



## Warrior Workouts Volume 1: Over 100 of the Most Challenging Workouts Ever Created (Paperback)

#### By Stewart Smith

Hatherleigh Press, U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. From a Navy SEAL comes the absolute best in result-driven fitness regimens, drawn from the same essential training and workout plans used for police officers, military, and firefighters to keep them fit and in optimum physical condition. Get fit now with these awesome collections of workouts designed by a Navy SEAL for maximum fitness. Developed and tested by best-selling fitness author and expert Stewart Smith, these workouts will challenge you like no other exercise program available. Whether you are an everyday athlete or aspire to greatness, Warrior Workouts will leave no man--or woman--standing! Warrior Workouts features challenging workouts, including: Spartan Run/PT: A brutal run to push your limits! Spec Ops Leg Day: Leg day will never be the same! Devil s Mile: Take on the devil with this crazy workout! Blue Falcon Workout: Go head-to-head with a friend and see who wins! The Upper Body Round Robin: Your favorite workouts--remixed! Hellacious 100s: 10 workouts, 1000 reps, ZERO breaks! Sandbaby 500 with Kettlebell and TRX: Put your whole body to the test with this unforgettably tough workout! - CLEAR, PROVEN RESULTS FROM LEGENDARY FITNESS EXPERT. Combining comprehensive...



#### Reviews

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-- Olga Ledner MD

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