



Fit for Duty, 3E

Robert Hoffman, Thomas Collingwood

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Enhanced e-book offers an integrated approach to officer physical fitness and readiness Improve officer fitness with over 40 protocols and exercise techniques demonstrated in integrated online video.

With an integrated text and video combination, Fit for Duty, Third Edition (Enhanced Version), provides 40 online videos of exercise techniques and testing protocols alongside practical information on creating and implementing physical fitness and wellness programs to help law enforcement officers fulfill their demanding job requirements. The integrated videos explain and demonstrate the proper techniques for these tests and exercises showing officers of all fitness levels how to properly perform the recommended activities and gain the most benefit from the workouts.

Now fully updated with current statistics, anecdotes, and research from agencies across North America, Fit for Duty, Third Edition, contains the following:

- Expanded content on physical readiness that provides guidelines and helps readers understand how their fitness affects their ability to perform
- A new chapter on nontraditional training that provides instruction on incorporating stability and medicine ball exercises, circuit training, plyometrics, Pilates, and yoga into exercise routines
- Reproducible checklists and forms that make instruction easy and allow officers to incorporate fitness into daily routines
- Teaching materials for instructors, including an instructor guide and image bank that contains all the forms, figures, tables, and technique photos from the book

The text is divided into four progressive sections. It starts with big-picture information on fitness assessment, beginning with the general fitness levels of the entire nation and then focusing on how fit law enforcement officers compare to the general population. Part II explains the importance of physical fitness and how to train in each of those specific areas to increase cardiorespiratory endurance, muscular strength and endurance, explosive strength, flexibility, agility, speed, and anaerobic power. Part III focuses on lifestyle components of fitness, including diet and nutrition, weight management, stress management, smoking cessation, and the prevention of substance abuse. Part IV ties together all information from the previous sections into achievable plans and goals. It also explains how to avoid common hurdles and pitfalls of adopting lifestyle changes so that officers will have positive results.

With this enhanced e-book and integrated video, law enforcement instructors and administrators can establish complete and customized fitness programs that prepare current and future officers in every branch of service. Individual officers will receive the tools they need to improve their fitness levels, which will help them in many situations they might encounter.

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