

Trx Tactical Conditioning Program

Warrior Workouts, Volume 1
 Warrior Workouts, Volume 3
 ABS and Core Trx Blueprint 4 Simple Trx Suspension Workouts
 Jailhouse Strong
 Time Under Tension
 Tactical Fitness 40+ Foundation Rebuilding
 Tactical Strength
 The S.W.A.T. Workout
 The Ultimate Military Prep Workout and Cardio Program
 Complete Guide to TRX Suspension Training
 K.O. Power Workout Blueprint and Training Log
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 Warrior Workouts, Volume 1
 Triphasic Training
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 Corps Strength
 Tactical Fitness (40+) Foundation Rebuilding
 The Special Ops Workout
 The Official US Army Pocket Physical Training Guide
 Tactical Barbell
 Special Ops Fitness Training
 Extreme Military Fitness
 Tactical Fitness
 NSCA's Essentials of Tactical Strength and Conditioning
 24 Week Special Forces Strength and Conditioning Program
 Developing Agility and Quickness
 Suspended Bodyweight Training
 Tactical Density Training
 Special Forces Fitness Training
 Warrior Workouts, Volume 2
 The Navy SEAL Weight Training Workout
 High-Performance Training for Sports
 Complete Guide to TRX® Suspension Training®
 Complete Guide to TRX® Suspension Training®
 Practical Applied Stress Training (P.A.S.T) for Tactical Law Enforcement
 Tactical Barbell 2
 12 Week Special Forces Cross Training Program
 Trx Training Crash Course

Trx Tactical Conditioning Program

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Warrior Workouts, Volume 1 Human Kinetics

Get fit now with these awesome collections of workouts designed by a Navy SEAL for maximum fitness, strength, endurance and total conditioning. "Pain is weakness leaving the body" say the Navy SEALs and Warrior Workouts, Volume 3 will not disappoint. Developed and tested by best-selling fitness author and expert Stewart Smith, the workouts in Warrior Workouts, Volume 3 will challenge you like no other exercise program available. Whether you are an everyday athlete or aspire to greatness, Warrior Workouts, Volume 3 will leave no man standing! Drawn from essential training and workout plans used for police officers, military spec ops, and firefighters to keep them optimally fit, the book offers more workout collections for result-driven fitness. If the only easy workout was yesterday's then this collection delivers.

Warrior Workouts, Volume 3 Createspace Independent Publishing Platform

Tactical Strength is the best workout program for tactical professionals—workouts based in weight lifting, body weight calisthenics, cardiovascular training, and swimming— and scaled for a variety of levels. Developed by former Navy SEAL Stewart "Stew" Smith and building upon the foundations of Special Ops fitness techniques, Tactical Strength is designed to train you to perform up to the rigorous physical training standards required of tactical professionals: military, spec ops, police, firefighters, and warrior athletes. Combined with the all-purpose tool set of the Tactical Strength

Gearbox, Tactical Strength gives you everything you need to push your limits and go beyond. Plus, powerful new drills using weighted vests and sleds make for an intense training regimen that will challenge even the toughest among us. With Tactical Strength, you will: • Reach new levels of physical strength and endurance • Boost speed and performance like never before • Expand your workout regimen with new tools and techniques • Get to it, get through it, and stay with it...whatever life has in store! Tactical Strength sets the standard for physical excellence—while giving you the tools you need to go beyond your current potential and reach a new peak of performance! Guided instructional videos, community, and expert support for this book available at GetFitNow.com and on Facebook at GetFitNowdotcom!

ABS and Core Trx Blueprint 4 Simple Trx Suspension Workouts Complete Guide to TRX® Suspension Training®

Outlines workouts and exercises drawn from programs used by United States military special operations teams and aimed at promoting total body fitness.

Jailhouse Strong Hatherleigh Press

Operational athletes are a unique breed. You need to physically perform at an extraordinarily high level in stressful situations. Often in dangerous or unstable environments. As a SWAT operator, combat-arms soldier, or first responder, you have to be a Jack of All Trades. Let's take that a step further. You have to achieve some degree of mastery. You have to be strong, have incredible levels of endurance, and be capable of sustained bursts of intense activity. All while tired, hungry, cold, or worse. You can't train like a bodybuilder. You can't be sore for a week after 'leg' day. You can't afford to specialize like a powerlifter. You have other abilities you need to develop, things like cardiovascular training, work capacity, and occupational

skills. Anyone that's operational knows it's a constant juggling act trying to become (and stay) superhuman. Tactical Barbell is a strength training program designed specifically for operational athletes using correct principles and best practices. The objective being to increase maximal-strength and strength-endurance, while taking into account the need to simultaneously train other fitness domains. Periodization based, with a simple progression model that allows for a great degree of customization. You won't find cables, balance boards or medicine balls in this program. What you will get is a reliable, repeatable, cutting edge system to increase your strength dramatically. In a manner that leaves you time and energy to train all those other things you need to be good at. No fluff. No frills. If you live in the arena, you know talk is cheap. The program includes a built in strength testing component. You will know whether or not your strength has increased, and by how much. Simple.

