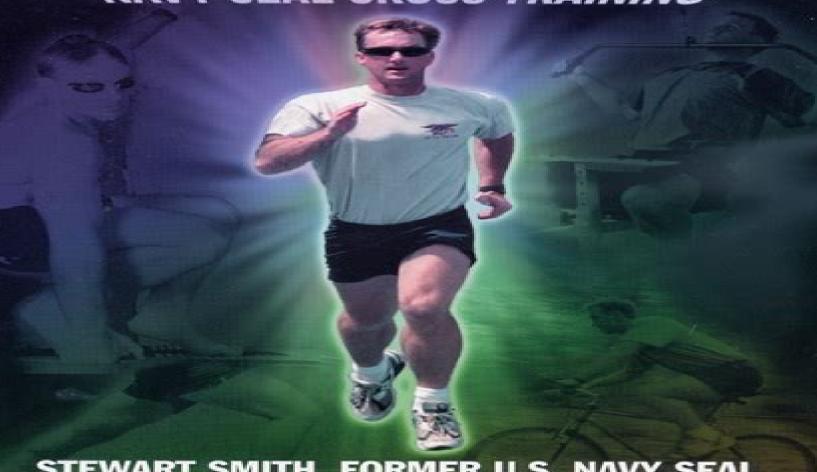
FITNESS THE COMPLETE GUIDE TO NAVY SEAL CROSS TRAINING



STEWART SMITH, FORMER U.S. NAVY SEAL with M. LAUREL CUTLIP, RD, LN and JAMES VILLEPIGUE, CPFT, MT photos by PETER FIELD PECK

Maximum Fitness The Complete Guide To Navy Seal Cross Training

Annelies Wilder-Smith

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