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5 Essential Exercises
YOU MUST DO

before 2018 Alex Riley
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Challenge: WWE NXT,
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Stewart. By. Paul Buijs -

October 22, 2012. 1.

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face down in mud. Slog
knee-deep in frigid
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and step-by-step

instructions, this book
will help you develop
the speed and strength
you ' ll need to crush

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Sure, passing the Barbwire Obstacle is doable for most Spartans—but it slows them down. To avoid this, practice staying low to the ground, get comfortable with rolling, and embrace face-fulls of mud, dirt, grass, and rocks. Add uphill and downhill sections if you have access to them to simulate course-like

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~~Backyard Obstacle~~

~~Course: DIY to Crush~~

~~OCR ... - Spartan Race~~

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detailed descriptions of

races for every level

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follow workouts and
step by step instructions
this book will help you
develop the speed and
strength youll need to
crush any obstacle
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Stewart Dec 11, 2012

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product reviews from
our users.

Provides information on
and workout regimens
for the most extreme
obstacle races, including
Warrior Dash, the Del
Mar Mud Run, and
Savage Race.

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Obstacle Race Training

Bible provides readers with one-stop access to everything they need to know to prepare for and successfully complete a Tough Mudder, Spartan Race, Warrior Dash, or any of the other international or regional obstacle races that are taking the world by storm. All of these races combine running

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various distances and terrain with hard-core obstacles that are both physically and mentally challenging: climbing through pitch-black flooded tubes and over walls, carrying logs uphill, traversing monkey bars, crawling through mud and under barbed wire, leaping over burning hay bales, swimming in ice cold

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water, navigating through live wires, and more. This combination of running and obstacles is what gives participants a very different kind of challenge than they get with a 5K, marathon, or triathlon. It's a combination that also requires a very different approach to training and preparation, and

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that's what this book provides. Coverage includes: - Profiles of all the major races: running distance, obstacles involved, completion percentage, fitness level required, etc. - Obstacle overviews, including photos of what they look like, the mental and physical challenges involved, and the most effective strategies for

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completing them -
Obstacle-specific
exercises that condition
participants for the
strength, stamina,
flexibility, and mental
toughness needed to
complete the obstacle -
8-week training
programs designed for
complete novices, elite
athletes, and everyone
in between

Important
information on what to

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wear, nutrition during training, and race day strategies

NO GUTS, NO GLORY Satisfy your hunger for adventure, quench that thirst for competition and prepare for the most fun you 've ever had in the mud. **Ultimate Obstacle Race Training** introduces you to these

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exhilarating events with detailed descriptions of races for every level. Packed with easy-to-follow workouts and step-by-step instructions, this book will help you develop the speed and strength you ' ll need to crush any obstacle. Using breakthrough obstacle-specific exercises and training techniques, you ' ll be

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ready to dominate every course and celebrate as you cross the finish line.

- Leap over fiery logs through red-hot flames

- Crawl face-down under razor-sharp barbed wire •

- Scramble 100 yards up a slick mud slope •

- Scale a harrowing 25-foot cargo net •

- Endure shocking cold in a frigid, full-body ice-

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bath • Plummet out of control down a 50-foot water slide • Swing high in the air across a maze of hanging bars

The beauty of obstacle course racing is that it gets you out of your everyday routine and lets you experience life. If you are stuck in a cubicle or trapped in an urban

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jungle—congested traffic and crowds are your daily obstacles. Running an obstacle course race gives you the chance to get back to nature—to roll in it, get dirty, and tap into your primal self so you can experience life—in the raw, unedited and real. Margaret Schlachter, the creator of "Dirt In Your Skirt"

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blog, is one the leading competitors in obstacle course racing today. She put together this simple guide to make your obstacle race experience everything it's supposed to be—a test of your true self. She describes first-hand her training methods in learning to climb a rope, scale a wall, flip a tire, throw a spear, and carry a

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sandbag. More importantly, she provides guidance on how to get yourself mentally and spiritually prepared for the big day—and how to dig deep within yourself during a race to find the last ounce of strength to carry you across that finish line. Every weekend thousands of competitors run obstacle

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races all over the world.

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Winning or losing is
secondary. More

The Worlds
important for them is

Toughest
the ability to meet the

Courses
physical and mental

challenges and achieve

personal success by

completing the race.

Obstacle Race Training

is an invaluable resource

that enables every

competitor to

experience their

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Obstacle Race
maximum level of
success.

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The Worlds

Toughest
author of Spartan Up! a

complete 30-day
workout and diet plan to

help you reach peak
performance Joe De

Sena designed the

Spartan races to test

overall conditioning:

strength, flexibility,

endurance, and speed.

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His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in *Spartan Fit!*, De Sena breaks down that approach and gives readers the tools they need to conquer the course — and life, including:

- A 30-day

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workout and diet plan to prepare for the Spartan Sprint — or to just get you in shape • Full-body workouts requiring no gym, no weights • How to build on one race to the next • Inspiring, motivating stories of Spartans A complete Spartan training guide, Spartan Fit! will arm readers with the strength,

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knowledge, and grit to never question their potential again.

The third installment in the highly successful 7 Weeks franchise, this is the ultimate guide to utilizing body weight to strengthen and tone every muscle group in just a few weeks. Day-by-day plans and customizable exercises

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make getting in the best shape ever quickly and effectively.

ARE YOU READY FOR THE ULTIMATE STRENGTH CHALLENGE? Follow the 7-week program in this book and you 'll massively increase your strength, muscle tone and overall fitness to

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such an extreme that you 'll be able to do 10, 20 or even an amazing 50 consecutive pull-ups! Offering several field-tested, day-by-day plans, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to expand their strength-training options. Packed with clear charts and

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helpful photos, 7 Weeks to 50 Pull-Ups tells you everything you need to know about the ultimate strength-building exercise and includes:

- Instructions on how to do a perfect pull-up
- Easy-to-follow progressive training programs
- Challenging pull-up variations

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Two certified fitness instructors offer instructions on 20 different jumps, exercises and warm-ups to use in an inexpensive, easy and portable jump rope workout that will build muscle and improve heart health. Original.

"Follow the 7-week programs in this book

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and you'll quickly gain the strength and stamina needed to complete any 10K-faster than you ever thought possible. More approachable than marathons but still impressive races, 10K runs are wildly popular. Packed with easy-to-following charts and helpful photos. 7 Weeks to a 10K has everything

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you need to know about
the balance of running
speed and endurance:
Clear progressive
training programs;
Running-specific cross-
training techniques;
Hydration and pace
recommendations;
Motivational advice on
pushing harder and
crushing your race goal.

Offers a seven week

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program designed to improve strength and stamina, including cross-training techniques, professional tips for each discipline, and motivational advice on reaching a race goal.

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