Time Under Tension Hatherleigh Press

Describes the rigorous physical training tactics employed by America's Special Weapons And Tactics teams, outlining a six-week program of calisthenics, weights, and speed drills as well as a twelve-week program designed to keep physical performance at a top level, in a reference that is complemented by demonstrative photographs and nutrition tips.

Tactical Fitness 40+ Foundation Rebuilding Hatherleigh Press

Due to recent events, all eyes have been on the American military, especially the elite Special Operations teams: Army Special Forces, Army Rangers, Navy SEALs, and Air Force Special Ops that truly are the best of the best in the military. These teams of specially trained warriors perform the most difficult, politically sensitive, and dangerous missions known to the US military. The Special Ops Workout: The Elite Exercise Program Inspired by the United States Special Operations Command gives an inside look at the intense physical preparation required to become part of one of these elite teams. The men of the Special Ops are in the best physical shape of their lives, and the combination of conditioning workouts, nutritional information, and inside looks into training and selection guidelines outlined in The Special Ops Workout show just how they get that way. Nationally known fitness expert Mike Mejia and former US Navy SEAL and fitness author Stewart Smith teamed up to give an insider's look into some of the toughest military training in the world. By focusing on the strength and endurance conditioning essential to success in Special Operations teams, these experts show how to use real Special Ops workouts to get in the best physical shape of your life. Whether your goal is to make it into the Special Forces, or just bring extra intensity into your regular workout routine, The Special Ops Workout is a resource that will add a powerful boost to any fitness regimen. The Special Ops Workout features: • A specially formulated 12-week total body conditioning workout • The Army Ranger and Green Beret 6-week workout • The Air Force PJ/CCT 6-week workout • The Navy SEAL 6-week workout • The ultimate in high-powered nutrition info • An insider's view of Special Ops training with our exclusive "Real Deal" insider tips

Tactical Strength Bye Dietz Sports Enterprise

A STEP-BY-STEP GUIDE TO GETTING—AT HOME OR IN THE GYM—A TONED AND MUSCULAR BODY WITH THE POPULAR SUSPENSION TRAINING SYSTEM

All you need to develop long, strong muscles and a fit, slender physique is this comprehensive guide and your suspended bodyweight trainer. Forget bulky machines and heavy weights—these functional training workouts will unleash the full potential of any suspended bodyweight training system. You will simultaneously tone and shape your entire body for: Washboard Abs Carved Back Sculpted Shoulders Chiseled Chest Ripped Arms Firm Glutes Powerful Legs Packed with hundreds of step-by-step photos, clearly explained exercises and progressive training programs for all levels of fitness, this book will revolutionize your workout by teaching you how to maximize the benefits of this cutting-edge approach to total-body fitness.

The S.W.A.T. Workout Simon and Schuster

For strength, stability, core power, flexibility, and balance, Suspension Training® delivers results. Used by the best of the best, from professional trainers to the elite athletes they work with, Suspension Training is a respected and essential component of conditioning programs worldwide. Now, the ultimate Suspension Training expert shares the ultimate in Suspension Training exercises and programs. Complete Guide to TRX® Suspension Training®, from renowned strength and conditioning expert Dr. Jay Dawes, is the authoritative guide to Suspension Training. This resource is so thorough that it has earned the endorsement of TRX®. Look inside at the instruction, advice, and insights, and you'll see why. This is a one-of-a-kind resource designed to take workouts to unprecedented levels. Complete Guide to TRX® Suspension Training® includes instructions for more than 115 exercises. Complete with photo sequences, variations, and safety recommendations, you'll learn how to develop and integrate strength, power, core stability, flexibility, and balance with the use of a Suspension Trainer™. In the gym, at home, or on the road, this guide is the ultimate training companion. With over thirty ready-to-use programs, you have options for any situation and every desire. It's all here. If you want the best in exercise, training, and workouts, then look no further than Complete Guide to TRX® Suspension Training®. Discover why millions of athletes make Suspension Training the core of their program.

