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Tactical Strength: The Elite Training and Workout Plan to Build a Solid Foundation of Strength & Power

Stewart Smith

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REACH THE GOLD STANDARD OF FITNESS WITH TACTICAL STRENGTH

FEATURING: DETAILED DAILY WORKOUT PLANS * ONLINE SUPPORT AT GETFITNOW.COM * PROVEN RESULTS * MENTAL TOUGHNESS * NUTRITION * AND MORE!

Developed by a former Navy SEAL 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.

Tactical Strength presents a series of workout plans designed for both men and women—programs based in weight lifting, body weight calisthenics, cardiovascular training, and swimming— scaled for a variety of levels. 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 the warrior athlete.

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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