and sprains and strains all too common. In the past five years, the fire service has focused its attention on overcoming these issues by working to change the service's culture. The National Fire Protection Association (NFPA) has spent much time redeveloping and revamping their health and wellness standards while career departments have been working with the International Association of Firefighters (IAFF) and International Association of Fire Chiefs (IAFC) on a wellness initiative that began in 1997. Volunteer personnel also face similar risks when it comes to health and wellness. The nature of member time constraints and tight departmental budgets in the volunteer service often inhibits the creation of comprehensive health and wellness programs. Implementing a comprehensive health and wellness program could overwhelm the resources of many volunteer departments. Time, lack of program leadership and insufficient funding pose serious challenges to most departments which often struggle to deliver basic fire suppression capabilities. This guide provides the rationale and suggestions for successfully implementing a health and wellness program in volunteer service. It also addresses many common roadblocks.

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