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Fit for Combat: When Fitness is a Matter of Life or Death

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Fit for Combat: When Fitness is a Matter of Life or Death J.D. Johannes
Fit for Combat is not the typical workout book telling you to do this exercise, or eat this but not that. It is the explanation of the systematic way to find the workouts and eating plan that will help you achieve your goals and fit your lifestyle. Because everyone's metabolism is a little different, your training and eating need to be adapted for you. Using the author's personal experience of losing 40 pounds of fat, Fit for Combat guides you step-by-step through a system to find the diet and workout that is perfect for you.

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