



SHOOTING PLANKS

SEPT 17-30 2023

As an individual, complete as many of the prescribed days of planking as possible. 14 days in total. All work must be completed on the assigned day. See the attachment or healthandladders.com for details.

Firehouse Team Captains will forward the team roster, with totals, to healthandladders@boston.gov by 1200 hrs on Wednesday, October 4th. The firehouse with the highest point total wins.

This is arguably the most important challenge to date. Habits gained over these 14 days will help with poor posture, lower back pain, lifting, carrying and balance. Strengthening your core is the first step to bulletproofing your body for the physical demands of the fire service and correcting months/years of neglect.