



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

By Stewart Smith

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Tactical Strength: The Elite Training and Workout Plan for Spec Ops, SEALs, SWAT, Police, Firefighters, and Tactical Professionals By Stewart Smith

***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!

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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

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Kimberly Gonzalez:

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Eugene Barnum:

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