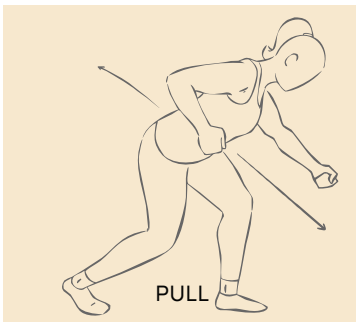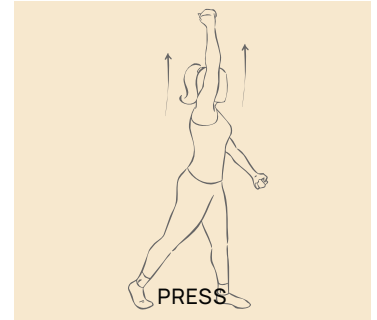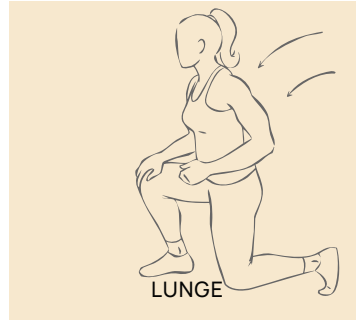# FitFighter®

Loaded Movement System™

FitFighter®

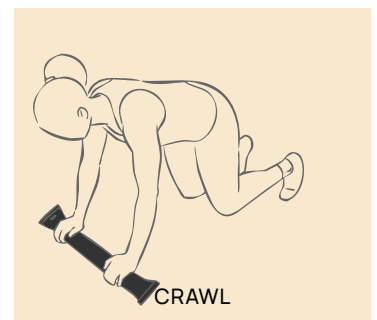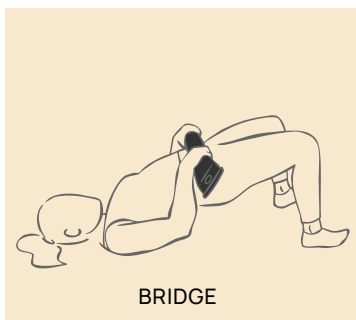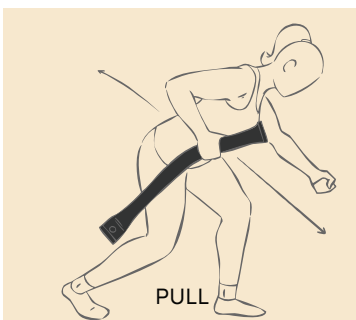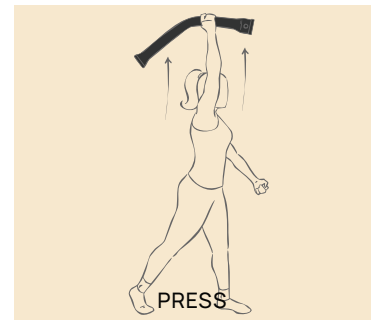## Loaded Movement System™

by Sarah Apgar

LEARN YOUR BASE MOVEMENTS

Our 8 foundational strength movements.

SQUAT

HINGE

LUNGE

PRESS

PULL

BRIDGE

CARRY

CRAWL

LEARN YOUR BASE MOVEMENTS

Showing a sample Steelhose Grip.

SQUAT

HINGE

LUNGE

PRESS

PULL

BRIDGE

CARRY

CRAWL

FitFighter
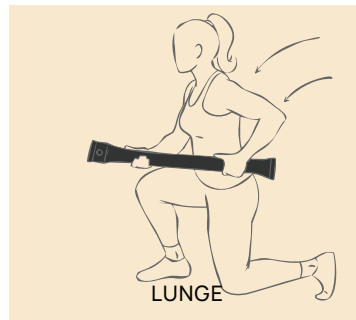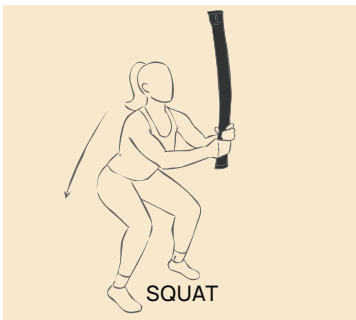
POSITION YOUR GRIP

Where we grip hose.

