

Stew Smith's Downloadable Workout Series

Static Stretching Plan – Supplement

Cooldown Stretches

Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.



Less than a dollar a day!

Gain access to [Stew Smith Fitness Member's only section](#) of newly developed written and video content, products, and services:

BUT check out the products / services with the Stew Smith Fitness Club:



Check out the New Stew Smith Fitness Club (Member's Only Content and Services)

- CONSTANTLY UPDATED CONTENT

- Beginner / Intermediate AND Advanced Spec Ops Level Workouts weekly
- Beginner / Intermediate Workout Archive
- Advanced Spec Ops Level Workout Archive
- EBOOK Access - Building Archive
- Special Podcast /Presentation Access - Members only
- Free Phone APP - Exercises, Video Library of Exercises
- Closed Facebook Page - Stew Smith's Tactical Fitness Training
- Facebook LIVE Q and A Sessions (2x a week - AM and PM)
- FREE Spec Ops Triathlon (Quarterly in Maryland - \$99 value each event)
- Swim Exercise Video Critiques
- Member Only Community Forum on StewSmithFitness.com

ALL FOR \$29.97 / month or \$299/year

The Stew Smith Fitness Club gives you access to the following:

- weekly beginner / intermediate or advanced level special ops level workouts
- Archives to Beginner / Intermediate and Spec Ops level training - Annual Periodization Cycles
- Favorite workout of the week (blog)
- Question and Answer Sessions (Facebook Live)
- Podcasts / Webinars
- Free APP
- Closed Facebook Page
- Fitness / Military Rumors and even (not so) stupid questions will be answered IN CLOSED SSF Community Forum. .
- OPTION TO PAY MONTHLY or SAVE MONEY WITH ONE TIME PURCHASE.

Join us as we create a perfect Year Training Plan for you and your fitness / professional goals that include:

- *Beginner / Intermediate - build a foundation of fitness, endurance, strength, flexibility, and mobility with a focus on weight loss or weight gain if needed for your health, wellness and performance goals.*
- *Spec Ops Level: Functional movement weight training, high rep calisthenics, sprinting / agilities, long distance running / rucking, swimming, swimming with fins, TRX, Kettlebells and other cardio and resistance training options.*
- *These workouts are spread throughout the year in a logically progressive routine to create increases in strength, speed, stamina, endurance, as well as prevent injury for the tactical athlete.*
- *Tactical Athlete – Be an Asset when Needed whether your profession is military, police, fire fighter, emergency medical or someone who wants to better take care of his/her family. Tactical Fitness is for ALL of us.*

Programs Follow Periodization Training Guidelines:

The Science of Periodization: The program follows a 52-week periodization cycle complete with scheduled peaks and tapers of running and/or rucking, swimming or other non-impact cardio, calisthenics, weights, and the TRX. The workouts are new to the public and tested out personally by our group prior to publishing. We focus on creating logical progressions spread out over a period of a year.

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About the Author



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy and graduated from Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). After serving eight years in the Navy, he now specializes in helping young men and women prepare for professions that require a fitness test and rigorous training: Military, Police, Fire Fighters, and Special Ops professionals.

Stew Smith writes about fitness and acing physical fitness tests and is the founder of [Heroes of Tomorrow Fitness](#) – a NON-PROFIT online fitness resource for people seeking military or law enforcement

professions.

Stew Smith works with the Tactical Strength and Conditioning program of the National Strength and Conditioning Association and is Certified Strength and Conditioning Specialist (CSCS). There are also over 800 articles on [Military.com Fitness Forum](#) focusing on a variety of fitness, nutritional, and tactical issues military members face throughout their career.

Let these workouts assist you in becoming a better conditioned tactical athlete. The following list is the published books/eBooks I have written focusing on specific training programs. All books and manuals are fitness related and have a multi-week training program to help you prepare for any test, training program, or just lose weight and get fit for duty. Basically - anything that requires a fitness test to enter, [StewSmithFitness.com](#) has the answer.

Good Luck and Never Quit!

Stew Smith

Other Books / eBooks Written by Stew Smith

[The Complete Guide to Navy SEAL Fitness](#)

[Navy SEAL Weight Training Workout](#)

[Tactical Fitness , Tactical Strength, Tactical Mobility](#)

[The Warrior Workout Series \(I,II,III\)](#)

[Maximum Fitness – The Complete Guide to Navy SEAL Cross-training](#)

[The SWAT Workout](#)

[The Special Operations Workout](#)

General Fitness and Nutritional Guides for Everyone

[The Beginner / Intermediate Guide to Fitness](#)

[Reclaim Your Life - Erin O'Neill Story \(beginner / intermediate\)](#)

[Veterans Fitness - Baby Boomer and a Flat Stomach!](#)

[Circuit Training 101 – Beginner / Intermediate Guide to the Gym](#)

[The Busy Executive Workout Routine](#)

