



# 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

#### RING PUSH UPS

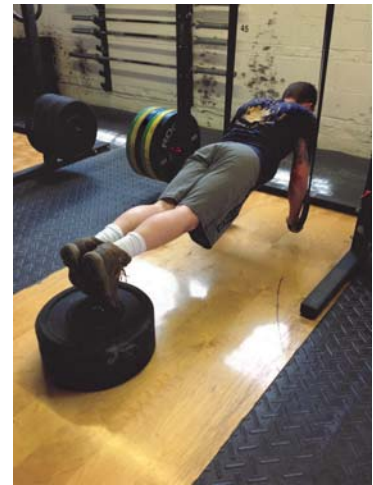
It is important to add variety into your fitness program to keep things fun and challenging.

Ring push-ups are one push-up variant that increases the use of stabilizing muscles in the shoulder and upper back and can help target neglected connective tissue.

Place the rings level with your feet (you can use a bumper plate to accomplish this). Assume a push-up position with a strong plank at the top and lower your upper body until the rings are in contact with your arm pit or you have reached your full possible depth.

Press up as you would with a regular push-up.

### 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/2011/08/episode-303-its-not-rocket-science-it-is-the-nasa-calf-game/](http://www.mobilitywod.com/2011/08/episode-303-its-not-rocket-science-it-is-the-nasa-calf-game/)

### 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. [paleotable.com/2011/02/crock-pot-beef-roast-and-cabbage/](http://paleotable.com/2011/02/crock-pot-beef-roast-and-cabbage/)

### 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)