



Tactical Fitness: Workouts for the Heroes of Tomorrow (Paperback)

By Stewart Smith

Hatherleigh Press, U.S., United States, 2014. Paperback. Book Condition: New. 226 x 175 mm. Language: English . Brand New Book. **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...



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