

2nd
Edition



FITRESPONDER

Where Science Meets the Street

10 Week Corrective Exercise Program

Complete Basic to Advanced

52 Week Fitness Program

Tactical Fitness 'Priority Anaerobic
Conditioning'

Real World Nutrition



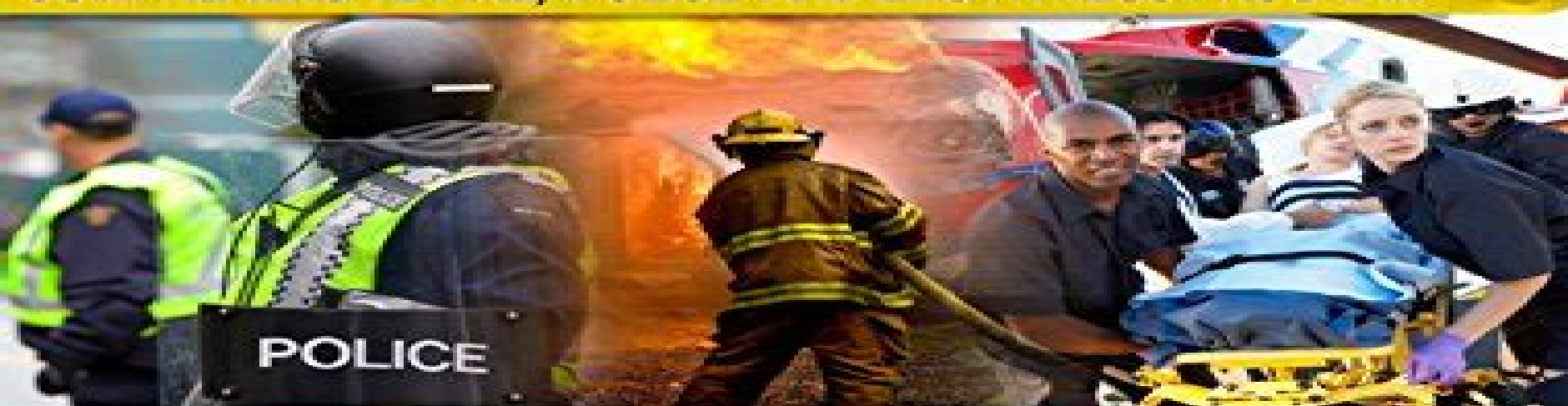
On-Duty Injury Prevention
Techniques

How to eat on the street

Stress & Wellness Tracker

Soft Tissue Conditioning

COMPREHENSIVE FIRE, POLICE AND EMS FITNESS PROGRAM



Bryan Fass, ATC, LAT, CSCS, EMT-P (ret)

Fit Responder A Comprehensive Fire Police Ems Fitness Program

Raffaela Di Napoli



Fit Responder A Comprehensive Fire Police Ems Fitness Program:

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