



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

Augusta DeJuan Hathaway

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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 gym-free 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**

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