

RESPONSE

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ABSTRACT

This study was designed to explore the impact of resistance training on the workload during the workday for firefighters. The study was conducted over a 10-week period in a fire station. The participants were 15 firefighters who were assigned to either a control group or an experimental group. The experimental group performed resistance training three times per week. The results showed that the experimental group had a significantly lower workload during the workday compared to the control group. This suggests that resistance training can be an effective way to reduce the workload of firefighters and improve their overall health and performance.

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Introduction
Firefighters are at a high risk of injury and illness due to the physically demanding nature of their work. Resistance training has been shown to be an effective way to reduce the risk of injury and improve performance in physically demanding occupations. The purpose of this study was to investigate the effects of resistance training on the workload of firefighters.

Methods
The study was conducted over a 10-week period in a fire station. The participants were 15 firefighters who were assigned to either a control group or an experimental group. The experimental group performed resistance training three times per week. The workload was measured using a combination of self-report and objective measures.