

TACTICAL FITNESS

MONDAY MARCH 24TH



LIVE EVENT

UNLOCK FUNCTIONAL
FITNESS

2:00PM EST

- **MAKING FITNESS A PRIORITY AS A FIRST RESPONDER**
- **FEELING DOWN? WALKING LIFTS YOUR MOOD, MAKES YOU HEALTHIER**
- **TACTICAL BREATHING FOR FIRST RESPONDERS**
- **TACTICAL FITNESS AND FLEXIBILITY CHALLENGE**
- **EVIDENCE-PROVEN STRATEGIES TO OUTSMART EXHAUSTION AND BECOME A FITTER, MORE RESILIENT FIRST RESPONDER**
- **PREPARE LIKE A TACTICAL ATHLETE**
- **3 ESSENTIAL STRETCHES FOR FIRE AND EMS**



MOBILITY

FUNCTIONAL STRENGTH

IMPROVE YOUR CARDIOVASCULAR CONDITIONING

IMPROVE YOUR HEALTH AND YOUR ATTITUDE

