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Part Three of Tactical

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Tate's LTT8 Seminar

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The SWAT Workout:

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Inspired by the Officers

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## The Swat

Paperback – March 16, 2006. by Stewart Smith LT USN (Author), Peter Field Peck (Photographer), Jody Taylor (Foreword) & 0 more. 4.5 out of 5 stars 66 ratings. See all formats and editions.

The SWAT Workout:  
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Carrying wounded

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hostages, breaking down barricades, and rappelling down the sides of skyscrapers are just some of the demanding tasks faced by our SWAT teams, requiring incredible agility, strength, and endurance. Now, in The S.W.A.T. Workout, you too can achieve the levels of fitness required by these elite operators.

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Its specially designed programs utilize calisthenics, weights, and speed drills to prepare you for the rigorous physical fitness entry exams required for SWAT teams.

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Inspired by the Officers  
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[Paperback] [2006]

(Author) Stewart Smith

LT USN, Peter Field

Peck, Jody Taylor on

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The SWAT Workout:

The Elite Exercise...

book by Stewart Smith

With that in mind, The

SWAT workout has a

ton of great workouts in

it. It breaks down each

exercise that you'll be

doing, using pictures

that illustrate the

movements as well as

tips on how to best

execute it. Additionally,

it has 3 levels of

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workouts, "Police Academy," "SWAT Candidate," and "Active Duty SWAT Officer."

## By The Officers

Amazon.com: Customer reviews: The SWAT Workout: The Elite ...

SWAT exercise: Leg press Most SWAT officers like to warm up with about half of their body weight. Then raise the weight and drop the

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reps to build strong hamstrings, glutes, quads, and calves....

### SWAT Workout -

AskMen

One of the tests he has developed to test physical preparedness is called “ Operator Ugly, ” a grueling 90-minute-plus gauntlet of exercises that are vital to Special Forces as well

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as local SWAT and elite federal units like the FBI ' s Hostage Rescue Team and the U.S. Border Patrol ' s Tactical Unit. The test offers an unfiltered measure on an athlete ' s level of physical and mental fortitude.

Elite Military Workout:  
Can You Handle

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Operator Ugly ...

He also trained several of Ireland's elite Special Forces which are called Rangers (In Irish we call them Fian ó glac pronounced—fi anne og lock). I remember when I had to do my fitness test to be accepted into the Army, I had to travel to another barracks to ensure that all of the instructors

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would be impartial. I was fit and strong.

Military Training For  
The Army Combat  
Fitness Test ...

The S.W.A. T. workout is named after the elite police unit, Special Weapons and Tactics. S.W.A. T. members are highly trained in physically grueling programs designed to

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increase strength,  
endurance and agility.

Modeled after these  
programs, the rigorous  
S.W.A.T. Workout can  
help you achieve weight  
loss and improved  
physical conditioning.

S.W.A.T. Workout for  
Extreme Weight Loss &  
Fat Burning ...

The SWAT Workout:  
The Elite Exercise Plan

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## The Swat

Inspired by the Officers of Special Weapons and Tactics Teams Stewart Smith LT USN. 4.5 out of 5 stars 67. Paperback. \$19.95. Tactical Mobility: The Comprehensive Training & Fitness Guide for Increased Performance & Injury Prevention Gwen Lawrence.



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Tactical Strength: The  
Elite Training and  
Workout Plan for ...

The S.W.A.T. Workout

The Elite Law

Enforcement Exercise

Program Inspired by the

Officers of Special

Weapons and Tactics

Teams

The S.W.A.T. Workout

(Book) | Skokie Public

Library ...

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The former star of 'Criminal Minds' shares how he packed on the muscle to play an elite SWAT team member.

By Susan Hornik. ...

Moore had to take his fitness regimen to a whole new level.

5 Things You Can Do to Get In Shape Like a SWAT Team ...

This challenging

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workout will give you the body of an elite soldier. Are you fit enough to finish? By Jason Hartman, C.S.C.S and ISM. Jun 1, 2015 1 of 10. I train people whose ability to continue ..

The Ultimate Special Forces Workout - Men's Health

The S.W.A.T. Workout.

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The Elite Law  
Enforcement Exercise  
Program Inspired by the  
Officers of Special  
Weapons and Tactics  
Teams. Smith, Stewart,  
1969-. Book - 2005.

Rate this: Preparing to  
become a member of an  
elite SWAT squad  
requires determination,  
courage, and top  
physical conditioning.

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The S.W.A.T. Workout  
(Book) | King County  
Library System ...

Elite special forces are some of the best-trained and most formidable units a country can boast. Whether emerging from the water to silently take out guards  
0...

10 MOST ELITE  
SPECIAL FORCES IN

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## The Swat

### THE WORLD -

### YouTube

For the Fight is the first book in my Elite SWAT series - and if you love fast paced, steamy and super romantic men-in-uniform romance, this is the series for you. If you've seen the 1990s movie SPEED, the Elite SWAT series is like that - intense situations that span only a few days (or

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a single day) and equally intense romance (but way more ...

For the Fight (Elite SWAT Book 1) - Kindle edition by ...

SWAT: Elite Force is a massive overhaul of SWAT 4: The Stetchkov Syndicate, making it into a more realistic tactical police simulator.

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### Workout The

SWAT: Elite Force mod  
- Mod DB

Hondo's elite unit

includes David

"Deacon" Kay, an

experienced S.W.A.T.

officer and dedicated

family man who always

puts the team first;

Christina "Chris"

Alonso, a skilled officer

and the team's canine

trainer; Dominique



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Luca, an expert driver who gets them in and out of high risk situations; Victor Tan, who started in the LAPD Hollywood ...

## Weapons And

## Tactics Te

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