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# Tactical Barbell: Definitive Strength Training For The Operational Athlete



## Synopsis

Tactical athletes are a unique breed. You need to physically operate at an extraordinarily high level in stressful situations. Often in dangerous environments. As a SWAT operator, combat-arms soldier, or first responder, you have to be a Jack of All Trades. Letâ€™s take that a step further. You have to achieve some degree of mastery. You have to be strong, have incredible levels of endurance, and be capable of sustained bursts of intense activity. All while tired, hungry, cold, or worse. You canâ€™t train like a bodybuilder. You can't be sore for a week after 'leg' day. And unfortunately, you canâ€™t afford to specialise like a powerlifter. You have other abilities you need to develop, things like cardiovascular training, work capacity, and occupational skills. Anyone thatâ€™s operational knows itâ€™s a constant juggling act trying to become (and stay) superhuman. Maximal-strength is a foundational physical attribute for the tactical athlete. In English, this means itâ€™s very important and contributes to the development of other attributes. If youâ€™ve spent time in a combat arms military unit, you wonâ€™t ever deny the benefits maximal-strength provides in terms of resiliency, load bearing capability, and injury prevention. The most efficient way to increase maximal-strength is through the use of barbells, due to the ease of incremental loading and the amount of weight that can be safely handled. The best barbell programs that currently exist arenâ€™t designed with the tactical athlete in mind. Most of the good ones were developed by people that are powerlifters, pure strength athletes & coaches. These programs are excellent, but rarely compatible with an operational lifestyle. Most existing â€ˆtacticalâ€™ fitness programs give progressive barbell work lip service only. Youâ€™ll get an occasional front squat or push-press or some other â€ˆtacticalâ€™ lift mixed in with box jumps and burpees. But no sustained and calculated progression model. The tactical community still tends to equate anything barbell related with bodybuilding. TB fills that gap. It is a barbell strength program designed specifically for tactical athletes using correct principles and best practices to increase maximal-strength and strength-endurance while taking into account the need to simultaneously train other fitness attributes. You will receive strength programming designed to fit in with your training and lifestyle. Periodization based, with a simple progression model that allows for a great degree of customization. You wonâ€™t find cables, balance boards or medicine balls in this program. What you will get is a reliable, repeatable cutting edge system to increase your strength dramatically. In a manner that leaves you time and energy to train all those other things you need to be good at. No fluff. No frills. If youâ€™re in the tactical arena, you know talk is cheap. There is a built in strength testing component in this program. You will know whether or not your strength has increased, and by how much. Simple.

## Book Information

File Size: 7097 KB

Print Length: 138 pages

Publisher: Zulu23 Group; 3 edition (May 26, 2016)

Publication Date: May 26, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01G195QU2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #56,097 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52 inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Training #119 inÂ Books > Sports & Outdoors > Coaching > Training & Conditioning #194 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

I did a long stint in the military, in a front line mud monkey unit. No fobbit or air force clerk here. ;)There are thousands of books that use the 'military' or 'bootcamp' angle to sell strength training. In most cases they're promoting push ups, sit ups and calisthenics, with a little lip service dumbbell training thrown in for good measure. Oftentimes with a stern looking drill sergeant or 'Gunny' screaming in the background. This is what the general public associates with military fitness through movies and the media, so it comes off as authentic.Calisthenics and cardio ARE used by the military as physical training for new recruits, because it's cheap, can be done on a mass scale, and brings everyone up to a general level of fitness. But no one's becoming extremely athletic or strong doing this alone. This type of training is also done when recruits are posted to their respective companies, battalions, units, what have you. It's good for keeping soldiers at a general level of fitness so they can perform the bare minimum. Private Fatboy loses some weight and can keep up on platoon runs, along with Johnny High School Football Hero. After being transferred to their regular post, most soldiers spend a lot of time on their own fitness. Army PT is far more cardio based and is sadly lacking in functional strength training...regular army units are still a little old fashioned that way and it's just more practical. If you doubt me just take a look at the annual physical testing in the army.

This book has given me big results. I've been into functional fitness for years, crossfit, starting strength, and kettlebells. I've pretty much settled on crossfit as my baseline workout, with one big problem. Before crossfit I had really high strength levels, because of my focus on barbell programs like starting strength and 5-3-1. Crossfit's great at keeping my conditioning and muscular endurance at high levels, but I lost a lot of strength compared to what I had. I'm talking strength, not mass or muscle size. I've never cared about muscle size or bodybuilding, just real world functional strength. I could never figure out how to combine a good barbell program with crossfit, and the loss of strength had taken a big bite out of my performance. Tactical Barbell saved the day. It's based around five periodized templates, and several exercise clusters. The clusters consist of functional strength exercises like deadlifts, weighted pull ups, squats, and muscle ups. One of the templates is a two day a week program (the rest are all three) which is perfect for me. It's called the "fighter" template and is recommended for people like mixed martial artists, boxers, and Brazilian Jiu-jitsu fighters. These people need strength and power, but usually spend most of their training week practicing fight skills. Like me, they have a hard time incorporating a hardcore three day a week strength program. Yet they still need high levels of power and strength, which poses a dilemma. The two day fighter template is the answer. I've cut my crossfit down to three days a week, and I do the Tactical Barbell fighter template twice a week. It's perfect, my strength and power levels have shot up again.

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