



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

By 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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Editorial Review

About the Author

Augusta DeJuan Hathaway serves as a strength and conditioning coordinator for the United States Army at Ft. Benning, GA. His working experience also includes prestige strength and conditioning programs such as the University of Tennessee, University of Nebraska, and Hawaii Pacific University. When not conditioning soldiers for combat, DeJuan is a professional mixed martial artist who remains undefeated. For more information visit hathawayfitness.com. He lives in Midland, GA.

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Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite book and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled Special Forces Fitness Training: Gym-Free Workouts to Build Muscle and Get in Elite Shape. Try to the actual book Special Forces Fitness Training: Gym-Free Workouts to Build Muscle and Get in Elite Shape as your friend. It means that it can to become your friend when you truly feel alone and beside that course make you smarter than before. Yeah, it is very fortunated to suit your needs. The book makes you far more confidence because you can know every little thing by the book. So , let me make new experience in addition to knowledge with this book.

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George Hinnenkamp:

Playing with family within a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Special Forces Fitness Training:

Gym-Free Workouts to Build Muscle and Get in Elite Shape, you could enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't understand it, oh come on its referred to as reading friends.

Nicholas Schindler:

As a pupil exactly feel bored to help reading. If their teacher questioned them to go to the library or even make summary for some reserve, they are complained. Just minor students that has reading's internal or real their passion. They just do what the teacher want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that reading is not important, boring in addition to can't see colorful photos on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this period, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. So , this Special Forces Fitness Training: Gym-Free Workouts to Build Muscle and Get in Elite Shape can make you experience more interested to read.

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