March 2021

Fire Line Newsletter

FOND DU LAC EST. 1848 FIRE / RESCUE

In This Issue:

From the Balcony – New Beginnings

As I write this month's column, our country is seeing its 46th President of the United States take over what is arguably the most powerful position in the world. Greeting the new leadership is a pandemic that has been in the United States for a year and although vaccines are beginning to rollout, we still have many months ahead of us caring for patients who have contracted Covid-19. The fight is long from over so we must maintain our best practices to keep ourselves and our families healthy.

This week we placed into service Quint 472 at station two. Thank you to those who worked diligently to get our new Quint in service and for the cooperation in making the training a priority. Speaking of new vehicles, we have a new ambulance on the line and it should be here by late March to early April. This will bring our fleet back up to full complement of six and we hope to place an order in the next month or two for our regularly scheduled two-year replacement ambulance.

This past month our accreditation team led by Assistant Chief Janquart sat before the Center for Public Safety Excellence Commission to defend our accredited agency status. The Commission followed the recommendation of the on-site assessors that visited us in December and we received reaccredited status for the next five years! Congratulations to everyone!

Assistant Chief Erick Gerritson is our newest Executive Fire Officer! AC Gerritson completed what turned into a marathon of a 4th year encountering delays due to Covid-19. He finally was able to finish up his last class in a virtual format and participated in a virtual graduation on Zoom. Erick is the 5th FDLFR member who has successfully completed the EFO program at the National Fire Academy. Congratulations AC Gerritson!

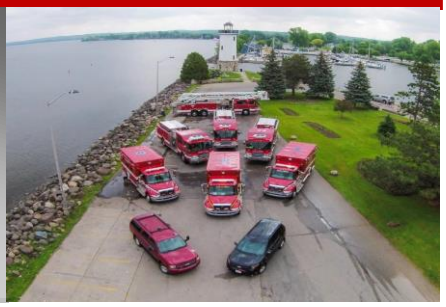
Until Next Month,
Be Safe and
Be Well

Fire Chief
Peter O'Leary

Fire is Everyone's Fight™

FOND DU LAC FIRE RESCUE OPERATIONS

By: Assistant Chief
Erick Gerritson



How to manage cold-weather calls – Following a few simple points can make winter a little more pleasant for firefighters

Now that you're in the winter weather frame of mind, it is time to consider policies, procedures and training.

Simple points that can help increase safety and efficiency during the winter months may be easily overlooked, until an incident occurs. Fortunately, there are several measures that might make this winter a little more pleasant.

Departments need to prepare both apparatus and personnel. Some things that should be considered:

- A review of the rehab policy with personnel, especially company officers and command officers, to reinforce the importance of early rehab in avoiding cold related injuries for on-scene personnel.
- A review of the response guidelines with an emphasis on changing road conditions for all personnel.
- Issuing snow melt or rock salt to stations to keep sidewalks, parking lots and aprons clear.
- Encouraging the public to keep their address numbers visible and hydrants accessible.

While the big picture maintenance is usually the responsibility of the shop, apparatus operators and crews can do several things to help ensure the rig is ready for winter. Consider some of these items:

- Put some snow melt or rock salt in a five-gallon bucket on the rig to use just in case you find yourself in an icy parking lot.
- Make sure you have some type of shovel available to make a path in heavy snow.
- Test the cab heater and defrosters before the cold really sets in and send the rig in for repair if they are not working.
- Keep pumps dry and caps coated with anti-freeze.

On a more individual level, there are several things you can do to make those cold days and nights more bearable:

- Pack a small bag to leave on the apparatus with a pair of winter gloves, a warm hat, and dry T-shirt. You may want to consider adding a warm pair of socks or hand and foot warmers, too.
- Be sure you have at least an extra hood and pair of firefighting gloves with you.
- When possible, wear layers of approved clothing.
- Consider packing a warm beverage in an insulated container.

Source: Jon Dorman of Fire Rescue 1

Until next month,
Stay warn and Safe!

Thank you to those who "adopted" a fire hydrant and kept the hydrant clear of snow this winter.

