



## 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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