[The Obstacle Course Workout – Prep for Races or Mil, LE, FF](#)

[TRX / Military Style Workouts – Adding TRX to Military Prep Workouts](#)

The Military / Special Ops Physical Fitness Workouts

[The Combat Conditioning Workout](#)

[Air Force PJ / CCT Workout](#)

[The UBRR – Upper Body Round Robin Workout / Spec Ops version](#)

[Navy SEAL Workout Phase 1](#)

[Navy SEAL Workout Phase 2 - 3](#)

[Navy SEAL Workout Phase 4 Grinder PT](#)

[Navy SWCC Workout](#)

[Army Special Forces / Ranger Workout](#)

[Army Air Assault School Workout](#)

[Army Airborne Workout](#)

[USMC RECON Workout](#)

[USMC OCS / TBS Workout](#)

[USMC IST and PFT](#)

[The Coast Guard Rescue Swimmer / Navy SAR Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Air Force, Marine Corp Boot Camp Workout](#)

[The Army OCS and PFT Workout](#)

The Law Enforcement Physical Fitness Workouts

[The FBI Academy Workout and FBI Workout Vol 2](#)

[The DEA Workout](#)

[The FLETC Workout - Ace the PEB](#)

[The PFT Bible: Pushups, Sit-ups, 1.5 Mile Run](#)

[The Fire Fighter Workout](#)

Contact Stew Smith (Email, mail)

As part of the downloadable, you do have access to email me at anytime and I will answer your questions as soon as possible. Below are the different ways to contact me for any of the products and services at www.stewsmith.com.

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FREE Videos in this Book

In this product, there are free downloadable video offers that demonstrate exercises and show techniques in motion. If you purchased the book version, just email me and we will get the videos links to you to view.

Other Videos link in this book can be found on Stew Smith's YouTube Channel at www.youtube.com/stew50smith

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The Static Stretching Program

It is great to do dynamic warmup to prepare for exercise, but after a long day of training, a nice static stretch is also beneficial. Never stretch COLD though. Always warmup prior to stretching for best results. Increasing one's flexibility should be the first goal before starting fitness / athletic activity. Increased flexibility will help you with increased blood flow to the muscles, prevention of injuries, increased speed, and range of motion. A 5-10 minute stretching program after your workout will help to break up the soreness as well.

Follow the stretching chart after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Static Stretch Cycle (Cool Down)
Neck stretch (yes/no)
Arm/Shoulder Stretch
Forearm Stretch
Tricep/Lat Stretch (half moon)
Chest / Bicep Stretch
Stomach Stretch
Lower back Stretch
ITB / Hip
Hip flexor stretch
Hamstring Stretch
Thigh Stretch
Calf Stretch

Stretching and Warming Up and Cooling Down

Stretching is only part of warming up and cooling down. A brief cardiovascular activity like biking, running or swimming. Usually 5-10 minutes of this activity is a good warm-up or cool down.

Static stretching: Hold these stretches for 15-20 seconds. Do not bounce when performing these stretches, but inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Jumping jacks – This is a grinder PT favorite warmup exercise. You will normally do 50-100 (4 Count) jumping jacks before anything. This sets the tone for the rest of the workout. Count loud and stay together as a class and you will enjoy your workout much more and perhaps remain dry.

Neck Stretch

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



Chest Stretch – Grab a vertical and stationary object with your hand. Pull your body away from your arm in order to feel the stretch of your chest and shoulder connection. Also stretches your bicep.



Forearm Stretch – With your opposite hand pull backwards on your hand while keeping your arm straight and palm pointing in an upward direction. You will feel this stretch in the forearm and bicep / elbow connection.



Arm / Shoulder Stretch - Drop your shoulder and pull your arm across your chest. With the opposite arm, gently pull your arm across your chest and hold for 15 seconds. Repeat with the other arm.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Hamstring Stretch #1 - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.



Hip flexor Stretch – Sit on your shins and knees. Do NOT relax and sit your butt on your heels (bad for the knees). Lean back and lift your butt up – feel the stretch in your hip flexors and upper thigh. This is an important hip stretch for swimming with fins and flutterkicks.



Lower back Hamstring stretch – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



ITB Hip Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



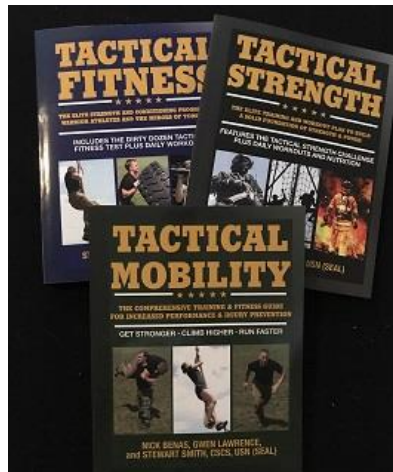
Calf Stretch / Soleus Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

The Complete Tactical Fitness Series

As a military, police, and fire fighter fitness writer for over 20 years now, the term **Tactical Fitness** did not exist when I started. Now, in the last decade resources have been spent by all groups of tactical fitness and a new fitness genre has been born. The following is my current library of Tactical Fitness Programming to include books, ebooks, and online coaching products and services:



Tactical Fitness - At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity, including: cardiovascular conditioning, strength, muscle coordination, and stamina. Tactical fitness means having the skills needed to save lives and extend the limits of your endurance whether you are in the military, police, firefighting professions, or just an everyday hero. Also featured in the Tactical Fitness Test called the Dirty Dozen.

