



# 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

#### EQUIPMENT DEADLIFT

Progressing our deadlifting skills to odd objects prepares us for the fireground application of the deadlift.

Using proper form and mechanics we will lift an odd objects such as common fireground tools. In the gym we can substitute a pair of kettle bells if needed.

As always the key is to think before lifting and use good mechanics.

With the weight in the heels and the lumbar curve maintained squat down and grasp the load in a manner where you can lift it, while keeping it close to the body. Stand with the load in a controlled manner and move with it. Place the load down by reversing the movement

### 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/2010/09/celebrity-goat-death-match-chris.html](http://www.mobilitywod.com/2010/09/celebrity-goat-death-match-chris.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.paleotable.com/2011/03/easy-bbq-ribs/](http://www.paleotable.com/2011/03/easy-bbq-ribs/)

### 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)
- [www.paleoeffect.com](http://www.paleoeffect.com)