The Ultimate Military Prep Workout and Cardio Program Human Kinetics Publishers

The physical demands of tactical professions such as military, law enforcement, and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury. NSCA's Essentials of Tactical Strength and Conditioning contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals. Designed primarily as a preparatory resource for the National Strength and Conditioning Association (NSCA) Tactical Strength and Conditioning Facilitator (TSAC-F) certification, the text is also useful as a manual for government agencies or a daily reference for strength and conditioning professionals. Editors Brent A. Alvar, Katie Sell, and Patricia A. Deuster have extensive experience as scholars and practitioners in their respective fields. They have assembled a team of distinguished contributors who bring to light current trends in strength and conditioning through their combined experiences as professionals in the fields of academia, athletic training, firefighting, law enforcement, military, nutrition, physical therapy, and strength and conditioning. The contributors not only provide foundational knowledge of exercise physiology and biomechanical movement patterns, but they also comprehensively review all of the components necessary for TSAC Facilitators to design and operate successful training programs for tactical athletes. Separate chapters focus on the specific physiological issues related to military, law enforcement, and fire and rescue personnel, including how a strength and conditioning program should directly correlate to their critical job tasks and the specific environmental, occupational, and exposure concerns for each population. Topics such as nutrition,

supplements, injury treatment and rehabilitation, wellness interventions, and assessments and evaluations are discussed for professionals who work with tactical populations. Additionally, exercises, drills, and techniques targeting the specific needs of tactical athletes in areas such as flexibility, mobility, speed, agility, power, and aerobic endurance are described in great detail and accompanied by full-color photos. Each chapter of NSCA's Essentials of Tactical Strength and Conditioning begins with learning objectives and incorporates key terms, diagrams, detailed photographs, and key points throughout the text to help guide readers and facilitate comprehension of concepts. Sidebars and sample programs are included in some chapters to help readers apply theoretical concepts in their professional practice. Additionally, for instructors using the book, or the TSAC-F exam prep symposia, a presentation package plus image bank with more than 300 photos and illustrations is available, making preparation easier with the use of predeveloped materials that correspond with the book's content. Ultimately, the goal of NSCA's Essentials of Tactical Strength and Conditioning is to help prepare those seeking TSAC-F certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical athletes that will decrease their risk of injury and optimize performance.

Human Kinetics

Add weights to your NAVY SEAL Training prep! The Navy SEAL Weight Training Workout is an effective weight lifting program designed to maintain muscle growth and avoid over-training in high-repetition and high-mileage running and fitness routines like those used by Navy SEALs. Pushing your fitness to the extremes is a necessary part of a rigorous regimen like Navy SEAL training. But for maximum results, it's crucial to incorporate a periodization program that creates a break from all the elements of your regular routine. Fitness is a journey, not a destination, and Navy SEAL Weight Training is the perfect guide to keeping you on the road to becoming fit and strong, Navy SEAL-style! The Navy SEAL Weight Training Workout has been specially designed for those who have a solid foundation of training under their belts and are looking for new ideas to add or replace their existing routines. The workouts incorporate weight training exercises, along with running, biking, or swimming and moderate repetitions of calisthenics for the ultimate recovery program built for boosting results. Based on actual Navy SEAL training routines, Special Ops Team Coach Stew Smith has developed The Navy SEAL Weight Training Workout to help keep you going strong, just like the Navy SEALs.

Complete Guide to TRX Suspension Training Lulu.com

This Book Offers the Most Direct Route to Achieving Your Goals K.O. Power Workout Blueprint and Training Log by coach Mark Ginther, helps fighters design workout routines that incorporate concepts like periodization, maximal strength, explosive power, etc., to systematically achieve personal goals. Whether you are familiar with training methods such as plyometrics, modified Olympic lifts, or ballistic movements, or are just starting out, you'll learn how to use training methods effectively and track your progress with training logs as you achieve those goals. Get it All: Strength, Power, Speed and Endurance Certain training methodologies can complement each other or clash in such a way that they are ineffective or even counterproductive and once we've got our strength training all worked out, how do we effectively integrate it with endurance training and our technical and tactical training? Theory Alone Won't Get You There The K.O. Power Workout Blueprint and Training Log bridges the gap between theory and practical application. Taking the guesswork out of program design, The Blueprint will help you identify how and when to use the various (and sometimes confusing) training concepts and methodologies. This Book is a Power Tool for Achieving K.O. Power The Blueprint is a practical, step-by-step guide taking fighters-in-training through all of the various criteria needed to put together your own unique integrated program. Designed as a tool to augment the popular book K.O. Power: Complete Strength Training for Devastating Punches, Kicks, and Throws, it can also work on its own if one has some previous experience with training concepts.

