

**Reserve Health
Fire Academy Recruit Education**

Explosiveness - *Deceleration and Force Absorption*

Upper body

- [Eccentric to Explosive DB Floor Press](#) (3 sec. eccentric - 1 sec. concentric)
- [Half Kneeling Med Ball Chest Pass](#)
- [Plyo Push Ups](#) (banded variation)

Lower body

- [Explosive Box Squat](#) (3 sec. eccentric -1 sec. concentric)
- [Box Jump](#) / [Broad Jump](#)
- [Jump Rope](#)

Full body

- [Slam Balls](#) / [Lateral Wall Slam Balls](#)
- [Hill Sprint](#) / Flat Sprint
- *Olympic Lifts / Complexes and Variations*
 - Barbell
 - Dumbbell
 - Sandbag

Other Explosive Exercises

- [Landmine Clean](#)
- [Rotational landmine Clean to Press](#)
- [Alternating Lunge Jumps](#)
- [Speed Skaters](#)
- [16 Upper Body Explosive Movements](#)