Operations by the Numbers

January, 2020	By Month		Year-To-Date	
PREVENTION	**Last Year**	**This Year**	**Last Year**	**This Year**
Total Inspections	268	244	268	244
Total Defects	183	86	183	86
SUPPRESSION				
Alarms Involving Fire	13	6	13	6
Fire Mutual Aid Given	2	1	2	1
Fire Mutual Aid Received	0	0	0	0
Service/Good Intent Calls	52	42	52	42
False Alarms/False Calls	13	19	13	19
Other Calls	16	8	16	8
Total Fire Alarms & Calls	94	75	94	75
EMS				
Total Ambulance Calls	531	518	531	518
Total Fire/EMS Responses	625	593	625	593
Fire Property Loss	$76,000.00	$1,000.00	$76,000.00	$1,000.00
Fire Contents Loss	$46,000.00	$0.00	$46,000.00	$0.00
Engine Assisted EMS Calls	210	217	210	217

Current Status of New Construction

- Moraine Park Technical College at 235 N. National Ave. – Building is under construction.
- Fairfield Inn at 925 S. Rolling Meadows Drive – Building is under construction.
- River Hills Mixed Use Development on S. Main St. – Buildings 1, 2, 3, 4, 5, 6, 7 & 8 are complete and 9, 10, 11 are under construction.
- Demolition continues at Forest Mall.
- Badger Liquor – Warehouse is under construction.
- Huberty CPA's on S. Pioneer Rd. – New Construction
- Excel Engineering – New addition.
- Country Lane Cottages - Townhouses under construction.
- Sullys Tavern – Under Construction

The Code Summary

By: Assistant Chief Todd Janquart

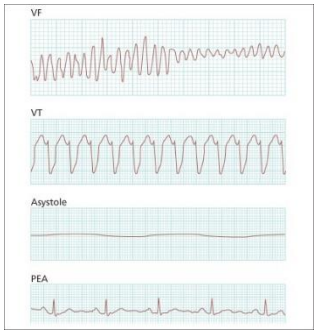
5 Tips for Managing the PEA Cardiac Arrest Patient

A cardiac arrest patient who presents with PEA as their initial rhythm is a challenge to the resuscitation team. The differential diagnosis is wide, and the ACLS algorithm for PEA and asystole doesn't offer much in the ay of guidance. Maybe that's why patients who present with PEA seem to have worse outcomes than those with shockable rhythms.

Despite that evidence, successful resuscitation is possible. These patients exemplify the idea that ACLS is a holding pattern, providing organ support while the resuscitation team identifies and fixes the underlying cause. Here are 5 tips to give you a better shot at bringing back a patient with pulseless electrical activity (PEA):

PAY ATTENTION TO THE ECG RHYTHM

The H's and T;s mnemonic is a somewhat comprehensive listing of possible causes of PEA, but it doesn't provide much in the way of guidance on which possible causes you should look into first. The ECG rhythm, or more specifically whether the QRS is narrow or wide, can give you some insight into likely reasons this patient arrested. Littmann, Bustin, and Haley have a great article that explains this approach in detail. Here's a summary:



Narrow QRS complexes typically indicate an inflow or outflow problem with the right side of the heart. Problems like hypovolemia, tension pneumothorax, or hyperinflation of the lungs decrease inflow of blood into the right atrium and ventricle, reducing stroke volume and cardiac output. Cardiac tamponade or a pulmonary embolism obstructs the right ventricle's ability to pump blood to the pulmonary circulation and to the left atrium and ventricle.

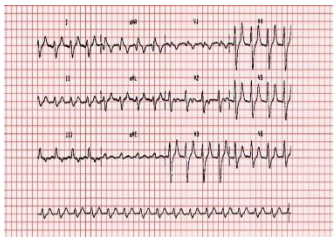
Wide QRS complexes typically indicate a metabolic problem (such as hyperkalemia or sodium-channel blockade from a toxic overdose), or left ventricular failure (either acute or chronic).

ASSESS THE PATIENT'S MEDICAL HISTORY

Paying attention to the characteristics of the ECG rhythm can narrow the field of possibilities some, but assessing the patient's medical history and performing a quick physical exam are still crucial for identifying the cause of PEA. Are there risk factors for PE or hyperkalemia? Any scene indicators that an overdose might have occurred? Jugular venous distension or minimal chest rise that might suggest cardiac tamponade or tension pneumothorax?

GET A 12-LEAD ECG

If there aren't any big red flags pointing you towards any of the possible H and T causes, consider stopping CPR for enough time to acquire a 12-lead ECG.



