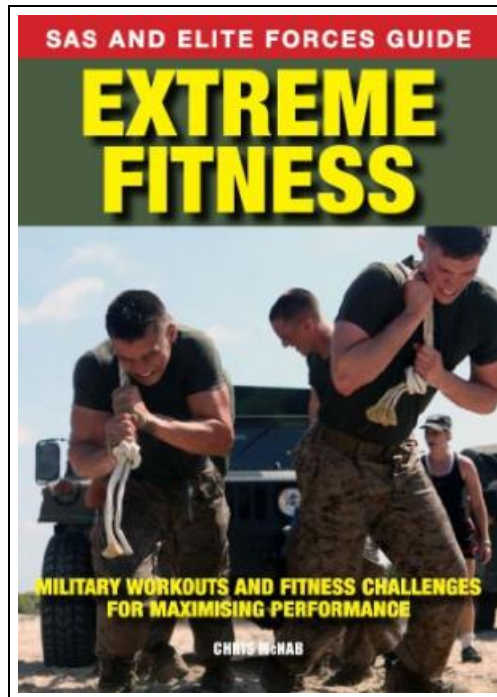


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SAS AND ELITE FORCES GUIDE: EXTREME FITNESS: MILITARY WORKOUTS AND FITNESS CHALLENGES FOR MAXIMISING PERFORMANCE



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Amber Books Ltd. Paperback. Book Condition: new. BRAND NEW, SAS and Elite Forces Guide: Extreme Fitness: Military Workouts and Fitness Challenges for Maximising Performance, Chris McNab, Special Forces soldiers are not only ultimate warriors, they also have fitness and endurance levels equivalent, even beyond, world-class athletes. Whether conducting 30km route marches with 50kg of pack, or surviving the 'iron man' standards of amphibious warfare training, the military elite have much to teach us about ultimate fitness. Elite Forces Extreme Fitness is a complete guide for those wanting to use military expertise to take their fitness to the maximum. It provides authoritative advice on how to develop ultra-high levels of stamina, endurance and strength, and then apply those levels to some of the world's greatest fitness challenges. The book begins with informative chapters on preparation and military training regimes, then explores running, aquatic events, weight training and cross-training in detail. In these chapters, the text delivers essential advice from professional military PT instructors, as well as exploring some of the world's greatest extreme fitness challenges and how to face them. Finally, the book uses the latest research to explain methods of improving physical performance through psychological techniques, plus looks at the critical issue of injuries - how to avoid them and how to recover from them. With more than 150 easy-to-follow artworks, training tips and workouts used by the U.S. Navy SEALs and British Royal Marines, amongst other formations, Extreme Fitness is the definitive guide for the person who wants to be their best.

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