



Fire Rescue Fitness created this newsletter for you and your crew with links to fitness tips and resources that can help improve performance, reduce injuries, and prolong your career. Please share the content and [contact FRF](#) with any comments, suggestions, or questions.

Are You Up for a Challenge? GET Motivated by this Virtual Workout Event.



2022 VIRTUAL WORKOUT EVENT
2K WALK, 5K RUN, 5K/10K+343 REPS

Looking for a fun and challenging 5k event? FRF has created the 5K +343 Virtual Workout Event to benefit the National Fallen Firefighters Foundation and the First Responder Center for Excellence. Registration for the event includes event shirt, a training program, coaching, and a chance to win prizes. Train for the event, get fit, and give back to the fire service. Get your crew involved!

[Click here for more information and to register for the FRF 5K + 343 Virtual Workout Event.](#)

Discover the Best Functional Chest Exercise for First Responders



What makes an exercise "functional" for firefighters, EMTs, and medics? This is a complex question but can be simplified by asking whether the exercise is going to transfer to an improved performance on or off the fire/ rescue scene. Here is a great exercise to work the postural muscles of the shoulders, chest, triceps, and the core which can transfer to more functional strength advancing hoseline or raising ladders. [Click here to read more about the proper technique to perform the Alternating DB Chest Press.](#)

Drill Report- SCBA Use During Overhaul Operations



Even after the main structure fire is extinguished, firefighters still face many hazards in overhaul operations. However, the greatest danger is also the one that is largely ignored—poisonous gases resulting from incomplete combustion that exhausted firefighters may breathe in. In addition to examining these invisible dangers firefighters face during overhaul and the respiratory protection equipment available, this PDF will discuss the pertinent research and steps to take to reduce exposures during overhaul. This is a great resource to review with your crew. Add any pertinent SOGs to the discussion and create a drill.

[Click here to review the article and the research.](#)

The Five Ways to Improve Firefighter Stamina



To ensure that you, as a first responder, are ready to manage the long days and long calls, you must understand the basics of stamina and how to improve it. Many might equate “stamina” with “endurance.” It is important to note that there is a difference, particularly in the context of the fireground. [Click here to discover the difference between stamina and endurance and for some methods to improve them and your performance on the fireground.](#)

Better Sleep at the Station



Sleep deprivation, fatigue, and decreased alertness among first responders are problems receiving significant attention in the fire service media, and rightly so. Studies have identified some of the key implications of sleep deprivation and sleep disorders, and they are sobering. One issue many responders face is trying to get quality sleep while at the station. There are many alterations that can be made to the physical space that will allow you and your crew to get better sleep on nights when the calls slow down. [Click here to discover how you can sleep better at the station.](#)

Functional Fitness Exercises for First Responders- What is the TRX?



As fire rescue athletes, we need functional strength in all planes of motion and on unstable ground. One of the best fitness tools that match that need is suspension trainers. There are a handful of suspension training systems on the market, the best known of which is the TRX system. The TRX was invented by a former Navy SEAL to help his teammates exercise when deployed. TRX (suspension trainers) are a versatile piece of equipment, they do not take up a lot of space and can be used by all levels of fitness. The fitness committee is working to get a TRX in each station, most of them have one already. Give them a try during your next workout. [Click here to discover 44 Effective TRX Exercises.](#)

Be Mobile- Start Your Next Shift with this Routine



A tradition of the fire service is to check your gear and apparatus to make sure that it is functioning properly. You also exercise all the equipment that is on the engine and truck to make sure that it, too, is functioning. This might include starting and warming up saws, engaging the pump and turning on various EMS equipment.

Do you do the same for your body and your muscles? You should! Here are some great movements that will prepare your muscles for your shift and help reduce injuries.

[Click here for 3 movements every first responder should do before a shift.](#)

What are the Best Diets for Firefighters?



There are hundreds of different diet plans on the market. Some can be classified as a diet; others like to be called “eating plans.” Regardless of the terminology there are different ways to approach your nutrition. Have you ever wondered how they all measure up (weigh-in) against each other and which diet trends are good options for firefighters to follow? This is a great article that gives the pros and cons of the most common current diet trends found in firehouses. [Click here to discover “the skinny” on the current firefighter diet trends.](#)

Some great advice for EVERYONE to remember...



Tune in to the FRF Podcast

Did you know that FRF has a podcast? Check out the newest episode by [CLICKING HERE](#). There are over 30 episodes and growing.



FRF Functional Exercise-Sumo Squats



Exercise overview: This is a great option to strengthen the lower body and work the postural muscles.

Muscle Groups Involved: Core, quads, hips, low back, and glutes

Coaching Tips: Start in a standing position with your feet wide apart and your toes pointing at 45° angles. By wide we mean wider than shoulder-width apart. Grab a weight and hold it in the center of your body. Drop into a squat, bending at the hips and knees and sitting back. Keep your chest up and knees out. Keep lowering until your thighs are parallel to the ground, or even slightly below parallel if you have it in you. Then stand back up to the starting position. Make sure you don't lift your feet off the ground or round out your lower back as you perform the sumo squat. Do this movement slowly and with control. Repeat as directed by your [FRF workout](#).

[Click here for a video demonstration of this exercise](#)

NO MATTER HOW SLOW YOU GO...



YOU ARE STILL BEATING EVERYONE SITTING ON THE COUCH!

SOMETHING WE ALL NEED TO REMEMBER!



Here are some great FRF success stories to keep you motivated!



Jimmy Fannin Jr.

I fell in love with the FRF in 2018 and have used the programs for three years. They have helped me lose over 70 pounds and counting. The workouts are effective, fun, and efficient and will keep you motivated and making progress. I highly recommend it. Thank You Zam and FRF for all you do!



Katie West

I love the FRF Foundations Workout! I'm only down a few pounds, but have lost lots of inches and just generally feel a lot better and stronger. I really enjoyed the app and videos, they make it easy to follow along with each workout. Also, love the nutrition guides to help meal planning. I will definitely be starting another program soon!... Thank you FRF!

Please forward this to your department and crew and let me know if you have any questions. I would love to

hear your thoughts on the "Briefing" newsletter. Let me know if you have ideas and/or input.

-ZAM (Aaron Zamzow)

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THANK YOU FOR SUPPORTING THE FIRE RESCUE FITNESS' MISSION TO HELP 100,000 FIRST RESPONDERS IMPROVE THEIR HEALTH AND FITNESS.