Before raising objections, hear me out; you can still place the precordial electrodes appropriately (or very closely) while chest compressions are ongoing, and acquiring a 12-lead ECG only takes about 10 seconds, so there's no need to paus high-quality CPR for longer than the AHA currently recommends.

And in cases where the likely cause of arrest is elusive, the information from a 12-lead ECG can help immensely. If you're not up to speed on the suspicious findings for coronary occlusions, hyperkalemia, or pulmonary embolism from a 12-lead ECG, get studying!

IF ITS PEA FROM TRAUMATIC ARREST, HOLD OFF ON CPR

If your protocols allow field termination or not starting CPR, follow your protocol. If they don't, what a wonderful topic to research and present to your medical director, especially if the number of providers on scene is limited.

The AHA recommends standard-practice CPR in cases of traumatic cardiac arrest, but offers no evidence that it works, and the survival rate from traumatic cardiac arrest is dismal. The likely causes of PEA in traumatic arrest are hypovolemia, tension pneumothorax, and cardiac tamponade; if the hands can be redirected from chest compressions to a procedure that corrects an underlying cause, like airway management, IV/IO access and a fluid bolus, decompressing a pneumothorax, pericardiocentesis, or binding the pelvis, prioritize that instead of mashing the chest.

5 Tips for Managing the PEA Cardiac Arrest Patient
Continued…

Maybe a more polite way to say this is “do not prioritize chest compressions over life-saving interventions.” If none of those interventions work and you decide to transport the patient, or if enough providers are on scene, SPR still may have a role in managing traumatic cardiac arrest, but it’s definitely debatable.

INVESTIGATE POINT OF CARE ULTRASOUND

Point of care ultrasonography has a lot of potential uses in the prehospital setting, but use during cardiac arrest is arguably the most useful. Looking at the inferior vena cava can help identify patients who need fluid; looking at the lungs can help identify patients with a tension pneumothorax; looking at the left ventricle during a rhythm check can assess left ventricular function. Ultrasound has a lot to offer the resuscitation team (and the patient) during a PEA arrest.

Cardiac arrest that presents with PEA can be a tough nut to crack, and many times, a bolus of ephinephrine every 3-5 minutes just won’t cut it, but these strategies for PEA management can help you dissect your way down to the underlying cause. And at the end of the code, that’s what offers your patient their best chance for survival!

Article from the 1/26/2021 online edition of EMS1.com
Authored by Ben Dowdy

I have decided to stick with love.
Hate is too great a burden to bear.

Martin Luther King, Jr.

FDLFR Paramedics continue to answer the call to help administer Covid-19 vaccines in cooperation with the Fond du Lac County Public Health and Fond du Lac County Emergency Management. FF/P Edgar Ramirez helped get information out to our Spanish speaking community via a Public Service Announcement through the Fond du Lac County Health Department. Just proving that the work of a pre-hospital provider is not limited to only 911 responses.

NEWS AT THE STATION

FDLFR Congratulates **FF/PM Noah Kreilkamp** who successfully completed his probationary requirements and received his “hardware” at an abbreviated pinning ceremony at fire station one. Pinning his badge is his father Scott who is a FF/PM with Watertown Fire Department.

FDLFR’s **Assistant Fire Chief Erick Gerritson** was presented his Executive Fire Officer Certificate in a virtual ceremony with members of the National Fire Academy Program in Emmitsburg, Maryland. Fire Chief Peter O’Leary presented AC Gerritson his certificate on behalf of the US Fire Administrator.

CONGRATULATIONS!
Lieutenant Jason Roberts
Engineer John Rolfe
15 years at FDL Fire/Rescue!

Lt. Roberts and Eng. Rolfe
started at FDLFR on March 27, 2006

Happy March Birthday

Dwight Fisher • Laura Ketelhut • Paul Wilson • Matt Simon • Sean White • Adam Stephens

Well-trained people are the best defense against fire.

By: Assistant Chief of Training/Safety
James Knowles III

Having the Vision for Positioning

Apparatus positioning, like nearly all facets of the fire service, does not have a "one-size-fits-all" answer or method. Positioning apparatus in relation to other apparatus already on the scene of an incident is perhaps one of the most dynamic topics to teach or learn due to the sheer number of variables present on any given response.

