



Tactical Fitness: The Elite Strength and Conditioning Program for Warrior Athletes and the Heroes of Tomorrow including Firefighters, Police, Military and Special Forces

By Stewart Smith

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ACHIEVE THE SAME GOLD STANDARD OF FITNESS UPHELD BY THE PROS!

Over the past decade, Special Ops fitness has morphed into a new fitness genre along with military, police, and firefighter fitness called tactical fitness. Developed by a former Navy SEAL and building upon Special Ops fitness techniques, *Tactical Fitness* is designed to train you to perform to the rigorous physical training standards at the same level of excellence required of these Heroes of Tomorrow.

At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity, including: cardiovascular conditioning, strength, muscle coordination, and stamina. Tactical fitness means having the skills needed to save lives and extend the limits of your endurance whether you are in the military, police, firefighting professions, or just an everyday hero.

Designed for both men and women, *Tactical Fitness* presents a series of scaled workout plans—programs based in calisthenics, cardio, and swimming—supplemented with weights, full-body exercises, and functional athletic movements. Unique skills presented also include rope climbing, grip strength, carries, wall climbs, and much more.

With *Tactical Fitness*, you will:

- Reach your absolute physical peak with the same workout techniques used by Special Forces military, firefighters, and police
- Follow a rigorous fitness curriculum designed to help you exceed the limits of your strength, speed, and endurance
- Benefit from all the teaching expertise of former Navy SEAL Stew Smith

- Be ready for whatever life throws at you

Tactical Fitness sets a standard of excellence that does more than meet the minimum requirement—it allows you to reach your full physical potential!

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Editorial Review

About the Author

Stewart "Stew" Smith is a graduate of the U.S. Naval Academy, a former Navy SEAL, and author of several fitness books such as *The Complete Guide to Navy SEAL Fitness*, *The Special Ops Workout*, and *S.W.A.T. Fitness*. Stew has trained thousands of students for Navy SEAL, Special Forces, and many other military, law enforcement, and firefighter professions. He is currently the Special Ops Team Coach at the U.S. Naval Academy that assists in preparing future candidates for SEAL, EOD, and MARSOC training and runs a non-profit called Heroes of Tomorrow which offers free training for people seeking tactical professions.

Users Review

From reader reviews:

Antione Wilson:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to understand everything in the world. Each guide has different aim or maybe goal; it means that reserve has different type. Some people really feel enjoy to spend their a chance to read a book. They are reading whatever they have because their hobby will be reading a book. Think about the person who don't like studying a book? Sometime, individual feel need book when they found difficult problem as well as exercise. Well, probably you will require this Tactical Fitness: The Elite Strength and Conditioning Program for Warrior Athletes and the Heroes of Tomorrow including Firefighters, Police, Military and Special Forces.

Clarence Ross:

A lot of people always spent their particular free time to vacation or even go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you read you can spent the whole day to reading a book. The book Tactical Fitness: The Elite Strength and Conditioning Program for Warrior Athletes and the Heroes of Tomorrow including Firefighters, Police, Military and Special Forces it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from the smart phone. The price is not to cover but this book features high quality.

Douglas Leverette:

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