



Special Ops Fitness Training: High-Intensity Workouts of Navy Seals, Delta Force, Marine Force Recon and Army Rangers

Mark De Lisle

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TEST YOURSELF AGAINST THE WORLD'S MOST ELITE FIGHTING FORCES

In *Special Ops Fitness Training*, ex-Navy SEAL Mark De Lisle brings together the most rigorous conditioning techniques from America's top military programs in order to create the ultimate workout. Packed with mind-stressing, body-draining tasks that test the mettle of any athlete, this phenomenal conditioning manual presents the best of the best as it shows you how to reach the highest levels of fitness.

Every aspect of training is incorporated into the program, including warm-ups, stretching, upper body, lower body, cardio, running, swimming, goal-setting, and motivation. The author has trained thousands of people and witnessed time and again the amazing results achieved by these unique techniques. He teaches readers what it takes to rise to the occasion when nothing less than total commitment will do.

Drawn from the actual programs used by America's special operation forces:

- Navy SEALs
- Army Rangers
- Delta Force
- Marine Force Recon

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