



Safety Bulletin

Peer Fitness Bulletin April 2024

Date: April 1, 2024

Number: 24.012

Approved By: Kalvyn W. Smith, Fire Rescue Chief

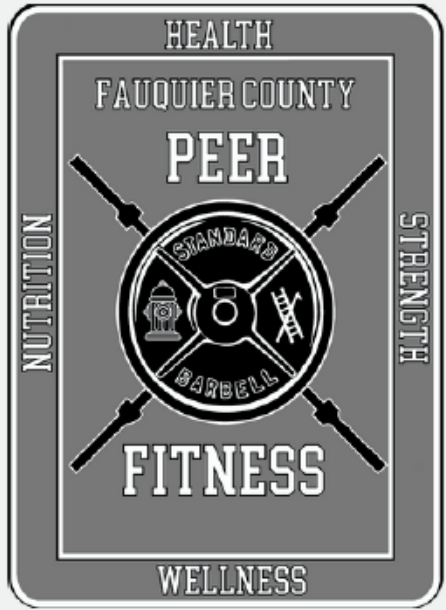
FAUQUIER PEER FITNESS BULLETIN

APRIL 2024

PEER FITNESS NEWS

PEER FITNESS HAS BEEN VERY BUSY WITH RECRUIT SCHOOLS! RECRUIT SCHOOL 24-19 HAS MOVED TO NEW BALTIMORE, BUT CONTINUES TO WORK HARD DURING PT! RECRUIT SCHOOL 24-20 STARTED PT ON MARCH 22. WE HAVE SEEN GREAT EFFORT OUT OF THEM SO FAR! BE SURE TO CHECK OUT OUR [FACEBOOK PAGE](#) FOR NEW MEAL IDEAS, WORKOUTS, AND GREAT INFORMATION TO HELP YOU GET AND STAY FIT! HIT US UP FOR ALL OF YOUR FITNESS/NUTRITION NEEDS. WE HAVE MEMBERS CERTIFIED AS PERSONAL TRAINERS AND NUTRITION COACHES TO GET YOU A TAILORED WORKOUT AND/OR NUTRITION PLAN!

NO NEED TO PAY A PERSONAL TRAINER. WE WILL EVEN HELP YOU LEARN PROPER FORM AND TECHNIQUE!



WE HAVE A NEW EMAIL ADDRESS!
PLEASE USE OUR NEW EMAIL ADDRESS WHEN TO CONTACT US FOR ADVICE TO REACH YOUR FITNESS/NUTRITION GOALS!
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CIRCUIT >>> WORKOUT

- THE PUNISHER**
- IN GEAR ON AIR
- 5 ROUNDS - 2 MINUTE REST
- 10 DEADLIFTS - 135LOS
- 25 YRD TIRE DRAG
- 25YRD SANDBAG "VICTIM" DRAG (100LB+)
- PUSH-UP PULT THROUGH
- 10 EACH SIDE
- FINISHER
- 5-10 LADDER CURLS
- THROW LADDER FROM EACH SIDE

CONTACT US!
FAUQUIERPEERFITNESS@GMAIL.COM

THE WINNER OF THE MARCH CHALLENGE WILL BE POSTED SOON.

THE FEBRUARY CHALLENGE WINNER WAS ENGINE 5 C-SHIFT WITH THE MOST WEIGHT DEADLIFTED IN FEBRUARY!!!
THEY CHOSE "TOTAL MINUTES WORKED OUT IN GEAR" FOR THE APRIL CHALLENGE.

WHICH CREW WILL SPEND THE MOST TIME WORKING OUT IN GEAR DURING THE MONTH OF APRIL? [\(CLICK HERE FOR CHALLENGE RULES\)](#)
DETAILS WILL BE SENT OUT IN AN EMAIL AND POSTED TO THE [FAUQUIER PEER FITNESS FACEBOOK PAGE \(CLICK HERE\)](#)!

**FEBRUARY
FITNESS
CHALLENGE
WINNER!!!**



HEALTHY RECIPE

High

PROTEIN HONEY CHICKEN AND POTATOES
(CLICK HERE)



SUPPLEMENT CORNER

BETA ALANINE WHAT DOES IT
DO? SIDE EFFECTS? DOSAGE?

CLICK HERE TO FIND OUT!



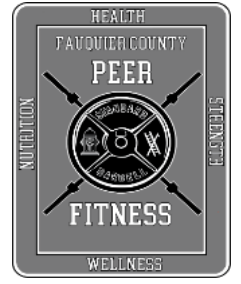
APRIL FITNESS CHALLENGE DETAILS

Gear Workout

- 1. Score is total number of minutes exercised in gear accumulated as a crew!**
- 2. Can do weighted or body weight exercises as long as you have at least bunker pants and bunker coat on**
- 3. Minutes exercising with an air-pack on your back count for double**
- 4. Minutes exercising on air are triple**
- 5. Please see the rules outline on our Facebook page or send an email if you have questions**
- 6. Email or text April Reed with total count by May 5th**



APRIL FITNESS CHALLENGE LOG



STATION: _____ **SHIFT:** _____

| | |
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| 2 | |
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