TWO-HANDED PRONATED

Pronated Center

Pronated Mid

Pronated Wide

TWO-HANDED SUPINATED

Supinated Center

Supinated Mid

Supinated Wide

VERTICAL MIXED

Candlestick

Center

Pendulum

HORIZONTAL MIXED

Center

Mid

Wide
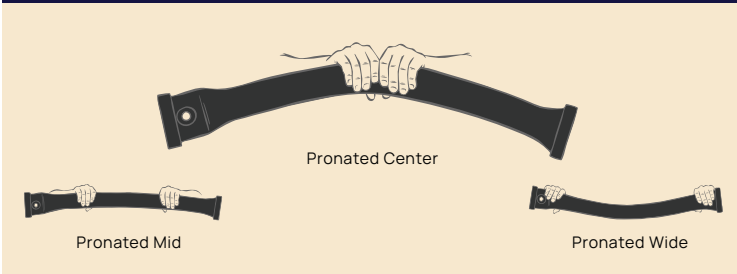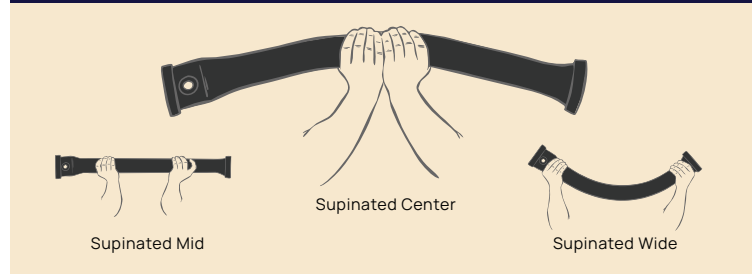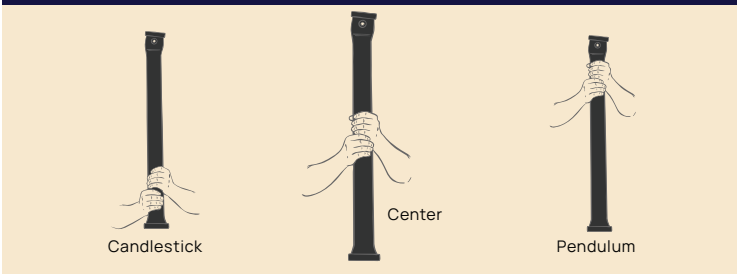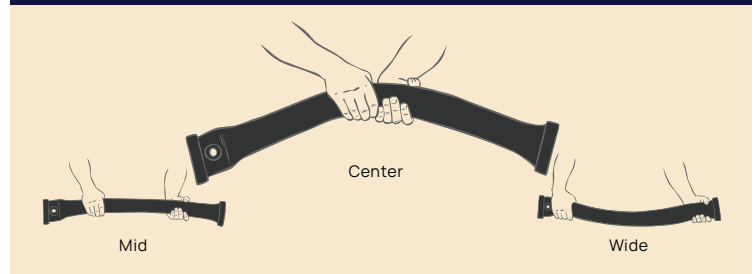
SINGLE-HANDED HORIZONTAL

Offset Back

Center

Offset Forward
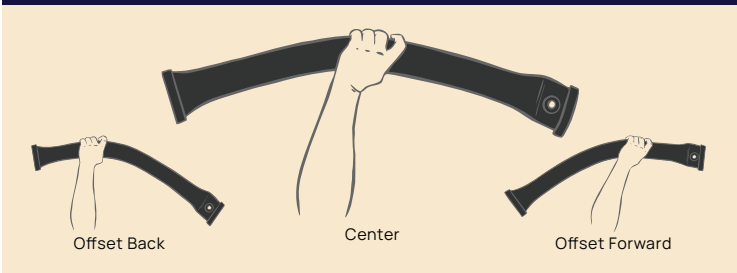
SINGLE-HANDED VERTICAL

Sabre

Center

Pendulum
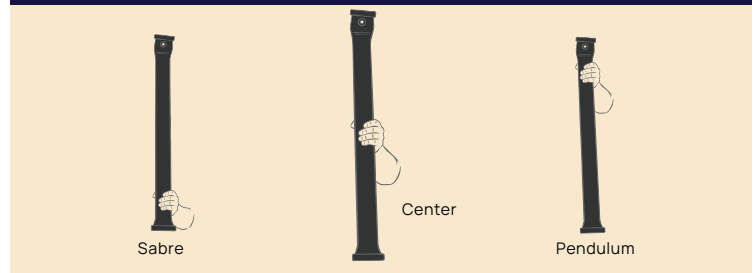
By applying load off center, we change the point of leverage on our grip and body which shifts the recruitment on the musculoskeletal system. This is one of many examples in the Steelhose LMS that differentiates it from any other apparatus and curriculum.

