



# 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

#### SNATCH PUSH PRESS

The Snatch Push Press is a behind the neck variant where the bar is held with a Snatch width grip.

Using a slight dip as in the Push Press the bar is then pressed overhead to standing finish position of the Snatch.

The wider grip targets different aspects of the upper back and shoulders, and conditions the wrist for the overhead squat and Snatch movements.

As with any of these movements spend some time watching and search for technique videos to help you develop your skills.

[www.catalystathletics.com/exercises/exercise.php?exerciseID=89](http://www.catalystathletics.com/exercises/exercise.php?exerciseID=89)

### Starting Position



### Finish Position



### Mobility Skill

Mobility and Stretching helps prevent injuries and reduces soreness.

Perform at least 10 minutes of mobility work after every work out. For ideas on mobility drills visit: [www.mobilitywod.com/](http://www.mobilitywod.com/)

### Nutrition

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

You can find great recipes to try at <http://paleotable.com/recipes/>

### 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)