



# 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

Stair Work

On 9/11/2001 members of the FDNY set out to climb the World Trade Center Towers to rescue those trapped by the terrorist acts that day.

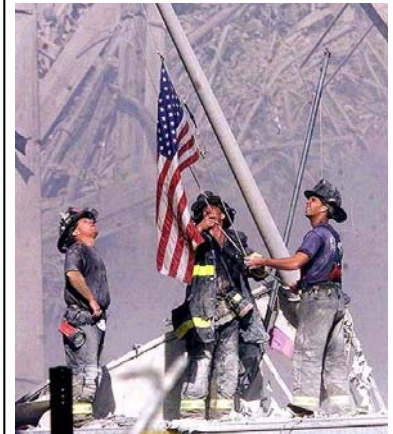
343 Members of the FDNY fell that day performing their duty: protecting their neighbors.

At any time we maybe called upon to make a climb like they did and we owe it to one another and to the neighbors we protect to be ready.

Do your work and in September participate in a 9/11 Memorial Stair Climb.

Visit the National Fallen Firefighter stair climb site:

<http://9-11stairclimb.com/>



### 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/2011/09/episode-318365-knee-pain-on-stairs-or-hills.html](http://www.mobilitywod.com/2011/09/episode-318365-knee-pain-on-stairs-or-hills.html)

### Nutrition

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

[www.paleoplan.com/2011/02-02/chicken-sweet-potatoes-with-shallots/](http://www.paleoplan.com/2011/02-02/chicken-sweet-potatoes-with-shallots/)

### Resources

[www.fireengineering.com](http://www.fireengineering.com)

[www.crossfit.com](http://www.crossfit.com)

[www.robbwolf.com](http://www.robbwolf.com)

[www.mobilitywod.com](http://www.mobilitywod.com)