FitFighter

BACK RACK

CLEAN

ZERCHER

CHEST

RIFLE

WAITER

SUITCASE

HOSELINE

NOZZLE

CHOP

FLAG

OVERHEAD

POLE VAULT

HIP HINGE

LUMBAR

BACKPACK

BACKSCRATCHER

ANKLE HINGE

FitFighter®
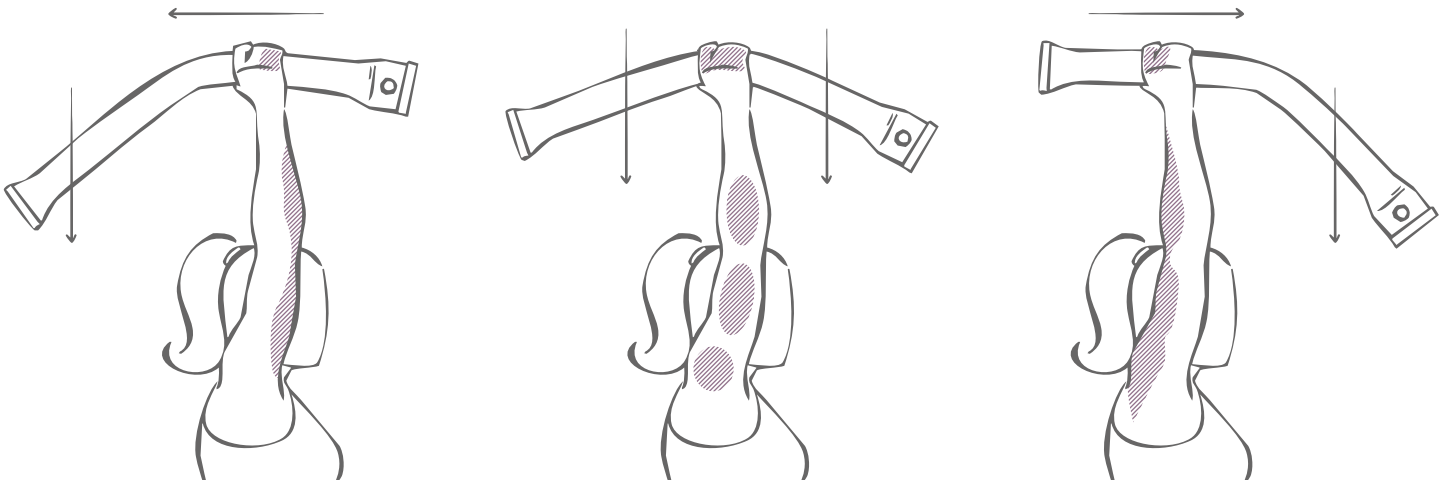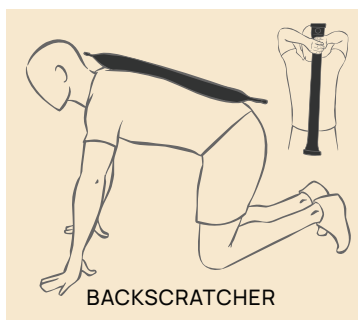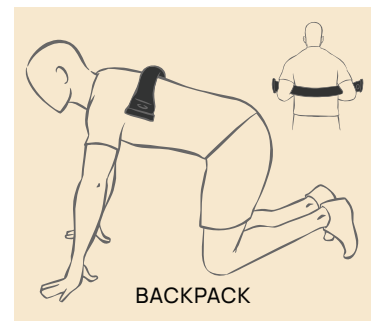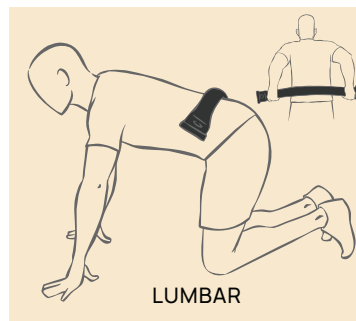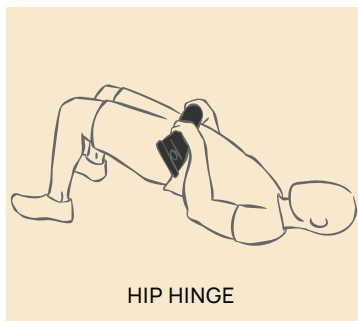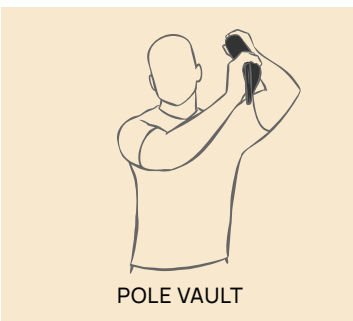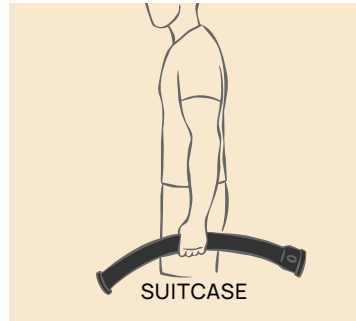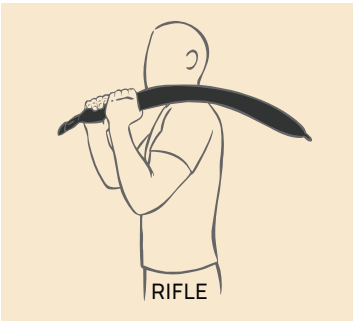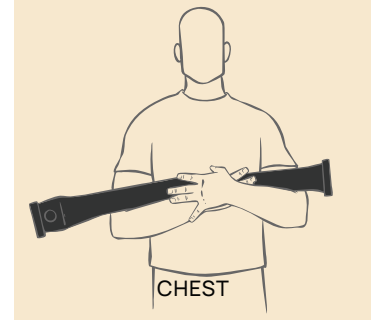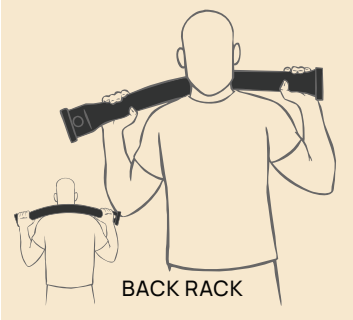
Progressing from our Bases.