Even with such a dynamic topic and massive number of variables, there are certainly best practices related to positioning around other apparatus that you can use to ensure maximum operational effectiveness when you arrive on the fireground—practices that will help facilitate a smooth and efficient operation. And considering that structural fire response varies greatly from city to city, county to county and coast to coast, it is important that you engage in some critical thinking to determine which apparatus positioning practices apply to your department's structural fire response.

Many large, fully staffed departments—and even progressive, well-organized smaller departments—have a standard structural fire assignment that dictates the exact number of apparatus of varying types that will respond and operate on any given incident. These departments often operate under a set of standard operating procedures or guidelines (SOPs or SOGs) related to their structural fire response assignments. Many of these guidelines address the positioning that units on the initial assignment are to take, along with a predetermined set of objectives and responsibilities these units are to accomplish once on scene. Departments that respond and operate in this manner are often more successful in positioning their apparatus, as many variables have been removed from the equation before the bells ever ring.

Seeing the "big picture"

No matter how your particular department operates, when preplanning positioning before an incident or critiquing it at the conclusion of one, it is helpful to view the fireground or incident from a zoomed-out or overhead perspective. In other words, get the big picture. Pretend an overhead picture has been taken of the incident scene as it is unfolding just prior to the arrival of the first piece of fire apparatus, and you, as a driver/operator, need to position the apparatus to fit perfectly into your picture in order accomplish all of your tactical objectives.

When arriving on scene in anything other than the first-arriving position, the"canvas" is no longer blank, as other apparatus have already been placed in your picture—sometimes in a less-than-ideal position. You'll need to consider which tactical objectives have already been accomplished by earlier-arriving apparatus and which tasks/objectives still need to be completed.

There are several factors to consider when determining how and where to position—the number of apparatus responding, apparatus type (engine/truck/quint/etc.) and staffing levels, to name a few. Positioning to facilitate the needs of apparatus yet to arrive on scene requires an especially high level of skill, size-up and forethought. In some cases, when a piece of apparatus arrives, the incident has already reached its climax, and the unit positions to facilitate the completion of immediate tactical objectives. In other situations, the incident is still escalating and will require additional apparatus and personnel before the incident can begin to be mitigated. In either instance, it is imperative that driver/operators position their apparatus in such a way that allows them to complete their immediate tactical objectives while not neglecting later-arriving apparatus, allowing for an overall effective operation. Driver/operators who can envision and anticipate the potential for an incident to expand, along with the need for other apparatus to gain a tactical position, are the key to a successful outcome for an operation that is ever-evolving.

Unique capabilities

Every of piece of apparatus dispatched to a structural fire needs to serve a specific purpose. Different apparatus have specific sets of capabilities that are as unique as the skillset of the individual firefighters riding it. When positioning apparatus, you as a driver/operator must have an intimate knowledge not only of the purpose and capabilities of your apparatus, but also the purpose of the other pieces of apparatus already on scene or still responding to the incident.

A great way to take the next step in becoming an expert at positioning apparatus is to become familiar with other apparatus that may be responding on a structural fire response. The goal of any driver/operator should be to work in concert with other apparatus—not in opposition. This may be easier or harder depending on how your individual department and response assignments are

Having the Vision for Positioning…continued

structured, but it is *never* impossible.

Oftentimes, the only obstacle in the way of getting together with other companies to learn about each other's apparatus is pride. No single department, company or firefighter knows it all, and by taking the initiative to reach out to learn about a piece of apparatus you may not be familiar with will pay dividends the next time you are called to operate together. It will also garner the respect of your peers who surely do not know all there is to know about how you or your apparatus operate.

Take, for example, a volunteer department in Small Town, USA, which runs about 300 fire calls per year and operates two engines and a rear-mount 105-foot tower ladder with a pump and tank. On a structural fire response, they often fully staff all three pieces of apparatus and rely on mutual aid from a neighboring department in Larger Town, USA, for additional apparatus and staffing when needed. The department in Larger Town, USA, is a combination department running about 1,000 fire calls per year out of three stations, and they operate two engines, a rescue-engine and a 100-foot tiller truck with no tank or pump.

