

BENEFITS

FIREFIT BENEFITS

Firefighter health and wellness is the purpose behind Firefit. The machine allows firefighters to improve their fitness with short workouts. A Firefit machine is portable, versatile, and all-inclusive. With a single Firefit machine, an entire crew of firefighters can access the fitness tool they need to succeed.

WHAT OWNING A FIREFIT CAN DO TO BENEFIT DEPARTMENTS BESIDES FITNESS?

- Charity Fundraisers
- Volunteer Department Fundraisers
- Improve crew morale through group fitness training

SPONSORSHIPS

Want to make a difference by empowering local firefighters to get fit? We encourage local businesses or individuals to purchase a Firefit machine as a donation to their area fire department. This is an especially helpful donation for volunteer fire departments as fitness equipment is usually not included in their annual budget.

Sponsors get a special plaque on the machine they sponsor, a recognition on social media and a place on a sponsor banner displayed at all events held by Firefit.



FIREFIGHTER FITNESS TRAINER



randy.firefit@gmail.com



806.676.8832



[facebook.com/firefittrainer](https://www.facebook.com/firefittrainer)

DEMONSTRATIONS AVAILABLE

PATENT PENDING

*KID'S VERSION AVAILABLE

BEHIND FIREFIT

Thought I would take a few minutes to introduce myself and what I believe to be a missing link in the fire service. I'm Randy Johnson, firefighter and creator of FireFit Firefighter Fitness Trainer. I've been in the fire service since 2002, starting as a volunteer with Randall Country VFD, then in 2004 I started with Amarillo, Tx Fire Department as a career firefighter. Most firefighters become complacent when it comes to fitness. Whether it's because we don't like to work out or we are busy and don't seem to have time, we still have to be physically fit to do our jobs and go home to our families.

FireFit was created and developed to help combat the biggest killer of firefighter: overexertion. According to the NFPA in 2016, 46% of firefighter deaths were due to overexertion, stress, and medical issues.

While we cannot change the amount of work we have to do, we can condition our physical fitness to be ready for whatever obstacles may arise. We must be in excellent mental and physical shape so we can serve the citizens who rely on us to do our jobs.

As firefighters, being physically fit for the job is something we owe not only to the citizens we serve and the crew with work with, but to our families.

Be safe brothers and sisters.

Randy



STAIR SIMULATOR

Simulates the task of climbing up or down stairs.
40 Calories



HOSE DRAG

Simulates pulling hose line from firetruck.
20-40 Calories



TOOL CARRY

Simulates carrying tools from truck to scene.
20-40 Calories



LADDER CARRY

Simulates carrying of ladder from truck to scene.
15-30 Calories



DOOR BREACH

Simulates using a sledgehammer to breach door. 15 Calories



VICTIM DRAG

Simulates dragging victim from scene to safety.
25-50 Calories



PIKE POLE

Simulates ceiling breach.
30-50 Calories

SIMULATION INFORMATION

BENEFITS + CALORIE EXPENDITURE

The all-inclusive equipment allows for a full strength and cardiovascular workout. The total caloric output after a full circuit workout is 155-265.