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FITNESS TRAINING FOR POLICE: EVERYTHING YOU NEED TO PREPARE YOUR FITNESS FOR A CAREER IN THE POLICE SERVICE



FITNESS TRAINING
FOR POLICE



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The police service is an excellent, but demanding, career. Whether you are hoping to join your local service and want to get fit in order to pass the entrance tests, or whether you are an experienced officer wanting to get back in shape, this book has been written to help you devise a suitable training programme. The publication...

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- Authored by Kevin Sinclair
- Released at 2015



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