Aside from some of the potential fundamental differences between these two fictitious fire departments, assuming their personnel are both well trained in the operation of their own apparatus, where do we see a potential pitfall when the two come together to operate on a fireground? In this particular case, the personnel who are trained to drive, operate and position the 100-foot tiller truck are going to have vastly different requirements and expectations when arriving and having to position their apparatus than the personnel who are trained to drive, operate and position the 105-foot rear-mount tower ladder. In a case such as this, it is extremely important for personnel from both departments, especially the apparatus drivers/operators, to get to know the fundamental differences of those two types of aerial apparatus and what kind of requirements exist in the positioning and operation of each. Personnel can easily take this inter-departmental or company training one step further and actually bring both pieces of apparatus out to different structures in one another's response area to see how they can be positioned together to accomplish potential tactical objectives on a working incident and highlight advantages and disadvantages of each while doing so.

"Can-do" attitude

As a current driver/operator, you may be confident in all the basics of good apparatus positioning: supply line to the hydrant, allowing room for aerial apparatus to position, ladder tunnel toward the fire, maximized scrub area on the fire building, and the list goes on. All of the aforementioned best practices and others are very important and should never be neglected, but that is not all there is to apparatus positioning. Many, if not all, driver/operators can be taught these skills and can practice and perform them in a parking lot or at the station during driver training, but what about when the pressure is on or when there is something in the way, making for a less-than-ideal scenario?

When training new driver/operators, the process of how to think about and overcome obstacles (as simple and small as they may be) is often neglected. Much of the ability to overcome obstacles is merely a mentality that needs to be engrained in new drivers. Driver/operators need to be taught to have a "can-do" attitude and not to give up on the position they need to be successful the very second something doesn't go as planned.

In sum

At the outset of every incident, there are many tactical objectives that must be accomplished, many of which are facilitated by having apparatus in the correct place and positioned in the correct way. Through a well-structured driver training program and sound preparatory practices, poor apparatus positioning can be easily avoided.

Unfortunately, even when positioned properly, other responding apparatus will always be a variable that needs to be considered when arriving and positioning on the fireground. Being prepared to position around other responding apparatus through knowledge sharing and preplanning response will help ensure success when positioning on the fireground.

Sidebar: Positioning Tactics— Supply Lines & Allowing Room for Aerial Apparatus

Tactical Engine Positioning

Of all engine company responsibilities, ensuring a continuous water supply to the fireground is paramount. No matter what type of apparatus is used to provide primary fire suppression in your area, driver/operators need to be well versed in different water supply options to ensure that this vital task can be completed while positioning to allow room for aerial apparatus to be effective. When positioning engine apparatus, problems most often arise when driver/operators perform an evolution where they "take their own hydrant" or perform a direct hydrant hookup. This particular supply evolution is typically performed because the hydrant chosen for water supply is in close proximity to the fire building, and a forward lay is not needed. When done correctly, this supply evolution is tactically

Having the Vision for Positioning…continued

advantageous from an engine company perspective due to the speed in which it can be accomplished and the reliance on other apparatus to complete the evolution being eliminated. Engine driver/operators need to keep an open mind and be especially aware of other incoming apparatus when they use a hydrant in the immediate area of the fire building so they do not "block out" or inhibit the positioning of other incoming units, especially aerial apparatus.

When training engine driver/operators how to perform this evolution, make positioning the engine paramount and the method for getting water into the engine secondary. For example, many engines are equipped with a front or rear suction, which is often pre-connected to a short section of LDH or "sleeve." While this setup may be ideal in some scenarios, driver/operators can easily get fixated on its use and position the apparatus in a less-than-ideal way in order to use it.

Equipping your apparatus with varying lengths and diameters of supply hose and teaching driver/operators techniques for using different intake points on the apparatus will allow freedom for driver/operators to position properly while ensuring an adequate water supply to the fireground.

Tactical Aerial Positioning

If not utilized properly, aerial apparatus can quickly become the most expensive, most underutilized piece of equipment a department operates. And they must be positioned properly to maximize their benefit and complete the tactical objectives.

Driver/operators of aerial apparatus must be intimately familiar with the parameters of their apparatus and the space required to operate effectively and safely, otherwise known as the vehicle's "operational footprint." When arriving, the driver/operator will need to utilize that knowledge to find that space in an area that will render the apparatus most useful during the operation.

