



FITNESS BULLETIN

Fire Engineering®

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

Kettle Bell Swings

Kettle Bells are an old-school Russian training technique that have gained strength in the United States over the years.

The Kettle Bell is a great way to develop horse power (the ability to do work) and strengthen the muscles of the upper back and promote the ability to fully and violently open the hip to full extension.

These skills help build a solid fitness level and are a lot of fun.

Check out this video for proper development of the Kettle Bell Swing!

<http://www.youtube.com/watch?v=OP3Mf-HF-5E>

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:

www.mobilitywod.com/2011/10/episode-333365-compression-tack-and-floss.html

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.paleoplan.com/2009/11-23/almond-flour-pancakes/

Resources

www.fireengineering.com

www.crossfit.com

www.robbwolf.com

www.mobilitywod.com