SWING

SLAM

DRAG

TOSS

JUMP
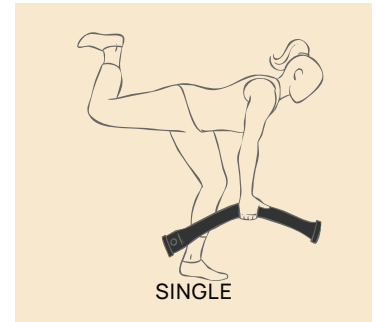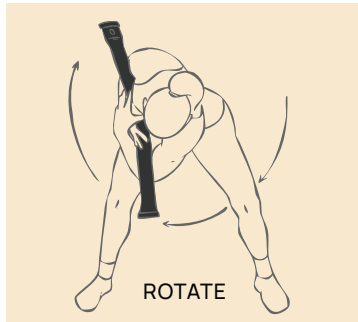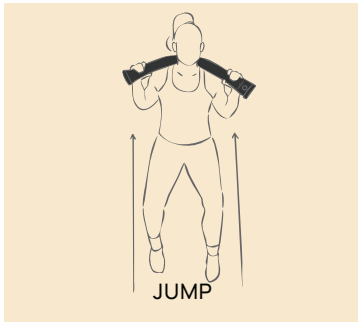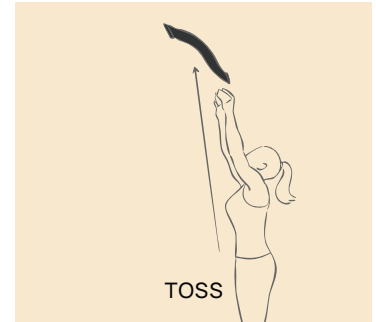

ROTATE

SUPINE

SINGLE
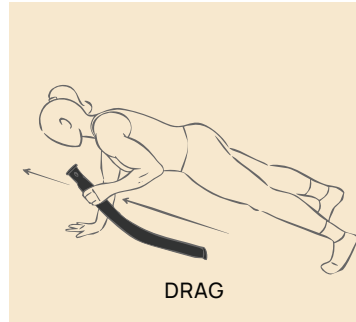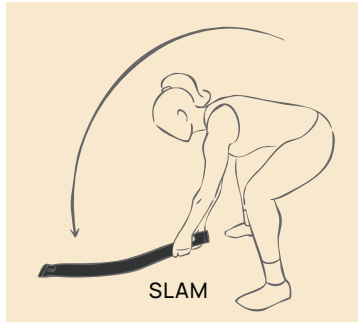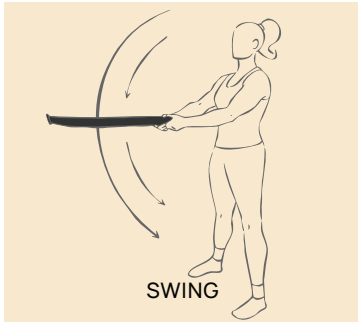
To Coaches and Friends,

Thank you for using our Loaded Movement System (LMS) so that we can effectively teach the fundamentals of strength and weight-loaded movement, and collectively become stronger. This system is the first and only framework that teaches a complete curriculum of Fundamental Base Movements, Grip Placements, Load Positions, and Progressions with a single apparatus, Steelhose. With this curriculum we're able to program unlimited continuous fluid loaded movement in addition to circuit-oriented movement. Born from an 8-station strength system developed for the US Fire Service, the Steelhose LMS is ideal for high volume team training, and also applies to every demographic aged 8 to 80 for safe, versatile, evidence-based resistance movement. We recommend Steelhose weight from 15-30 LBs as ideal for deploying the system.

Thank you for joining us and please reach out anytime to collaborate.

Sarah Apgar

Sarah Apgar
Founder & CEO, FitFighter
Co-Creator, Steelhose LMS