Regardless of other variables in positioning aerial devices, driver/operators should always look to maximize the efficiency of the aerial device and keep portable ladders easily accessible during the incident. Most aerial devices store the bulk of their portable ladders in a tunnel style setup coming off the rear of the apparatus, with some supplemental ladders side mounted on certain pieces of apparatus. In an offensive situation, driver/operators of mid-mount or rear-mount aerial devices should try to angle their apparatus with the cab away from the building at a roughly 30-degree angle. This will keep the cab of the apparatus from inhibiting low-angle operation of the aerial device as well as keep the ladder tunnel from being blocked by later-arriving apparatus.

Retrieved from www.firehouse.com

Child Safety

There are lots of opportunities for kids to play or watch TV around the house. Kids are also curious and resourceful and learn to pull out drawers and climb to the top of a dresser, which can be dangerous. Please follow these simple precautions.

TV and Furniture Tip-Over Safety

Kids were meant to run, jump and climb. Parents were meant to make sure they don't get seriously injured while they're doing it. It is easy to prevent TV and furniture tip overs in your home. Here are a few simple steps to ensure that kids can play and parents don't have to worry.

- **Avoid placing remote controls,** food, toys or other items in places where kids might be tempted to climb up or reach for them.
- **Mount flat-screen TVs to the wall.** Follow the manufacturer's instructions to ensure that you have a secure fit.
- **If you have a heavier, box-style cathode ray tube TV**, place it on a low, stable piece of furniture that can hold the TVs size and weight.
- **Use anti-tip brackets,** braces or wall straps to secure furniture to the wall.
- **Keep heavier items** on lower shelves and in lower drawers.
- **Install stops on dresser drawers** to prevent them from being pulls all the way out. Multiple open drawers can cause the weight to shift, making it easier for a dresser to tip over.

Fire Prevention

The Bureau Never Sleeps

By: Division Chief
Garth Schumacher

Smoke Alarms

Looking for topics for the newsletter is always an interesting undertaking. I want the topic to be educational yet easy to read and not lose readers after the first paragraph. The topic for this month almost seems redundant to us in the fire service – Smoke Alarms!

I am always astounded at the frequency at which we find the lack of working smoke detectors in residences around our own city, and when you expand that to the nation, the numbers are quite staggering.

- Three out of five fire deaths result from fires in occupancies without working smoke alarms!
- More than 38 percent of home fire deaths result from fires with NO smoke alarms present!
- The risk of dying in a home fire is cut in half in homes with working smoke alarms!

People who were fatally injured in home fires with working smoke alarms were more likely to have been in the area of origin, involved in the ignition, to have fought the fire themselves, to have a disability or to be at least 75 years old. They were less likely to have been sleeping than were people who died in fires without working smoke alarms.

So what do we have to do to get the message out about working smoke alarms? Have we not as a fire service beaten that message into every household on the planet? You would think everyone gets the message, clearly the message isn't getting through.

The thing that really gets me is that you can usually get one of these absolutely free by calling the local fire department, and those programs are always underutilized – statistics show we have about 2 minutes to get out of our home when there is a fire, lives depend on every single second of that 2 minutes.

We in the fire service have a duty to remain vigilant on smoke alarms, I implore those that are meeting with the public through either emergency response, calls for service, or any other time we are in their homes. Ask to test smoke alarms to make sure they work, and if you see an issue take a few minutes to correct it, who knows how many lives we could save by doing this!

I know this message has been a resounding one in the fire service, but the fact is the message is still not being received by everyone, and the number of deaths each year from lack of working alarms is testament to the fact that we NEED to do more, we NEED to work harder to make sure that we are doing all we can to get the message out there and to correct the problems when we identify them.

Until next month, stay safe and continue providing the great service we are known for!

SOUND THE ALARM
Save a Life

Don't Let Your World Go Up In Smoke.

Home fires are preventable.

Have working smoke alarms in your home.

Smoke is a poison that can kill you. Without working smoke alarms, you may not wake up from the smoke. It can kill you while you are asleep. Home fires at night or when people are sleeping are the most dangerous. Working smoke alarms will alert you if there is a fire and will give you more time to escape.

U.S. Fire Administration | FEMA | Fire is Everyone's Fight.

