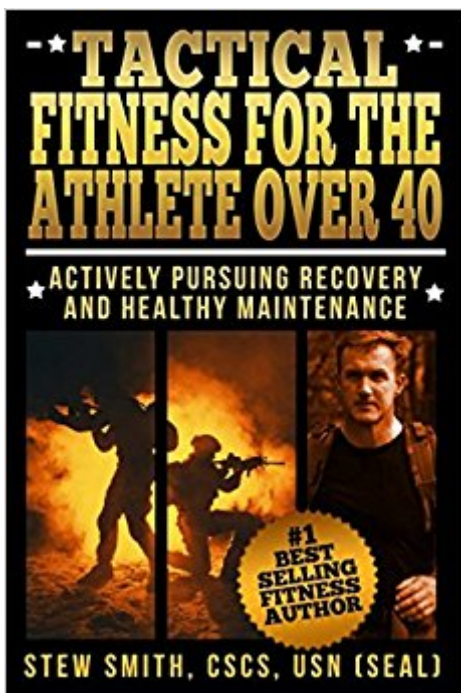


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# Tactical Fitness For The Athlete Over 40: Actively Pursuing Recovery And Healthy Maintenance



## Synopsis

Attention all Tactical Athletes Over 40 who want to enjoy intense workouts to increase strength, recover faster, and even avoid injuries. If youâ™re looking to succeed with Tactical Fitness then this brand new book by Stew Smith reveals how every Tactical Athlete Over 40 can understand how to train effectively and actively pursue recovery. In fact, here's just a sample of the what Stew Smith will cover for you in the pages of this insightful new book: • What's New With Recovery And Maintenance For Tactical Athletes Over 40 (An Interview With Stew Smith) • (An Interview with Tactical Fitness Expert, Stew Smith) 4 x 4 Week Training Programs representing each quarterly • Stew Smith's first major breakthrough with recovery and maintenance (and what you can learn from Stew's mistakes and corrections to reach your own success) • How the world of tactical fitness is different now than when Stew Smith got started (and what that means for you with still being able to do physically what you did when you were 20) • How to still hang with new tactical athletes 20 years younger than you. • How Stew Smith's discoveries are newer and better than anything else available for recovery and maintenance (and why every Tactical Athlete Over 40 should learn about recovery and periodization training). • The big players in recovery and maintenance everyone should pay attention to (and how to follow their every move) • The websites, apps, and tools Stew Smith uses to get new recovery and maintenance ideas (and how you can use them too) • ... and much, MUCH More! Stew Smith has been training tactical athletes for over 20 years. Education: • Graduate of the US Naval Academy Work History: • Trained thousands of Navy Midshipmen at the Naval Academy • Trained thousands of military, police, spec ops, and firefighters • Doing this for 20+ years Awards, Titles, and Designations: • Certified Strength and Conditioning Specialist (CSCS) • Best Selling Fitness Author Personal Info: • Former US Navy SEAL Officer • Spec Ops Team Coach at the US Naval Academy • Founder of "Heroes of Tomorrow" which trains firefighters police and military candidates for free every week in 25 cities • Full time fitness writer So as you can see, Stew Smith is uniquely qualified to help you understand everything you need to know about recovery and maintenance! Grab your copy of • Tactical Fitness for Athletes Over 40 • "Actively Pursuing Recovery and Maintenance (An Interview With Stew Smith)" • today

## Book Information

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## Customer Reviews

Stew Smith is a former Navy Lieutenant (SEAL) who graduated from the United States Naval Academy and Basic Underwater Demolition/SEAL (BUD/S) training. He has been training, testing, and writing workout books and ebooks that prepare people to ace fitness tests for over 25 years. People from all levels of fitness use his military preparation products to lose weight, prepare for basic training, as well as advanced level athletes who are training for Special Ops. Stew founded Heroes of Tomorrow Fitness â€” an local and online fitness resource for people seeking Military or Law Enforcement / Firefighting professions. He trains young men and women for free locally who wish to serve our country and communities. Your purchases help us and our team of volunteer trainers prepare tomorrowâ€™s military, police, and fire fighters to physically do their job. We actually see over 5,000 young men and women each year. Stew also works with the Tactical Strength and Conditioning program of the National Strength and Conditioning Association and is a Certified Strength and Conditioning Specialist (CSCS). He also has over 1000 articles on Military.com Fitness Forum focusing on a variety of fitness, nutritional, and tactical issues military members face throughout their career. Let these workouts assist you in becoming a better conditioned tactical athlete. The following list is the published books/eBooks written focusing on specific training programs. All books and manuals are fitness related and have a multi-week training program to help you prepare for any test, training program, or just lose weight and get fit for duty. Basically - anything that requires a fitness test to enter, StewSmithFitness.com has the answer.

Stew is the best in the business! You can't go wrong with any of his books! I am especially excited about this book as I am approaching my forties as well. So glad he wrote this book!

Stew Smith's book fills a gap in the library! For those of us of a certain age, we need this information. Stew has decades of experience in training people for the military, special operations, and emergency responders and as they get older their needs change. But this is also a book for

those over 40 who are focused on staying in the best shape we can. Love it!

I have always loved Stew Smith's workouts based on Navy Seal training. Now that I'm over 40, this book helped me re-set my workouts and gave me confidence that age is only in my mind. Thanks again, Stew!

Just purchased, can't wait to start the workouts!

Finally a great workout book for us older guys that are trying to stay on top of our game! Stew is a great coach and mentor to us all, young and old!

I have Stews' book Tactical Fitness and consult it often. As a old guy I am looking forward to reading this book.

Excellent book, very clear and gear to those not so young anymore! Allow me to focus in my mistakes and gear to new training methods. Looking forward to other books from the Mr. Smith.

I have all of Stew books and love his training philosophy. This book looks great looking forward to do the programs

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Vehicle Maintenance Log: Vehicle Maintenance Log Template: Car Maintenance - 5.5 x 8.5  
Reminder | Log Book | Mileage Log | Repairs And Maintenance | Everything ... | 5.5 x 8.5  
small & compact (Volume 1) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible  
Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming  
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