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Survival Fitness: The 6 Best Bodyweight Training Physical Fitness Exercises for Escape and Survival

By MR Sam Fury

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. Shumona Mallick (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover a Bodyweight Training Fitness Plan Like No Other! Survival Fitness: The 6 Best Bodyweight Training Physical Fitness Exercises For Escape and Survival will show you how to self-train from little or no knowledge, in 6 physical activities that are most useful in terms of escape and survival and increasing fitness. 3+ books in 1 makes Survival Fitness the only physical training book you will ever need! Note: Survival Fitness contains all the information from. * Basic Parkour by Sam Fury * Basic Swimming by Sam Fury * Basic Rock Climbing by Sam Fury . . and adds a whole lot more! Survival Fitness Also Includes * Basic riding skills. * Professional techniques to improve your running speed. * Hiking techniques to ensure you can safely cover long distances on foot if needed. * A bodyweight strength routine, including the awesome Super Burpee! * A stretch routine combining yoga, traditional kung fu and modern stretches. * Warm-up and cool down routines. This Physical Fitness Plan Has Been Specifically Designed to Improve * ...



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Reviews

Most of these publication is the perfect ebook accessible. It is amongst the most awesome publication i have got read through. You wont truly feel monotony at whenever you want of the time (that's what catalogs are for regarding in the event you request me).

-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writer in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber