



Army Special Ops: The Army Ranger and Special Forces Workout

Stew Smith

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This is a long time Army Spec Ops (SF / Ranger) workout plan that many have used with success in their Army careers as well as those who do GoRuck Challenges. This book that will help you learn how to prepare for very challenging training. Complete with a 10-week workout to not only ace the next fitness test you have to take to get TO the training but also to get THROUGH the training.

You can use the tips, techniques, and tools I have developed over the past 25 years of personally training for, testing, and coaching others for various Special ops jobs. Learn how to train for your dream job!

In this breakthrough Army Spec Ops – Ranger / SF Workout Book, I will teach you how to build a physically stronger, fitter body that can ace not only the fitness test but the training program. Avoid the training mistakes that developing your own workout program can yield.

In fact, here's just a sample some extras you get with this EBOOK:

- Free 30 minute video of Combat Swimmer Stroke and PFT Clinic
- A Ten Week Training program for Run, Ruck, Weights, and Calisthenics / Swimming too.
- Video links in pictures, descriptions of exercises
- Pullup-Push and Pushup Push Workouts link for supplemental training
- Link to Core / Lower Back Plan
- Link to Supplemental Running Plan
- Email the author if you have any questions...and more.

This book is about focusing on the hardest parts of Army Special Ops training – for most it is endless running and rucking. So start training for the real world and get real world results with your Army preparation training. Grab your copy today!

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Deborah Anderson:

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