K.O. Power Workout Blueprint and Training Log Hatherleigh Press

A developed and muscular neck protects your back, brain, and entire body from trauma, damage and injury. It is your shield. For the combat-sport athlete, this means safety and success in the competitive arena. For the tactical athlete, this can mean the difference between making it home for dinner at 6:00 or being six feet deep. While the emaciated cover model may have airbrushed abs, traps are a true strength-status symbol. Well-developed, diamond-shaped traps are like cobras, coiled and ready to strike. Together, the traps and neck serve as a foundational centerpiece for a no frills, no-nonsense physique. They are YOUR shield. With this book we provide you with the exact prescription to build your shield. Every exercise, every set, and every rep is spelled out. If you have the work ethic, we offer you a proven way.

Tactical Barbell Ullyses Press

The bottom line is that many roads lead to muscle building Now, you could stay on the long, meandering, played-out paths. Or, you could get on the fast track to muscle growth. We are offering you a direct route to a time-efficient system that triggers hypertrophy, strength, greater work capacity, and more fat loss. In fact, this training protocol is built around getting more muscle in shorter intervals of training. With precise prescriptions and subtly important tweaks to individualize the programming to your needs, we take the guesswork out of your workout program. Training sessions in the Tactical Density Training program are divided into four quarters, just like a football game. Each quarter is symbolic and has a specific purpose, intention, and goal. It is an easy to follow route to your muscle building destination. With Tactical Density Training you will spend less time in the gym while getting more results.

Warrior Workouts, Volume 1 Createspace Independent Publishing Platform

Are you ready to challenge yourself, and turn up the intensity of your workouts? Are you ready for a proven program that burns fat, increases muscle, and sculpts the physique you've always wanted? If so, then Maximum Interval Training is for you! Maximum Interval Training combines high-intensity exercises and nontraditional equipment with a variety of modalities and training options to stimulate muscle growth, avoid plateaus, and produce results.

Triphasic Training CreateSpace

From a two time veteran (Master Fitness) and Trainer - Coach to Pro Athletes, Performers and Fighters for over two decades. This Program is designed to begin up to a year before leaving for Basic Training. Every aspect of your fitness, health and diet are covered in this comprehensive course. You will arrive at Basic ready and prepared to take on the PT demands that WILL be put upon you. I have been Personal Training and Coaching since the late 1980's.....When I got my first job as a teenager at the infamous "George Turners Gym" (Maker of Bodybuilding champions in those days). I have served

twice in the United States Army (Aviation) , where I was a Master Fitness and in charge of fitness programs battalion wide. During this time period is where "MAC-P" fighting systems were formed and put to practice. I am a level 3. I went to college in Oregon and Arizona, where I majored in Law and Finance. I have also spent two decades working in and around finance and Real Estate Development. I currently also managed my own real estate based Hedge Fund. For the past 12 years I have focused on being the Agent, Coach and the trainer of Models, Performers and athletes. In particular, Fitness Models and physique competitors, Cheerleaders and Pro-MMA Fighters. Over the past decade, I have worked in some of the most famous gyms in the world for their prospective sport.... Training next to and sparring with some of the biggest Icons of our day. I specialize in getting clients "Performance/Competition Ready". www.gymmba.info

[Maximum Interval Training](#) CreateSpace

Resistance Bands - The Key To Fitness, Flexibility & Fantastic Health Suspension Training Is A Tried And True Method Of Exercise & Functional Fitness, Highly Regarded By The Military & Athletes Alike. The Exercises, Techniques And Fundamentals Explained In This Book Will Help You Engage, Strengthen & Stretch Every Muscle In Your Body! Regardless of your gender, age or current fitness level you're about to learn how to build a fit and healthy body without any expensive gym memberships or overhyped workout equipment. Here Is A Preview Of What You'll You're About To Learn... An Explanation As To What Suspension Training Actually is A Comprehensive List & Explanation Of The Benefits You'll Reap From Suspension Training Exercises With Correct Technique Explained (And Diagrams!) For Both Your Upper Body, Lower Body & Midsection Easy To Follow Suspension Training Workouts To Help You In Your Quest To Get Fighting Fit Tips, Tricks & Safety Measures From Yours Truly For Effective Use Of Your Resistance Suspension Trainer Moving On - Progression For Both Beginners & Advanced Users Much, much more!"

