



FITNESS BULLETIN

Promoting Firefighter Longevity and Wellness



Warm Up Skill

We have showed a few different warm up techniques since our November Fitness Bulletin. Our goal is to begin incorporating several of these into a prescribed warm-up.

FSW Rx'd Warm Up

5 minutes: jog, row, ride.

Dynamic Range of Motion Work

Perform 3 rounds (untimed) of

10 Push Ups

10 Pull Ups

10 Sit Ups

10 Air Squats or Lunges

1 minute Plank Hold

YOUR WARM UP BUILDS SKILL AND REDUCES INJURY.

Fitness Skill

Thruster

The Thruster is a staple of CrossFit Fitness Programming. Essentially this is a combination of a front squat and push press movement. It is a weighted, full body exercise that can be used as a strength developer or a metabolic conditioning drill.

Adjusting the load on the bar changes everything.

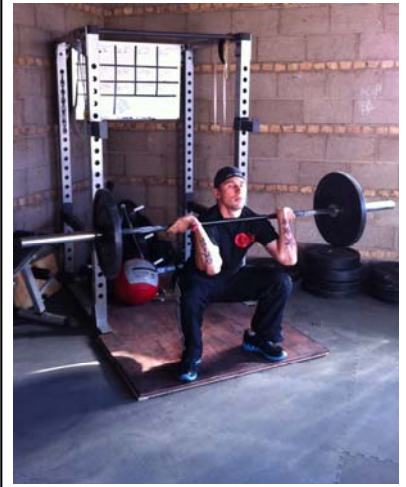
Rack a barbell to your shoulder.

Front squat the bar to depth and then explosively rise up into a fully extended over head press.

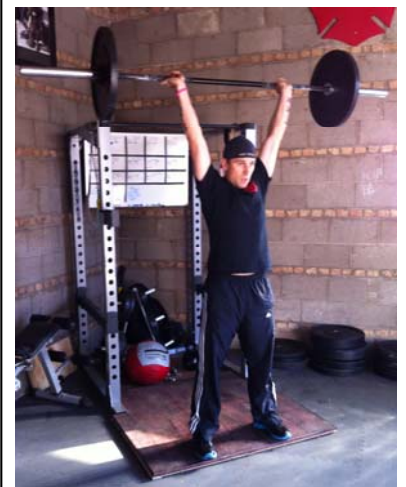
Check out this video for proper development of the Thruster!

http://media.crossfit.com/cf-video/CrossFit_BBThrusters.mov

Starting Position



Finish Position



Mobility Skill

Mobility/Stretching helps prevent injuries and reduces soreness.

Perform at least 10 minutes of mobility work after every work out. Try this after your workout:

<http://www.youtube.com/watch?v=5ILw81kGeXg>

Nutrition

Proper nutrition can be tough at the firehouse. A key element of nutrition is minimizing refined sugar. Lay down the soda gang!

Here is a recipe to try next time you cook. www.paleoeffect.com/personal/vietnamese-stir-fry-paleo-effect/

Resources

www.fireengineering.com

www.crossfit.com

www.robbwolf.com

www.mobilitywod.com