



# 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

#### SUMO DEADLIFT HIGH PULL

The Sumo Deadlift High Pull is a movement that allows us to train both the deadlift and an upright row movement in one.

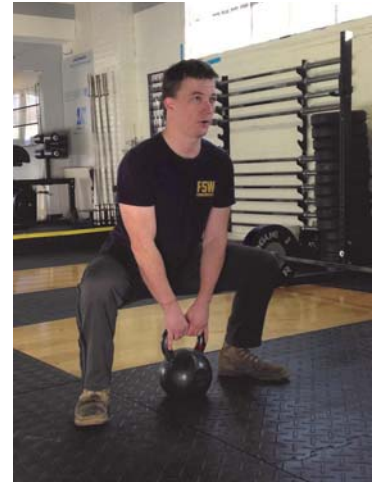
While not strictly functional this movement when used purposefully can offer great benefits in strength development, or when done with manageable weight can be a good conditioning workout.

The SDHP can be used as a substitute for rowing if you do not have access to a rower.

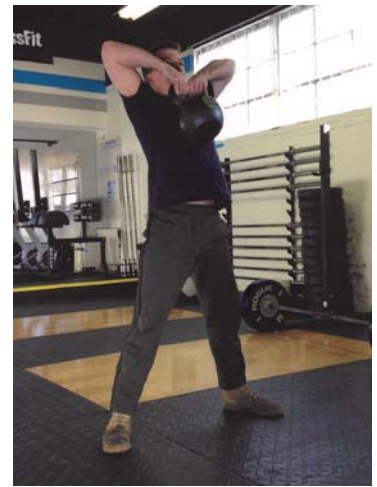
**Watch this Video for Technique:**

[www.catalystathletics.com/exercises/exercise.php?exerciseID=231](http://www.catalystathletics.com/exercises/exercise.php?exerciseID=231)

### 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/overhead-squat-prep.html](http://www.mobilitywod.com/2010/09/overhead-squat-prep.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/2012/09/pesto-sausage-ravioli/](http://www.paleotable.com/2012/09/pesto-sausage-ravioli/)

### 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)