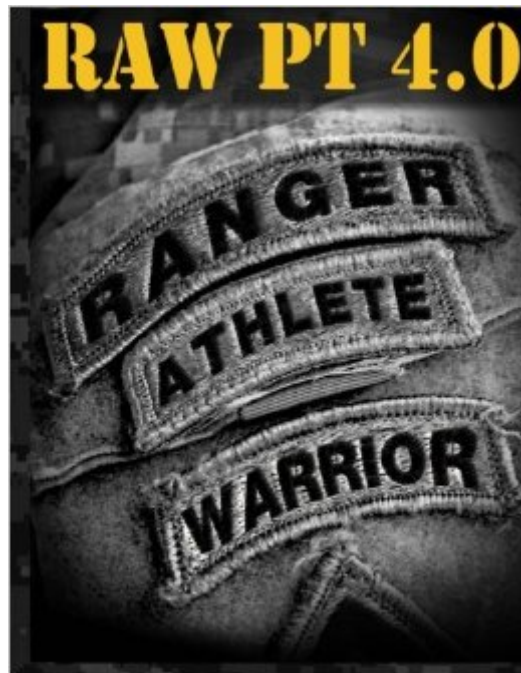


The book was found

# Ranger Athlete Warrior 4.0: The Complete Guide To Army Ranger Fitness



## Synopsis

Train like a United States Army Ranger Because you don't know how tough your next enemy will be. The United States Army Rangers are one of the most elite fighting forces in the world. Their missions take them around the globe and they are required to be in top physical shape at all time. The Ranger Athlete Warrior Manual 4.0 is the complete fitness plan for those seeking to join a Ranger Regiment or for those who just want to train like they are. The Ranger Athlete Warrior Manual includes: Principles of Exercise-Progression, regularity, overload, variety, recovery, balance, specificity, and precision Calisthenics and Movement Drills Recovery and Flexibility Drills Strength Training-Body weight, heavy external resistance, and power endurance Complete Muscular Endurance, Heavy Resistance, and Power workout programs Principles of Endurance Training Proper Running Form Barefoot/Minimalist Running-Shoes or no shoes? 360 Core Exercises Elastic Band Resistance Medicine Ball Drills Speed/Agility/Coordination Drills Tactical PT Olympic Lifts Kettlebell Techniques and Exercises Scheduling Guidance Nutrition and Sample Menus Train like a Ranger. Get started today.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #255,483 in Books (See Top 100 in Books) #375 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

## Customer Reviews

This book is basically an Army Field Manual for Physical Training (PT). It is written from the viewpoint of group PT: squad, platoon level and above. Not what I expected but it is still a really good book. This isn't one of those books that follows the old, "train like this and you'll become a ranger. It is directed towards leaders of The Ranger Battalions, with the intent of maintaining and improving the fitness/health of their soldiers. Rangers are always on the go doing missions, training for missions, preparing to train for missions, and are extremely physically active all day, even after

their PT sessions. That's why the book has all kinds of PT workouts for various situations and periodization stages. All that being said, I recommend the book to any fitness nut. Good workouts, good schedules and periodization, bodyweight, strength, power, kettle bells, endurance, hybrids, field PT, morning and evening workouts for when you have the time, and more. Just wanted to let everyone know, the book is formatted differently than your typical fitness book. I love how they stress form, that's huge!

When i was a private i used to carry around a huge 3 ring binder with all the photo copied pages to the RAW. Now its all printed in a pretty little book for your convenience. Enjoy yourself

Great book for those who want personal view on what it takes to become a Ranger, I bought it for my boys in the Army. They now have a more educated perspective on what they need to do to complete this part of their military career.

Comprehensive guide to fitness, just requires determination.

Excellent price and service!!!

...do not get this. it is drawn out, and not geared towards the fitness of legit operators, it's basically another book designed to hook military-buffs into programs that aren't all too effective to begin with. i mean, if it gets you off the couch, that's great, but if you're actually looking to go into this type of career, i would recommend the works of Stew Smith.

Good authentic, the kindle version could be a bit more clearer with the tab columns, overall good content in this book

Good overview of methodology and exercise examples.

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