



PHYSICAL FITNESS ASSESSMENT

QUARTER : 1 2012

Name: _____

SHIFT A B C D STATION 11 12 13 14 16 18

PREV/ADMIN/TRAINING MEDIC 19, 23, 35

Please discuss and try out the movements within the videos.

About the author:

“University of Waterloo kinesiology professor Stuart McGill is one of the world's foremost experts on spine biomechanics. Here, he discusses several pervasive myths about back injury, exercise, proper lifting, and strengthening the core. Plenty of exercise and movement demonstrations teach you better ways to keep your back healthy for a lifetime.”

Video #1 -- <http://www.youtube.com/watch?v=033ogPH6NNE> 4:10

Video #2 -- <http://www.youtube.com/watch?v=kukmaW9CmSU> 2:55

Article -- http://www.backfitpro.com/pdf/Enhancing_back_performance_with_super_stiffness.pdf

NO NEED FOR PAPERWORK - JUST LET YOUR C/O KNOW YOU HAVE COMPLETED THE WORKOUT AND HE/SHE WILL UPDATE YOUR ATTENDANCE ON THE WEBSITE.

PERFORM THE BEST THAT YOU CAN WITHIN YOUR OWN LIMITS. AFTER YOU RECORD YOUR RESULTS, MAKE A COPY FOR YOU TO REVIEW AT A LATER DATE. FEEL FREE TO CONTACT ANY PHYSICAL FITNESS COORDINATOR FOR ASSISTANCE IN ANY WAY. ALWAYS PERFORM YOUR WORKOUTS SAFELY, RECOGNIZING AT ANY MOMENT YOU MAY BE CALLED UPON TO WORK STRENUOUSLY ON THE FIRE GROUND, AND ALWAYS UTILIZE PROPER FORM.

◆ Click here for WWW.RDFFITNESS.BLOGSPOT.COM

GOT A GREAT IDEA FOR A FUTURE QUARTERLY WORKOUT? PLEASE WRITE IT ON THE BACK OF THIS SHEET - WE APPRECIATE YOUR INPUT