



The S.w.a.t. Workout: The Elite Law Enforcement Exercise Program Inspired by the Officers of Special Weapons and Tactics Teams, Stewart Smith, Hatherleigh Press, 2006, 157826216X, 9781578262168, 204 pages. S.W.A.T. teams are the first line of defense in the war on crime and terror. They handle the most dangerous criminals, the most high-risk situations and have to be the most physically fit. How can you achieve the levels of fitness obtained by all S.W.A.T. team members? Easy. With THE S.W.A.T. WORKOUT by Stew Smith. THE S.W.A.T. WORKOUT can help you get in shape ndash; whether you're preparing to become a member of a S.W.A.T. team, or if you just want to drop pounds. Strength is the first requirement. Imagine carrying a wounded hostage out of an intense situation. Agility is also important ndash; we've all seen movies with S.W.A.T. teams burrowing through tunnels and air conditioning ducts to get to the center of the action. Endurance is absolutely essential ndash; do you think you could engage in a high speed foot race while carrying an assault rifle? THE S.W.A.T. WORKOUT focuses on these and all other important elements of fitness, guaranteeing the most intense and worthwhile workout! THE S.W.A.T. WORKOUT includes specially designed programs that meet the requirements of most notorious teams. Using calisthenics, weights and speed drills, THE S.W.A.T. WORKOUT will prepare you for anything ndash; be it a terrorist attack or your morning workout. In addition to countless easy-to-understand workouts, THE S.W.A.T. WORKOUT includes information about requirements and applying for S.W.A.T. teams across the country, so you can become of the toughest of the tough in the war on crime and terror. Pick up a copy of THE S.W.A.T. WORKOUT and you'll find: Detailed exercise descriptions and clear, easy-to-follow photos Step by step diagrams of commonly tested drills FBI S.W.A.T. Team and State Police physical fitness requirements 6 Week Police Academy workout 6 Week S.W.A.T. Team Candidate workout 14 Week Active Duty S.W.A.T. Team Workout THE S.W.A.T. WORKOUT provides and 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..

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India After Gandhi The History of the World's Largest Democracy, Ramachandra Guha, 2008, India, 300 pages. Told in lucid and beautiful prose, the story of Indias wild ride since independence is a riveting one. Guha explores the dramatic protests and conflicts that have shaped modern

The Swat Cyclopedia A Handy Desk Reference of Terms, Techniques, and Strategies Associated With the Police Special Weapons and Tactics Function, Richard A. Haynes, 1999, , 153 pages. As Special Weapons and Tactics (SWAT) teams have become more established within the police community and a certain language has also evolved, this reference contains

Powersculpt For Men The Complete Body Sculpting & Weight Training Workout Using the Exercise Ball, Paul Frediani, Dec 14, 2004, , 152 pages. Join the PowerSculpt revolution! Build muscle, strength and stamina. The revolutionary fitness ball program: designed now just for men. It's a fact. The fitness ball is one of

Swat Sniper Deployment and Control, Tony L. Jones, Nov 1, 1995, , 80 pages. Sniper teams are

critical components of every S.W.A.T. unit, but they are often misused by their departments. Tony Jones, a professional SWAT sniper, demonstrates the true

The Wisdom of Yoga A Seeker's Guide to Extraordinary Living, Stephen Cope, Ian Ayres, 2007, Health & Fitness, 260 pages. The author of Yoga and the Quest for the True Self offers spiritual seekers from all traditions a practical introduction to the wisdom and teachings of the Yogasutra, as he

Swat Team Manual , Robert P. Cappel, 1979, , 134 pages. Formerly restricted to official police use only, this guide - the first S.W.A.T. team manual ever published - covers the theories, tactics and training techniques as practiced

Warrior Mindset Mental Toughness Skills for a Nation's Defenders : Performance Psychology Applied to Combat, Michael J. Asken, LT Dave Grossman, Loren W. Christensen, Jan 1, 2010, , 256 pages. .

Swat Team Police Special Weapons and Tactics, Hans Halberstadt, 1994, Social Science, 128 pages. Action-packed photography of SWAT teams in training with their special weapons and equipment. An in-depth look at the Special Weapons and Tactics (SWAT) teams used by police

Swat Teams Explosive Face-offs with America's Deadliest Criminals, Robert L. Snow, 1996, Social Science, 307 pages. When Charles Whitman sprayed bullets in a brutal killing spree from the heights of the University of Texas clock tower in 1966, he single-handedly made history by dashing the

The U.S. Navy SEAL Guide to Fitness and Nutrition , Patricia A. Deuster, Anita Singh, Pierre A. Pelletier, 2007, Health & Fitness, 496 pages. Covers basics of physical well-being, advice for challenges encountered in extreme conditions and mission-related activities..

Chief: my life in the L.A.P.D., Page 4 my life in the L.A.P.D., Daryl F. Gates, Diane K. Shah, May 1, 1992, , 371 pages. The author recounts his forty-three-year career in the L.A.P.D. and discusses the Watts riots, the Hillside Strangler, Patty Hearst, and the Rodney King case.

Swat Leadership and Tactical Planning The Swat Operator's Guide to Combat Law Enforcement, Tony L. Jones, 1996, , 116 pages. Veteran SWAT cop Tony Jones lays out the essential elements of planning and carrying out tactical SWAT operations. Covers mission analysis, obstacle breaching, light-armored

Swat Fitness , Matt Brzycki, Stuart A. Meyers, May 1, 2003, Health & Fitness, 336 pages. SWAT Fitness is an educational resource designed to present critical information on how to develop and enhance the human body through exercise, proper nutrition, and weight

Gurps Swat, Brian Underhill, Steve Jackson Games, Incorporated, Dec 1, 2003, , 64 pages. .

The Complete Guide to Navy Seal Fitness, Third Edition (Includes DVD) Updated for Today's Warrior Elite, Stewart Smith, USN (SEAL), Jan 15, 2008, , 208 pages. The complete package for the serious exercise enthusiast interested in obtaining the fitness level required by Navy SEALs Whether you want to be a Navy SEAL or just be as fit

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