Learn more about fire prevention: **www.usfa.fema.gov**

PEER FITNESS TIPS

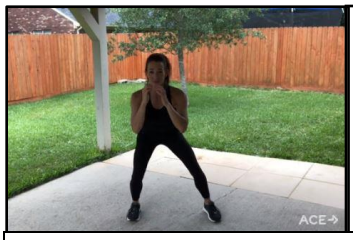
By: Peer Fitness Trainer
Jack Prall

5 Body-weight Exercises You Can Do Right Now

Author: Shannon Fable

Whether you find yourself on vacation without any exercise equipment or you're working out at home, body-weight exercises can help you stay on track. Here are five of our favorites for getting your whole body moving.

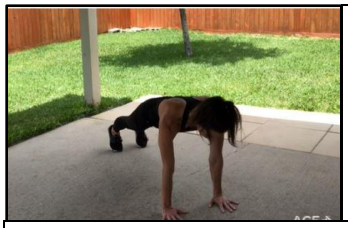
A few instructions to keep in mind as you do these exercises: For best results, focus on range of motion and slow down the speed of your movements. In addition to strengthening the targeted muscles, these exercises will help get your heart rate up and increase core strength, which makes it possible to function better in daily life. Perform 10 repetitions of each exercise, with minimal rest in between, and repeat the circuit two to three times.



Moving Squat to Balance

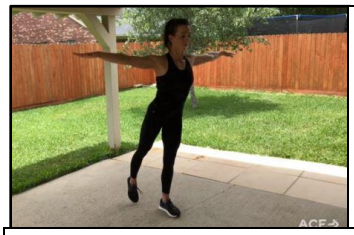
Begin with your feet directly under your hips and your core engaged to support your low back. Bend your knees as you move your hips back, keeping your torso as upright as possible; keep your weight on your heels to perform a narrow squat.

Stay in this narrow squat position and step out into a wide squat. Return to the narrow squat. Rise up to standing and focus on contracting your abdominal muscles as you bring your knee up to hip height; aim to keep the hips level. Return to the starting position and repeat on the other side.



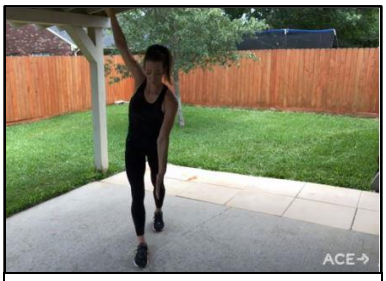
Double Push-up to Downward-facing Dog

Start in a plank position with either your knees or your toes on the flor. Scoop your belly away from the floor to set your core. Walk your hands out wide and bend your elbows to perform a wide push-up. At the top of the push-up, walk your hands back under your shoulders and perform a narrow push-up. At the top of the push-up, lift your tailbone to the sky and gently press your chest toward your thighs and move into downward-facing dog, gently pressing your heels toward the floor. Return to the starting position and repeat.



Deadlift with Hip Flexion and Extension

Stand tall with your best posture and slowly sweep one leg forward while keeping the hips level. Pass through center and extend the same leg backward with the hips remaining level. With the back foot lifted or lightly touching the ground (like a kickstand), hinge forward at your hips to slowly lower your chest toward the floor. With the hips level and the spine long, the goal ist o lower yourself as far as you can to feel the hamstrings of the standing leg contract. Return to an upright position, place the foot on the floor and repeat on the other side.



Lunge with Rotation

Begin with your feet directly under your hips and your core engaged to support your low back. Step forward with your right leg and bend both knees to sink into a lunge. As you lower down, simultaneously hinge at the hips and reach the left hand to the instep of your front foot and the right arm up toward the sky for the rotation. Be sure to keep your weight in the heel of the front foot and your spine long during the lunge with rotation.

Return to the starting position and repeat on the opposite side. Once you feel confident with the exercise, aim to fluidly connect the lunge with the rotation.

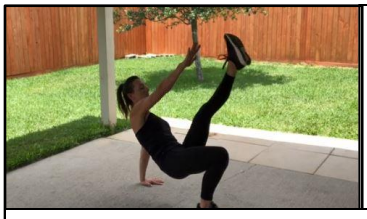


Table Top with Lift & Reach

Begin seated with the knees bent, feet hip-distance apart and positioned close to the hips. Place your hands behind your hips; your fingertips should face your heels or be slightly turned out. As you press through the heels and begin to lift your hips toward the ceiling for the tabletop (with knees directly over the heel and shoulders directly over the hands), lift your right leg and simultaneously reach toward your foot with the opposite hand. Return to the starting position and repeat on the opposite side.