



FBI Fitness Test Workout: Ace the FBI Special Agent PFT

Stew Smith

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"The FBI Fitness Test Workout" Ace the FBI PFT

The FBI Fitness Test Workout is a program to help you master the fitness components of the FBI Special Agent test to help gain entrance into the program (FBI Academy). The Workout is perfect for current agents to maintain fitness levels for the NEW annual fitness assessment FBI agents must perform. Also, more than half of the Police Academy fitness tests around the country use the FBI Fitness Test model or one very similar.

Stew Smith has developed training programs, tips, and techniques over the past 25 years of personally training for, testing, and coaching others to ace fitness tests. Become a better FBI or Police Academy candidate or prepare for the NEW Annual FBI Special Agent Fitness Test with this plan.

If you have to take the very common Law Enforcement Fitness Test created by the Cooper's Institute: pushups, sit-ups, 300m run, and 1.5 mile timed run, this is the eBook for you.

This NEW breakthrough FBI and Police PT Test Workout will teach you how to build a physically stronger, fitter, and leaner body that can ace the fitness test any day of the week.

Avoid the training mistakes that developing your own workout program can yield. While, at the same time, we'll even show you how to double your PT scores in some cases and drop your mile pace by training smarter not harder!

In fact, here's just a sample of what you get in the FBI Fitness Test Kindle Edition eBook:

- Free 30 minute video of FBI PFT Clinic
- Video links in pictures, descriptions of exercises
- Pullup-Push and Pushup Push Workouts links to supplement if needed.
- Link to Nutrition Plan
- Link to Core / Lower Back Plan
- Link to Supplemental Running Plan
- Email the author if you have any questions...and more.

Don't miss this ground-breaking book that will help you STOP worrying about failure and finally turn PT weaknesses into strengths. Ace the FBI PFT!



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From reader reviews:

Nathan Ramsey:

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Daniel Trimble:

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