



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

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

Very good e book and useful one. it was actually writtern extremely properly and useful. I found out this pdf from my i and dad recommended this publication to discover.

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