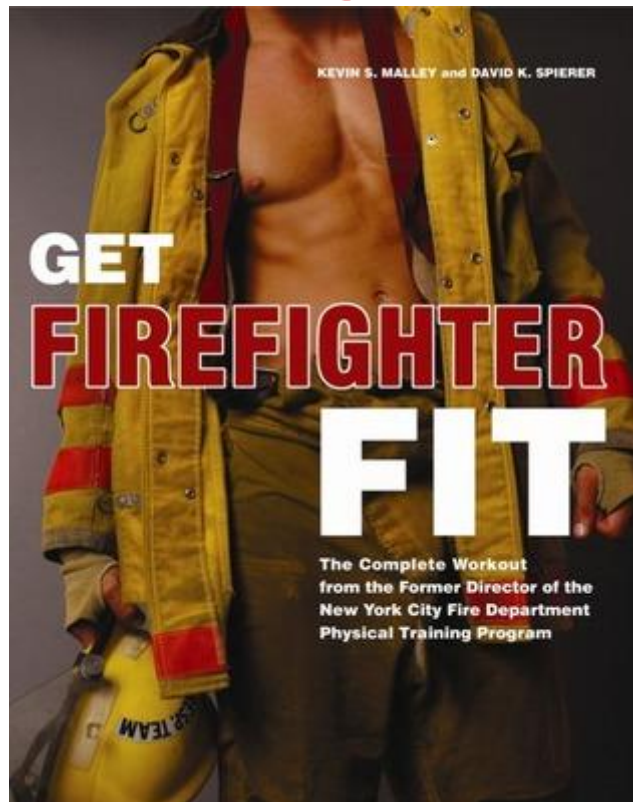


Get Firefighter Fit: The Complete Workout From The Former Director Of The New York City Fire Department Physical Training - Kevin Malley



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To do their job each and every day, firefighters must be strong, fit, and agile enough to force open steel doors, rapidly climb stairs wearing 100 pounds of protective clothing and equipment, and rescue injured people trapped in confined spaces. Is it any wonder why they are considered heroes? Using a four-phase progressive approach to total body conditioning, Get Firefighter Fit presents a comprehensive training method that has proven successful in transforming out-of-shape rookies into top-flight firefighters. Regardless of their current fitness levels, this personalized training methodology will enable readers to begin today and immediately progress in absolute strength, muscular endurance, aerobic capacity, and joint flexibility. The book also includes a performance-oriented diet designed to properly fuel and hydrate the body during high-intensity training. No other occupation places a greater physiological demand on the human body than firefighting and no other conditioning program challenges readers to find the courage and strength to excel more than Get Firefighter Fit. Author: Malley, Kevin Publisher: Ulysses Press

Illustration: N Language: ENG Title: Get Firefighter Fit: The Complete Workout from the Former Director of the New York City Fire Department Physical Training Pages: 00176 (Encrypted PDF) On Sale: 2009-06-01 SKU-13/ISBN: 9781569756263 Category: Health & Fitness : Exercise

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