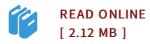




## Special Forces Fitness Training: Gym-Free Workouts to Build Muscle and Get in Elite Shape

By Augusta DeJuan Hathaway

Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Special Forces Fitness Training: Gym-Free Workouts to Build Muscle and Get in Elite Shape, Augusta DeJuan Hathaway, AN INTENSE TRAINING PROGRAM TO ATTAIN THE STRENGTH, STAMINA AND DEXTERITY OF A SPECIAL FORCES SOLDIER Do you have what it takes to be a special ops soldier? To be a member of the military's most elite units--Navy SEALs, Marine Force Recon, Army Rangers or Green Berets--you must be in phenomenal condition, able to endure high levels of physical and mental stress. In this book, author Augusta DeJuan Hathaway shows how to get in the best shape of your life using the program he developed as a strength and conditioning specialist for the U.S. military special forces. Be prepared to go all in or go home! Special Forces Fitness Training presents gymfree regimens that challenge you to train like a bad-ass. With the 30 hardcore workouts in this book you will: \* Develop massive strength \* Increase speed & agility \* Extend fatigue threshold \* Improve balance & flexibility \* Boost mental fortitude.



## Reviews

This composed book is excellent. it was actually writtern very perfectly and valuable. I found out this book from my i and dad advised this book to learn.

-- Maymie O'Kon

Here is the finest ebook i have got read until now. It really is simplistic but excitement within the 50 percent in the book. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Lupe Connelly