FUTURE FIREFIGHTER FITNESS

Coach Andrea Tyndall of the Exercise Science Dept. is partnering with the Miramar Fire Tech Program to offer a comprehensive strength and fitness program designed specifically for future firefighters!

CRN 80065 (124A) & **89942** (124B) are both .5 credit /32 hour TBA courses that allow you to train anytime during open hours. Log in, work out, and log out...it's that simple!

—Mondays-Thursdays 8:20am-1:35pm and 3:15-7:30pm

—Fridays 10:00-1:40pm

In order to take full advantage of this opportunity, however, come during Coach Tyndall's schedule to receive expert coaching and support:
Tuesdays & Thursdays 8:20-9:20am & 12:35-1:35pm.
Workouts will be provided and instructed by Coach Tyndall who has worked with hundreds of D-1 athletes, as well as professional and Olympic athletes! Coach Tyndall utilizing that knowledge and expertise to prepare you for your future as a firefighter!

—Strength & Power

—Injury Prevention

—Flexibility/Mobility

—Core Strength

—Weight management

—Fitness

—Earn PE credits!

—Test your strength, fitness, and performance

—Evaluate your health and fitness habits to create performance and wellness strategies to maximize your career and enjoy a long and healthy life!

Registered for 100D? No problem!

First session: Enroll in 124A/B and start logging hours in the fitness facility after the conclusion of 100D to maintain the strength & fitness built in 100D. Work on areas of weakness! Maximize your physical conditioning to be ready for that 1st job!

Second session: Enroll in 124A/B and train during the 1st 8 weeks to build your strength and fitness base which will allow you to perform the activities in 100D that much better!

124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065 | 124B CRN 89942 | 124A CRN 80065