



The SWAT Workout: The Elite Exercise Plan Inspired by the Officers of Special Weapons and Tactics Teams

Stewart Smith LT USN

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Terrorism. Hostage rescue. Dangerous pursuits. Special Weapons and Tactics (S.W.A.T.) teams are in the frontlines of America's war on terror and crime. To become a member of these elite squads requires determination, courage, and top physical conditioning.

Carrying wounded hostages, breaking down barricades, and rappelling down the sides of skyscrapers are just some of the demanding tasks faced by SWAT teams. The job requires incredible agility, speed, strength and endurance. For SWAT candidates there is a specially designed, six-week program utilizing calisthenics, weights, and speed drills. For current SWAT members, there is a twelve-week program designed to keep physical performance levels at their highest.

With detailed exercise descriptions, workout plans, clear photos, nutrition tips, and more, *The SWAT Workout* also contains the physical training requirements and enrollment information for the SWAT teams at the nation's top five police departments and the FBI.

Packed with photos of SWAT teams in action, *The SWAT Workout* provides an intense exercise routine for fitness enthusiasts in and out of uniform. For everyone who aspires to serve their country in the war on crime and terror, it is essential. 100 b/w photos.

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