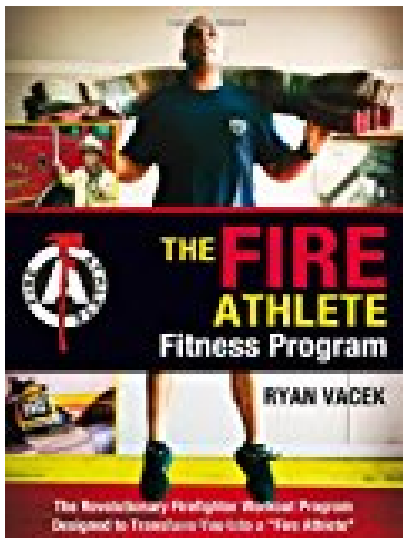


# The Fire Athlete Fitness Program - The Revolutionary Firefighter Workout Program Designed to Transform You into a Fire Athlete

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## BOOK DETAILS

- Author : Ryan Vacek
- Pages : 182 Pages
- Publisher : Langdon Street Press (a division of Hillcrest Publishing Group, Inc.)
- Language : English
- ISBN : 1936782219

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## BOOK SYNOPSIS

Veteran firefighter and peer fitness trainer Ryan Vacek shares his unique perspective on physical training with workouts specifically designed for fellow fire athletes in "The Fire Athlete Fitness Program."

### **THE FIRE ATHLETE FITNESS PROGRAM - THE REVOLUTIONARY FIREFIGHTER WORKOUT PROGRAM DESIGNED TO TRANSFORM YOU INTO A FIRE ATHLETE**

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