

Mud, Guts & Glory: Tips & Training for Extreme Obstacle Racing (Paperback) - Common

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| 2013 | File type: PDF | 176 pages | File size: 62.Mb

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Obstacle racing is a gruelling physical challenge based on elements found in some of the worlds elite special forces training where competitors test their mettle against obstacles terrain and conditioning similar to military boot camps and this book provides an in depth look at the training gear preparation tactics and logistics for making it through After a brief overview of obstacle rac

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