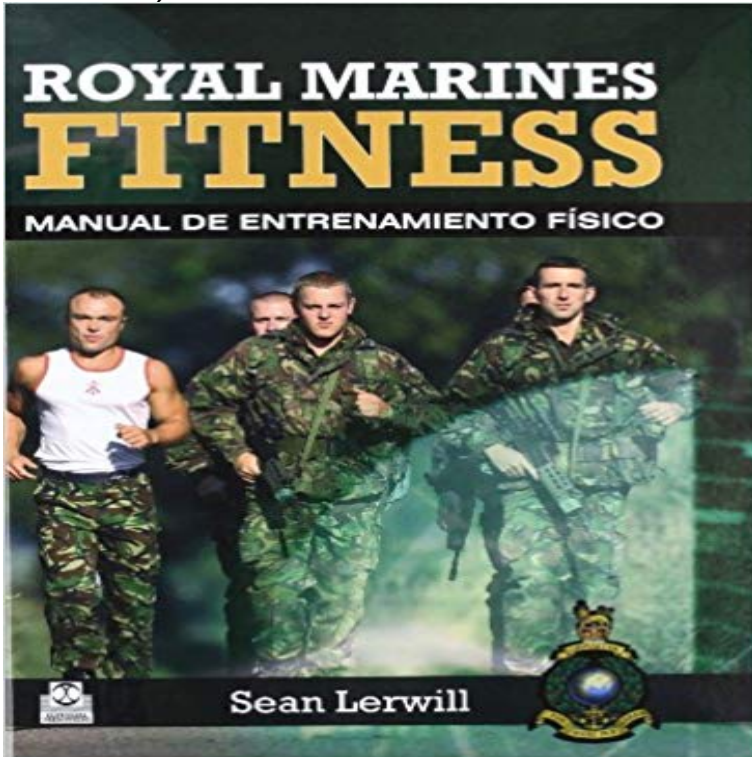


# ROYAL MARINES FITNESS. Manual de entrenamiento fisico (Spanish Edition)



Los marines reales son un cuerpo militar de infanteria de elite del Reino Unido. El entrenamiento fisico que deben pasar todos los reclutas de este cuerpo es realmente desafiante y exigente, y no obstante estructurado y factible. En este libro tenemos, por primera vez, un manual de caracter oficial que muestra la lector, con todo detalle, como ellos han tendio exito y como usted puede tomar los aspectos mas relevantes para su propio entrenamiento fisico.

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