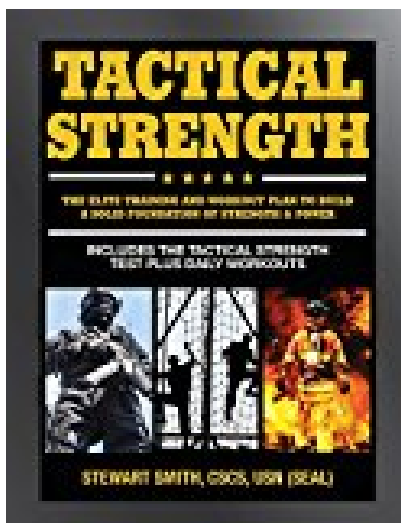


Tactical Strength The Elite Training and Workout Plan for Spec Ops SEALs SWAT Police Firefighters and Tactical Professionals



BOOK DETAILS

- Author : Stewart Smith
- Pages : 208 Pages
- Publisher : Hatherleigh Press
- Language : English
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BOOK SYNOPSIS

The police force, the fire service and the armed forces all need to be in their best shape to do their jobs properly. Staying in optimum physical condition takes a lot of effort and a dedicated fitness plan can really help. Tactical Fitness documents a year-long day-by-day essential training and workout plan for the heroes of tomorrow, specifically designed to help those with demanding, lifesaving jobs to achieve maximum fitness. Former Navy SEAL, Stew Smith, has put together a 52 week cycle workout plan that will cover everything from strength to endurance.

TACTICAL STRENGTH THE ELITE TRAINING AND WORKOUT PLAN FOR SPEC OPS SEALS SWAT POLICE FIREFIGHTERS AND TACTICAL PROFESSIONALS

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