

Press Contact

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RMAX TACTICAL FITNESS (TACFIT™) CLASSES OPEN AT THE RMAX GYM, LTD.

“Be More Prepared Than The Challenges You Face™!”

Beginning March 15th RMAX Tactical Fitness classes will be conducted Monday through Thursday 9:30AM-10:00AM and 6:00PM-6:30PM at The RMAX Gym, Limited, 1616 Cornwall Avenue, Bellingham, WA 98225.

The Concept

RMAX redefines fitness to “be more prepared than the challenges you face.” We consider tactical responders such as firefighters and police officers to be athletes. Their preparation is not unlike professional athletic preparation. However, tactical responders do not know the “game” they will be “playing.” They often don’t know the rules of engagement, or when or for how long they will be called to task. All of these factors make preparation more difficult for tactical responders as compared to sports and athletics.

The necessity of organizational equipment and tools while performing tasks in inconvenient if not adverse conditions, and other environmental factors, intensify the super-human demands and physical stressors placed upon tactical responders. These known, as well as unknown and unknowable, conditions of tactical response reinforce the need for a special brand of fitness based upon sustainable, functional physical preparedness which addresses performance fluidity not in merely one or two dimensions but in the reality of three-dimensions. Therefore, conventional linear training models are insufficient. The Circular Strength Training® System evolved to meet this need.

The psychological stresses of perpetual preparedness demand a continuum of physical skills that allow the biochemistry of crisis arousal to be safely, fully and expediently reabsorbed to avoid immuno-suppression and the host of stress-related illnesses and diseases faced by career tactical responders. When a firefighter or police officer is injured, s/he may spend months or even years recovering. As a result, “prehabilitation” plays a critical role in tactical preparedness for the Circular Strength Training® System.

The Problem

Physical Preparedness is a job requirement and enabler for tactical responders. Unfortunately, most physical training (PT) programs do not meet their needs because they were designed from a sportive and in many cases bodybuilding perspective. Most PT programs overemphasize aerobic energy through long, slow duration training; others overemphasize size and limit strength through powerlifting and bodybuilding. Physical preparedness must follow function within the energy system of tactical response: the capacity to work at high intensity in multi-planar movement for repeated bursts of short duration with fast recovery. Current PT programs fall sorely short of these demands. Furthermore, extant PT programs fail to place sufficient attention on injury-proofing tactical responders (not just physically but psychologically and biochemically) through active recovery and prehabilitation training.

Central Focus

Firefighters and Police Officers, as tactical athletes, require a comprehensive physical training program which will foster the physical skills necessary for tactical response. Our RMAX physical training for firefighters and police officers focuses on making them more prepared than the challenges they face through the Circular Strength Training® (CST) System: functional stamina, extreme range reactive strength, three-dimensional ballistic speed, multi-modal agility and coordination, and integrated active recovery and prehabilitation. CST was made infinitely variable, incremental in sophistication, and psychologically challenging so that tactical responders stick with it.

Physical Preparedness: Fit-ness

CST is based on the capacity to perform work specific to one’s venue. Tactical responders, in this case, encounter an infinite array of environmental and personal tasks, some of which are known or knowable, others of which are unknown and unknowable. The chaotic fog of tactical response defies prediction and planning. As a result, preparation must cover a wide range of movement – orthodox, varied and improvised. Therefore, the Circular Strength Training® System includes (but is not limited to):

Injury-Proofing: developing the range and depth of functional skills encountered during tactical response, and slightly beyond the scope of those skills in order to create a ‘safety valve’ for when movements deviate from the expected.

Prehabilitation: priming connective tissue, joints and joint fluid for performance to prevent injuries and to refine the ability to absorb and retranslate force encountered during tactical response.

Active Recovery: specific low-intensity mobility exercise to recuperate from intense effort to prevent overtraining, increase healthy circulation and diminish delayed muscle soreness typical of extreme exertion.

General Physical Preparedness: increasing the capacity to perform work at high intensity for repeated burst of short duration, and increasing the speed of recovery between bouts of activity.

Specific Physical Preparedness: sophisticating work capacity in multiple planes, three-dimensionally through the six degrees of freedom – heaving, swaying, surging, pitching, yawing, rolling.

Defining Tactical Fitness (TACFIT™)

Physical Preparedness can be defined as the willingness and capacity to perform, improvise or resolve a continuum of reality-based physical skills. For firefighters and police, that work involves all of the tasks associated with performance during tactical response. The demands imposed upon tactical responders vary in duration, complexity and intensity. As a result, tactical fitness should enable responders to execute both conventional and unconventional physical tasks.

Although conventional PT programs involve mono or bi-planar action on individual joints with long duration of single exercises, tactical fitness demands multi-planar, multi-joint, multi-modal exercise. The body acts as a balanced matrix: a sea of continuous tension pulling in surrounding an architecture of compressive struts pushing out. Tactical fitness should increase the strength of integrity of that balance. The key to tactical fitness is teaching the body to act as an integrated whole in every action. Physical preparedness, as a result, must reflect the following goals:

Functional, Varied and Improvised Movements: exercise must cover a wide array of reality-based skills.

Incrementally Progressive: exercise must be intense enough to elicit an adaptive, but sustainable response.

Increasingly Sophisticated: exercise must increase the neurological challenge of movements.

Effort through Efficiency: exercise must maximize the amount of useful work.

Minimizing Discomfort by Maximizing Technique: exercise challenge must derive from functional exertion not dysfunctional mechanics.

What is Unique about The RMAX Gym, Limited?

RMAX capitalizes upon recent advances in biomechanics, stress physiology, athletic biochemistry and sports/combat psychology. Peak performance enhancement in RMAX is on the scientific cutting-edge proving itself again and again where it counts: in the real world on and off the field of athletics.

However much science underpins it, The RMAX Gym itself is austere, primitive and primal: Clubbells, kettlebells, monkey and parallel bars, medicine balls, jump boxes and ropes, gymnastic rings, climbing ropes and sandbags. This array of equipment is as old as physical culture itself because each successfully allows the greatest potential for functional, varied and improvised use of the entire body matrix.

RMAX dedicates itself to preparing its athletes to **“be more prepared than the challenges they will face”** through the Circular Strength Training System.

Thank you and Looking Forward!

Allow me to extend my gratitude to the Bellingham Fire and Police Departments for participation in the inaugural event and allowing RMAX and myself to be of service to the firefighters and law enforcement personnel of Bellingham City. As a former USA National Police Team Coach in conjunction with the Police and Firefighters Olympics, I intend to develop our exposure together so that we can make “The Shield vs. The Axe” Team Tactical Fitness Challenge an annual charity event, and eventually host regional and national competitions.

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