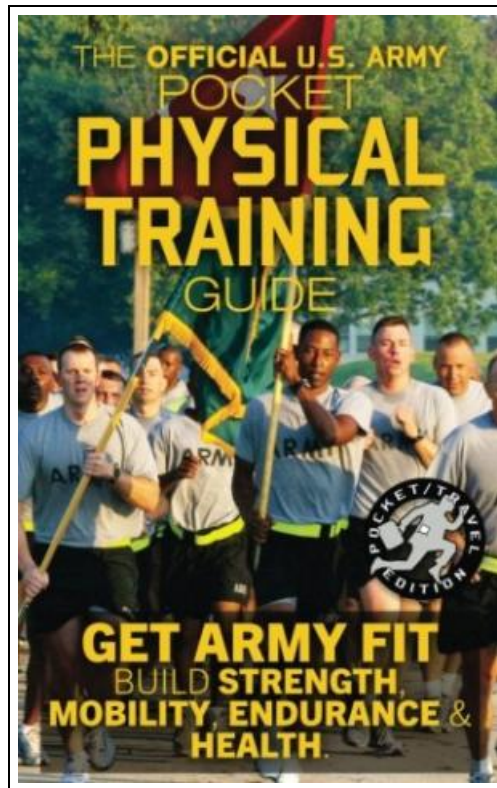


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Reviews




Unquestionably, this is the best operate by any author. It is among the most amazing pdf i actually have read. Its been designed in an remarkably basic way which is just right after i finished reading this pdf by which basically altered me, change the way i believe.
(Harold Spencer)

THE OFFICIAL US ARMY POCKET PHYSICAL TRAINING GUIDE: GET ARMY FIT: BUILD STRENGTH, MOBILITY, ENDURANCE AND HEALTH (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.MILITARY-GRADE FITNESS Created by the staff of the U.S. Army Physical Fitness School (USAPFS), this Pocket Physical Training Guide is designed for individuals preparing for the physical demands of Initial Military Training (IMT) but is a valuable resource for anyone wishing to improve their fitness to military standards. Containing a full training program (including tables to record your progress) as well as information on exercise, safety and nutrition, this unique, no-nonsense handbook has been proven time and again to get results, turning citizens with an average fitness level into excellent Soldier material. SUPERCHARGE PHYSICAL AND MENTAL HEALTH AND WELL-BEING! Current version - complete and unabridged. Pocket/travel edition - take it anywhere, have it when you need it. Life-changing workout program - suitable for any environment, without expensive equipment. Created trusted by the U.S. Army s experts. Contains: SAFETY CONSIDERATIONS INJURY CONTROL SHOES CLOTHING ENVIRONMENTAL CONDITIONS SIGNS AND SYMPTOMS OF HEAT INJURIES SIGNS AND SYMPTOMS OF COLD WEATHER INJURIES HYDRATION NUTRITION STANDARDIZED PHYSICAL TRAINING SESSION WARM-UP EXERCISE DRILLS STANDARDIZED PHYSICAL TRAINING ACTIVITIES STANDARDIZED COOL-DOWN RUNNING CALISTHENICS STABILITY TRAINING 4 FOR THE CORE (4C) HIP STABILITY DRILL (HSD) CONDITIONING DRILL 1 (CD1) MILITARY MOVEMENT DRILL (MMD) STRETCH DRILL (SD) CONDITIONING DRILL 2 (CD2) CONDITIONING DRILL 3 (CD3) TRAINING SCHEDULES Search for CARLILE MILITARY LIBRARY to find more TOP-FLIGHT, SQUARED-AWAY publications for your professional bookshelf! Published in the U.S.A. by CARLILE MEDIA. Information purposes only.

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