

# NTOA HERO WORKOUT

The NTOA is pleased to introduce “Hero Workouts” to honor operators who are killed in the line of duty while serving in a tactical capacity. Based on input from the family and friends of the fallen hero, the NTOA will develop challenging workouts that pay tribute to the courage, selfless service and heroism of the operator who was killed during the performance of their duties. Our hope is that these workouts provide an opportunity for officers from around the nation to join together to remember and honor the brave men and women who made the ultimate sacrifice while protecting our homeland.

These workouts are extremely challenging by design. The NTOA physical fitness section encourages you to use discretion in modifying or scaling the repetitions and weight as necessary while retaining the “spirit” of the workout. Also, in light of the fact that these workouts are meant to honor our brothers and sisters who are no longer with us, we encourage you to spend a few moments in silence before starting the workout in prayerful reflection of the fallen hero.

Our first “Hero Workout” will honor Drug Enforcement Administration Supervisory Special Agent Michael “Mike” Garbo.

## MICHAEL “MIKE” GARBO

Michael “Mike” G. Garbo, 51, died in the line of duty on Oct. 4, 2021 while serving the nation that he loved and colleagues that he considered dear friends at the Drug Enforcement Administration (DEA).

Mike lived a life devoted to serving and caring for others. Early in life, Mike graduated from Eastern Illinois University where he met his wife, Vida. Soon after their graduation together, he began his career in law enforcement — a career path inspired by his late father. Mike and Vida would go on to marry and not long after had their greatest pride in life — their daughter, Alexis. Mike dedicated his life’s work to combating drug traffickers spanning from Kabul, Afghanistan and across the United States with unmatched talent, knowledge, dignity and bravery. His hobbies included practicing Jiu Jitsu and martial arts, working out with his DEA partners, and spending time with his beloved wife and daughter.

Mike’s partners at the DEA will always remember him for his selfless leadership style, courage in the face of danger, and commitment to excellence in every area of his life.

Greg Amundson is the Physical Fitness section chair for the NTOA. A former DEA special agent, Greg is a Krav Maga black belt and graduate of the Los Angeles Police Department Handgun Instructor School (HITS). Greg is also an ordained minister and police chaplain with a master’s degree from Western Theological Seminary.

Please contact Greg at [fitness@ntoa.org](mailto:fitness@ntoa.org) to nominate a fallen operator for a Hero Workout.



Michael "Mike" G. Garbo

# GARBO

**AS MANY ROUNDS AS POSSIBLE  
(AMRAP) IN 21:00**

**400 METER RUN "BUY IN"**

**10 HAND RELEASE PUSH-UPS**

**4 STRICT PULL-UPS**

**20 KETTLEBELL SWINGS**

**(53LB./35LB.)**

**4 KETTLEBELL SNATCHES**

**(ATHLETE CHOICE ON ARM. 53LB./35LB.)**

**10 KETTLEBELL GOBLET SQUATS**

**(53LB./35LB.)**