Tactical Strength - Tactical Strength is the lifting program used by Stew Smith and his Military, Police, Fire Fighter fitness program called the Heroes of Tomorrow. It is designed to build strength in the upper body, legs, and core to prepare you better for any load bearing activity (rucking, boat carry, log PT, etc). We also use the Tactical Strength Test to test elements of speed, agility, and strength / power.

Tactical Mobility is a comprehensive fitness guide for greater mobility, flexibility, and performance—designed for the men and women serving in military, special ops, law enforcement, emergency services. Tactical Mobility is a perfect fit for any fitness program as a stand alone "Mobility day" supplemented into your regular routine and will help you reach the pain free level of fitness. Gaining flexibility and mobility is the goal of the program and it will help with performance and help reduce injuries.

Tactical Fitness 40+ Series

In a world where fitness can be the difference of life and death, we will be older for a longer period of time than we were younger. Learning how to progress into those decades smartly with added longevity training - typically in the form of active recovery days and mobility days is going to increase your abilities and decrease your pain. The following series is a new programming focused on an often neglected age group of active duty and retired veterans of the tactical professions who need to rebuild and take their fitness to the next level in order to enjoy the latter half of their lives:



[Tactical Fitness \(40+\) Foundation Rebuilding](#) - Recovery from Injury or Inactivity (Part 1). This new beginner plan forces you to "treat yourself like a beginner." Even if you do not feel like it, giving yourself a few weeks to easily work your way back into the weight room or any fitness program will pay off and help you rebuild after a long period of inactivity.

[Book](#) | [Ebook](#) | [Amazon Kindle / Paperback](#)

[**Tactical Fitness \(40+\) - Taking It To The Next Level \(Part 2\)**](#) - Are you ready to advance your fitness level? Well, ***Taking It To The Next Level*** after ***Rebuilding the Foundation*** (Part 1) is what this 12 week program is all about. Are you Ready to Advance Your Fitness? Progressing into more of an intermediate program with this book will be a steady increase of activity to include running (every other day), adding weights to calisthenics, and other non-impact cardio options.

[Book](#) | [Ebook](#) | [Amazon Kindle / Paperback](#)

[**Tactical Fitness \(40+\) - Ready to Compete - \(Part 3\)**](#) (Intermediate / Advanced levels) – After you have progressed through the previous phases, you may be ready for something new. Maybe a new challenge or “up your game” to a level that pushes you physically, but also focuses on stress relief and recovery after tough workouts. This program is a great prep for any of the Tactical Fitness, Tactical Strength or Tactical Fitness for the Athlete Over 40 advanced level programs.

[Book](#) | [eBook](#)

[**Tactical Fitness For The Athlete Over 40**](#) - Actively Pursuing Recovery and Maintenance - This is part 4 of the above series that is rather advanced but still focused on adding in an easy day and / or mobility day to the week as a way to recover in the middle of the week. This will enable for a better workout number 4,5, or 6 as the week moves into the weekend. Running every OTHER day with non-impact cardio will reduce stress on the knees. Use of non-impact cardio and swimming pool for mobility is helpful as well.

[Book](#) | [Ebook](#) | [Amazon Kindle / Paperback](#)

Closing Remarks

Open Invitation - **FREE Workouts!**

We do local training for FREE in the Annapolis / Severna Park MD area year round. Our weekly schedule can be found at the [Heroes of Tomorrow page](#). Check in with us prior to attending and fill out the questionnaire on the page above.

If you find this book helpful, let others know. You can also purchase multiple copies at a reduced price from our printer service if you have a large group of people who would benefit from this information. For any info on bulk purchases contact us at the email listed below for price savings per multi-book purchase.

ONLINE COACHING

Also if you need personal training help, check out the StewSmithFitness.com website where you can train with me through the Online Coaching program.

GOOD LUCK

Thanks for choosing a profession of serving your country. It is an honorable profession that requires commitment to stay fit and healthy so you can best perform your duties, to stay alive, and keep others alive.

Good luck with the program and remember to consult your physician first before starting any program if you have not exercised in several months or years. If you need help with any fitness related questions please feel free to email me.

Contact us at stew@stewsmith.com if you need to ask questions about training, this specific workout, or you would like to attend our local workouts, make bulk purchases, or considering online coaching.