



# Zar Horton

KBX IRONOLOGY

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StrongFirst Certified Master  
Kettlebell Instructor Elite

Z-Health R,I,S,T  
Functional Movement System  
Ground Force Method  
MovNat  
NASM



Zar Horton is a 32 year veteran of Albuquerque Fire Rescue, who retired in 2021 as a Battalion Chief. During that time, Zar was assigned Captain of the Training Division at the Fire Academy. It was then that Zar implemented changes to the physical fitness program to a more functional fitness model, proving to be a vital program to keep firefighters in excellent condition for the rigorous tasks that the job requires. Since then, Zar has helped prepare a number of candidates for fire, police and military academies. Zar has been training students nationally and globally since 2004.

For the last 21 years he has devoted himself to bringing safe, functional, strength-training and fitness, along with greater quality of life and longevity, to fire service, law enforcement and our military members. Zar also trains professional, youth, and collegiate athletes. He currently holds position of Master Kettlebell Instructor Elite with STRONGFIRST.