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The Firefighter's Workout Book: The 30-Minute-a-Day, Train-for-Life Program for Men and Women

Michael Stefano

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The demands of being a firefighter can be quite high. Firefighters are called upon to perform at peak capacity under the most arduous conditions. Being physically fit can mean the difference between life and death for them or the victims they race to save. New York City fire captain and personal trainer Michael Stefano has come to the rescue with *The Firefighter's Workout Book*, the thirty-minute-a-day, train-for-life program that's worked for New York City firefighters and will work for you.

The Firefighter's Workout Book covers all aspects of health and fitness, including strength, cardiovascular, and flexibility training. Captain Michael Stefano shows how spending long hours at the gym is unnecessary or even counterproductive. Step-by-step instruction, interspersed with motivational stories based on Stefano's experience as a firefighter, will leave you burning for more.

The workout routines can be tailored to fit individual needs. The illustrated exercise guide features photos of New York City firefighters. You will learn how to stay motivated, set reasonable, attainable goals, and chart your own progress to ensure results. A simple, easy-to-follow nutrition plan is also offered.

The firefighter's workout is a real-life approach to a very common problem: staying in good physical condition with a minimal amount of time and available equipment. With the tools and knowledge provided by *The Firefighter's Workout Book*, you'll be able to rise above these obstacles to get in the best condition of your life.

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