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PROTECTORS  **RS**®

POWERED BY TITUS SPORTS

Goal. The overall goal of the PROTECTORS program is to better prepare public safety personnel to meet the physical demands of their job.

Benefits. The PROTECTORS program aims to:

- Reduce healthcare costs
- Improve health and fitness levels for public safety personnel
- Reduce absenteeism due to health related injury
- Create safer environment for personnel and others
- Develop group camaraderie among employees

What to expect. Titus will utilize a “Train-the-Trainer” model to develop select personnel as coaches. These coaches will attend regularly scheduled professional development courses taught by Titus to learn the PROTECTORS workouts. They will learn how to lead their fellow colleagues through group training sessions in their own facilities.

The PROTECTORS workouts are designed to improve your abilities to perform the job tasks associated with public safety occupations. Personnel of all ages and fitness levels can participate. The PROTECTORS workouts are evidence-based and will improve muscular endurance, aerobic and anaerobic power.

Titus philosophy. The Titus philosophy of training is based on the premise that the body has five physical qualities that must be trained simultaneously to achieve a continuous and balanced progression. Developing these five qualities will improve the abilities needed for the job duties, such as dodging, lifting, carrying, pulling, crawling, jumping and vaulting. The five qualities of physical performance are:

Flexibility/mobility - Speed - Strength - Agility - Endurance

Proof. The Titus Sports Academy, in conjunction with the Andrews Research Education Institute, will provide biometric and health risk assessments, called Personal Wellness Profiles, for all participants of the PROTECTORS program to measure their progress.



Experience. All programs, “Powered by TITUS”, are based on the expertise of elite sports performance training principles and techniques developed by the TITUS founders, who have over 40 years of combined experience at the collegiate, Olympic and professional levels of sports.



Staying connected. The PROTECTORS program is designed to develop coaches through continuing education courses. As participants progress through the program, the coaches need to continue to challenge colleagues through the training process. Titus will provide on-going mentoring and supervision of all coaches.