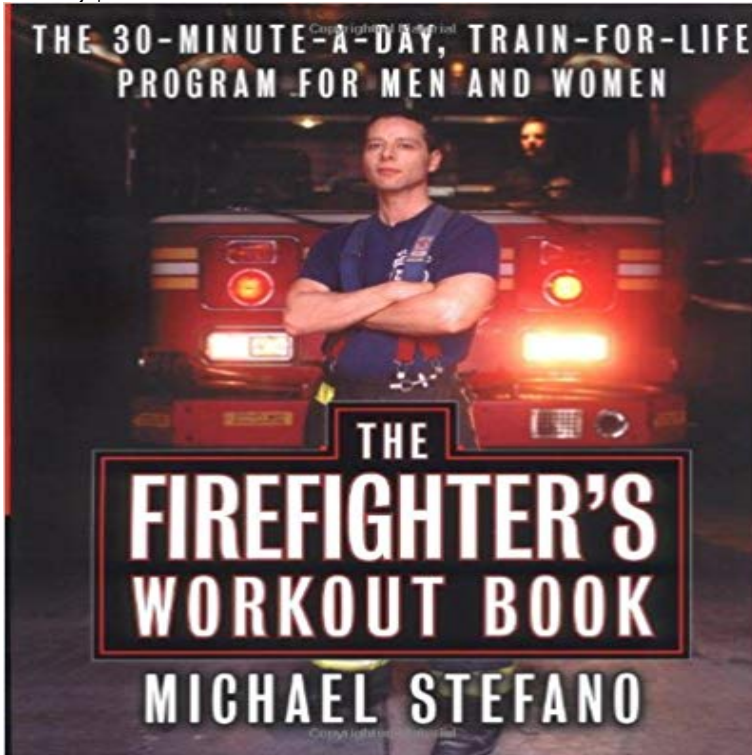


The Firefighters Workout Book: The 30-Minute-a-Day, Train-for-Life Program for Men and Women



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 Firefighters Workout Book*, the thirty-minute-a-day, train-for-life program that worked for New York City firefighters and will work for you. *The Firefighters 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 firefighters 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 Firefighters Workout Book*, you'll be able to rise above these obstacles to get in the best condition of your life.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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