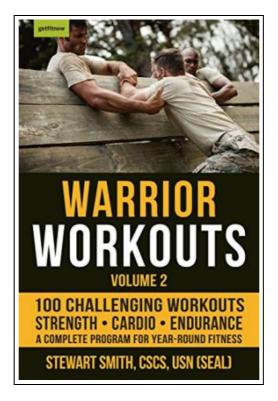
# Warrior Workouts Volume 2 (Paperback)



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Hatherleigh Press, U.S., United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Warrior Workouts gets you into the best shape of your life--the way the professionals do it. Warrior Workouts, Volume 2 features over 100 all-new workouts designed to simulate the year-long periodized training of Navy SEALs and special forces elite. Combining a wide range of exercise information with tailored progression plans from legendary fitness expert and former Navy SEALs Stewart Stew Smith, this program turns your everyday workouts into warrior workouts. Warrior Workouts, Volume 2 features challenging workouts, including: Build Your Own 300 Workout: The perfect method to fit any program! PT Supersets: Intense training for maximum results! Death by Push-Ups: Can you survive this grueling core workout? TRX 5 x 5 x 5 Workout: Weighted TRX workouts for extra challenge! Beat Your Weakness Workout: Surpass your cardio limits! Tactical Strength Fitness Test: The ultimate measure of your endurance! Drawn from the same essential training and workout plans used for military special forces, police, firefighters and other tactical professionals to keep them fit and in optimal physical condition, Warrior Workouts will challenge you to dig deep and find strength you never knew you had. - CLEAR, PROVEN RESULTS FROM LEGENDARY FITNESS EXPERT. Warrior Workouts take all of former Navy SEAL Stew Smith s teaching experience and puts it in your hands. - ONLINE SUPPORT THROUGH GETFITNOW PLATFORM. Comprehensive online support via social media, community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more. - REACH YOUR ABSOLUTE PHYSICAL PEAK. Designed to push the human body to the brink, Warrior Workouts challenges you to dig deep and find strength you never knew you had. - COMPLETE FITNESS PLAN FOR MAXIMUM RESULTS. Warrior Workouts contains a comprehensive workout schedule...

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