



Force One Readiness
“Where the World’s Elite Come to Prepare”
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Force One Readiness for Tactical/Patrol Officers (8 hour)



Overview:

This challenging fitness program is designed to provide all Tactical and Patrol Officers with tools to withstand the rigors of combat. Force One Readiness will be achieved through the integration of bodyweight exercises, kettlebell lifts, ropes drills and fighting circuits. At the end of the day you will have gained the physical attributes to not only survive a violent situation, but to thrive in it.

Knowledge and Skills:

- Components of a Physical Fitness program
- Aerobic vs. Anaerobic Capacity
- Force One Readiness Program Design
- Benefits of Force One Readiness Conditioning
- Introduction to “Core” Conditioning
- Introduction to “Kettlebell” exercises
- Introduction to fighting “Bodyweight” exercises
- Introduction to the “Battling Ropes” exercises
- Introduction to “Fighting/Intervals Circuits”
- Learn how to monitor training workouts for maximum results



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Personal Equipment Required:

Pen and Pocket Notebook
Workout Clothing
Water and plenty of "Energy"
"Open Mind"

Contact Information:

Force One Readiness

Director of Training – Steven W. Mosley

www.forceonereadiness.com

Phone 678-410-9871

steve@forceonereadiness.com



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- Course:** *Force One Readiness for Tactical/Patrol Officers*
- Host:** Law Enforcement Sponsored
- Cost:** \$100.00 per student - (Cost includes eight hours of personal instruction from a qualified Force One Readiness Instructor, personal coaching for all of the techniques listed in the student manual, and each student will receive a Force One Readiness, certificate of training)
- Location:** Site provided by host
- Date:** To be determined
- Class length:** One-day (9 hours) dependent upon student comprehension (includes a one hour lunch break).
- Class size:** Minimum of 10 - maximum of 24 students per class.
- Host requirements:** Open teaching area for physical skills large enough to accommodate all registered students.
- Student requirements:**
- Writing materials: pen and highlighter recommended
 - Workout clothing and plenty of water/energy.
 - Safety: Please remove all rings, bracelets, watches, earrings, etc., during technique demonstration and performance.
- Payment:** Visa / MasterCard/ Discover / Pay Pal / Cash or Local Check accepted
- Vendor:** Force One Readiness will provide a certified Instructor, student manuals, training equipment, etc.
- POC:** Steven W. Mosley – Force One Readiness. Director of Training
Cell: 678-410-9871 Email: steve@forceonereadiness.com