



The Special Ops Workout: The Elite Exercise Program Inspired by the United States Special Operations Command (Hardback)

By Andrew Flach

Hatherleigh Press,U.S., United States, 2003. Hardback. Book Condition: New. 229 x 178 mm. Language: English . Brand New Book. Offers exercises and workout plans to improve strength and endurance, providing challenging fitness programs inspired by the Army Special Forces, Army Rangers, Navy SEALs, and Air Force Special Ops.



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