Preparing for the Army Combat Fitness Test Human Kinetics

"Extreme Military Fitness is How I Slashed 15 Seconds Off My Personal Best on the Navy's Physical Readiness Test Run time Without Running a Single Day in Four Months, Maxed My Push Ups and Sit Ups, and Got in the Best Shape of My Life!" Help Me Help Those who Have Sacrificed for Their Country Order Now and 20% of All Profits Go to the Wounded Warrior Project! It is no secret that the American, Israeli and Russian militaries have produced some of the finest and toughest soldiers of the modern age. The more elite the unit, the more Spartan zeal is displayed in every aspect of training. This leads us to how these militaries have gotten their soldiers to peak physical performance levels. Was it with bodybuilding workouts and supplements? No. The answer was with good old fashioned functional bodyweight exercises for both the American and Israeli forces, and with kettlebells for the Russians. This program is designed to get you in the best functional combat ready shape of your life in 12 weeks. You will learn and implement the tools and techniques that have been proven to turn ordinary citizens into highly disciplined fighting units. What YOU can expect from Extreme Military Fitness: 1. Achieve combat ready physical fitness levels and burn fat a lot faster. I lost ten pounds without trying! 2. Only 6 minutes a week on pushups on average. 3. Radically increase your endurance inside 90 days and have boundless energy to get everything you need to get done through the day. 4. Only 12 minutes a week of abdominal work on average. 5. Train your mind and body to perform on demand! 6. Turn back the clock and look years younger as you do something to counteract obesity, poor heart conditions, high blood pressure and other deadly diseases that are afflicting today's population as a result of stress, poor eating habits and a lack of exercise. 7. No gym required (one Kettlebell or dumbbell, 35lb for men and 24lb for women will be required). 8. 4 workouts a week, each under 30 minutes. 9. No fat loss or bodybuilding supplements required, save your money and your health! 10. No need for a single running workout, save your joints! 11. Can be done alone or with a partner. Here is what people are saying about Extreme Military Fitness: "Hey Eric! Just a quick update. This is my second week doing kettlebells with the Extreme Military Fitness course and already feel the difference...I can tell you this much...it has been quite a while since I woke up without lower back pain!!! It has helped me even with my running performance. The facts are the facts! I am running 6 miles a day again, it has been quite a while since I was able to do that without out running out of wind at 4 of the 6 miles. This stuff works!!!" Joey Rodriguez "What I love about this course is Eric's intensity of attitude and achievement. He begins where we all begin - at the bottom of physical development. He then brings us step by step to an impressive level of athletic conditioning. EXTREME MILITARY FITNESS will take you to levels you'll be pleasantly surprised with. Yes, levels you didn't think you could attain! I highly recommend my friend Eric's book and course!" Peter Ragnar, www.roaringlionpublishing.com "Move over, P90X(r)! This no-nonsense program combines common exercises in uncommon ways to provide you the warrior's level of conditioning that you have always wanted." Eddie Armstrong "Eric Guttmann has put together a simple yet effective program combining two of my favorite ways to train, kettlebells and bodyweight exercises. And he has taken the guesswork out of it by making it seriously step by step. You add the effort and you will get the result."

Best Sellers - Books :

- [Fast Like A Girl: A Woman's Guide To Using The Healing Power Of Fasting To Burn Fat, Boost Energy, And Balance Hormones](#)
- [Haunting Adeline \(cat And Mouse Duet\) By H. D. Carlton](#)
- [Atomic Habits: An Easy & Proven Way To Build Good Habits & Break Bad Ones](#)
- [Hello Beautiful \(oprah's Book Club\): A Novel](#)
- [It Starts With Us: A Novel \(2\) \(it Ends With Us\) By Colleen Hoover](#)
- [Daisy Jones & The Six: A Novel By Taylor Jenkins Reid](#)
- [We'll Always Have Summer \(the Summer I Turned Pretty\)](#)
- [How To Catch A Leprechaun By Adam Wallace](#)
- [The Silent Patient By Alex Michaelides](#)
- [Remarkably Bright Creatures: A Read With Jenna Pick By Shelby Van Pelt](#)

