



Safety Bulletin

Peer Fitness Bulletin March 2024

Date: March 1, 2024

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Approved By: Kalvyn W. Smith, Fire Rescue Chief

DFREM PEER FITNESS BULLETIN

PEER FITNESS NEWS

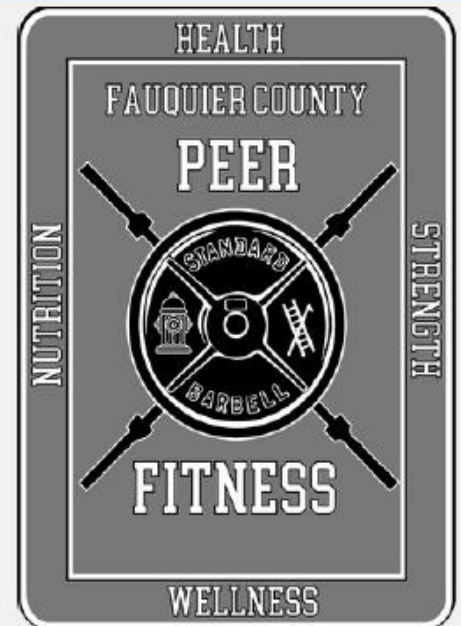
Recruit School 24-17 has been putting in work! We have seen major improvements in their fitness levels! Peer Fitness has been busy assisting with this school. We are gearing up for the second recruit school coming soon. Be sure to check out our [facebook page](#) for new meal ideas, workouts, and great information to help you get and stay fit it! 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!



CIRCUIT >> WORKOUT

- KB SWING 10 REPS
- ONE GOBLET SQUAT
- KB SWING 15 REPS
- TWO GOBLET SQUATS
- KB SWING 25 REPS
- THREE GOBLET SQUATS
- KB SWING 50 REPS
- REST (AS MUCH AS YOU NEED) AND REPEAT FOR A TOTAL OF 5 ROUNDS.

MARCH 2024



WE HAVE NEW MEMBERS

WE HAVE FIVE NEW
MEMBERS ON THE
PEER FITNESS CREW!

ED MARTIN
GABE MALONE
NATHANIEL MOLINE
NICK LOAN
LUKE SCHIDT

THESE NEW MEMBERS
WILL ENABLE US TO
RUN PT WITH BOTH
RECRUIT SCHOOLS
AND LUKE SCHMIDT IS
OUR NEW SOCIAL
MEDIA COORDINATOR!

CONTACT US!

DFREMPeerFitness@yahoo.com

MARCH FITNESS CHALLENGE

The winner of the February challenge will be posted soon.

The January challenge winner was Ed Martin with 3200 sit ups!
He chose rows for the March challenge.
Which Crew will perform the highest total weight rowed (reps x weight) during the month of March?
Details will be sent out in an email and posted to the [Fauquier Peer Fitness Facebook page \(click here\)!](#)

HEALTHY RECIPE

CHICKEN AND POTATOES WITH DIJON CREAM SAUCE
(CLICK HERE)



JANUARY FITNESS CHALLENGE WINNER!!!



SUPPLEMENT CORNER

CREATINE AND COFFEE

DO THEY MIX?!

CLICK HERE TO FIND OUT!