Logan Christopher, www.kettlebelljuggling.com

Corps Strength Human Kinetics

You have something very valuable in your hands. A lifetime's worth of training knowledge, drawn from the world's most extreme arenas. Lessons learned and best practices from military operators, tactical law enforcement, combat athletes, and others that rely on their physical abilities to survive and thrive in very harsh and unforgiving environments. Where there's more at stake than winning a medal, or getting a bruised ego. It's great having a 600lb squat and 400lb bench press. However, as an operational athlete, if you can't move, work, or thrive for long periods of time in a multitude of energy demanding environments, you are ineffective. Your big bench is useless; your big squat is useless. Tactical Barbell proposes you work towards being a different kind of athlete. The kind that's not only extremely strong, but also highly conditioned. If you look carefully, you'll see these people all around you. That guy on your Emergency Response Team with the 350lb bench press and a sub 9 minute 1.5 mile run. The old Marine Sergeant that can run 6 miles in under 40 minutes followed by 30 dead-hang pull-ups. So how do you get there? It's not what you think. Popular 'bootcamp' style approaches that throw a lot of push-ups and running at you in a haphazard fashion don't work for long. Sure, you'll break a sweat and release some endorphins. You might even lose a pound or two. But take a good hard look at your progress. For all your effort, are you really that far ahead? To make real progress, you have to look to the approaches used by professionals. Train each attribute you're trying to improve in a progressive manner, using the most effective tools for that particular fitness domain. In TB2, you'll find the structured, three-pronged approach to conditioning we take with tactical athletes. It consists of Base Building, followed by a transition to a more specific continuation protocol. Periodic maintenance of lower-priority domains complete the model. TB2 is the premier training manual for tactical law enforcement candidates, soldiers, and other operational athletes. You will be hard pressed to find a more thorough and effective conditioning program. If you're a results-oriented individual looking for concrete, actionable programming based on cutting edge practices, this book is for you.

Tactical Fitness (40+) Foundation Rebuilding Human Kinetics

Renowned for its rigorous fitness training, the Marine Corps requires every member to be physically fit, regardless of age, grade, or duty assignment. Corps Strength applies the same techniques used to develop and maintain each Marine's combat readiness to a day-to-day program for top-level fitness. Every aspect of training is incorporated into the program - including warm-ups, stretching, upper body, core strength, lower body, cardio, running, goal-setting, and motivation. The author has trained thousands of people and witnessed time and again the amazing results achieved by these proven techniques. Regardless of current fitness levels, this personalized training methodology will enable readers to begin today and immediately progress in absolute strength, muscular endurance, aerobic capacity, and joint flexibility. The workouts in this book are packed with grueling mind- and body-draining tasks that test the mettle of any athlete while bringing him or her to top physical form.

The Special Ops Workout Createspace Independent Publishing Platform

Attention men and women over 40 who have fallen off the fitness wagon due to illness, injury, or any other reason that life throws at you. This workout program is designed to rebuild your fitness foundation and healthy habits that can change your life! Tactical Fitness is for Everyone! We all should consider ourselves "Tactical Athletes". In this program, we discuss the importance of being fit enough to save your own life, your family's life, or helping others who need help in life or death situations. This book will help you begin your journey and advance into a capable person again able to do things you thought were once impossible. We all should have a certain level of tactical / practical fitness that could help us save our own lives or the lives of our loved ones in the event of a disaster (natural or man-made). Of course, basic health and wellness cannot be overlooked either. In fact, here's just a sample of the what Stew Smith will cover for you in the pages of this insightful new book: "Tactical Fitness (40+) Foundation Rebuilding - For Beginners or Those Recovering from Injury. 21 Day Habit Building Fitness Cycle - A daily approach to adding activity to your day. Total of Twelve Weeks of Training Progressively created to help you increase strength, endurance, mobility, flexibility, and overall work capacity. Stew Smith's first major breakthrough with recovery and maintenance - Weekly Mobility Days. The goal of this book is to help people with the roadmap to being able to save themselves or others in potentially dangerous situations, as well as build healthy habits for the rest of their long lives. The Tactical Fitness 40+ is a three-phase program (this is phase 1): Phase 1 - Tactical Fitness 40+ Foundation Rebuilding (This BOOK) Phase 2 - Tactical Fitness 40+ Taking It To The Next Level Phase 3 - Tactical Fitness 40+ Ready to Compete Stew Smith has been training tactical athletes for over 20 years as well as those men and women who need assistance being who they used to be. As a full time fitness writer and trainer, Stew Smith is uniquely qualified to help you understand everything you need to know about recovery and maintenance! Grab your copy of Tactical Fitness (40+) Foundation Rebuilding - For Beginners or Those Recovering from Injury today. Reminder if you prefer the PDF file after purchase, just email the author for free PDF version.