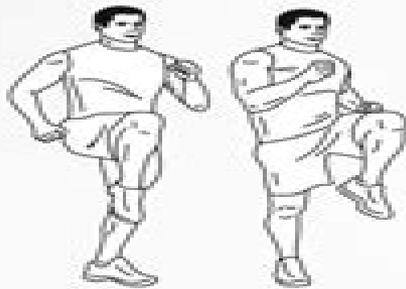


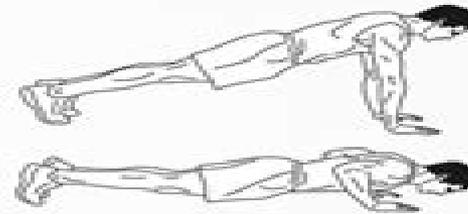
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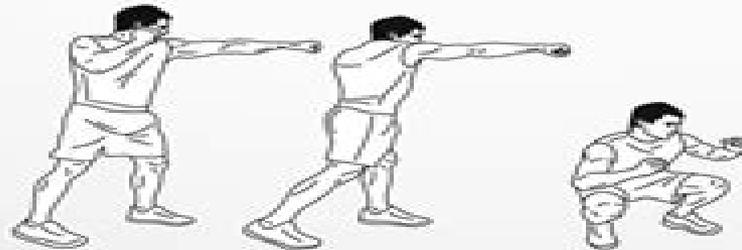
Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**20sec** high knees



**20sec** push-ups



**20sec** jab + jab + cross + squat

# Ten Week Army Ranger Special Forces Workout Program

**DJ Losen**



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**America's Special Forces** David Bohrer, 1998 An action packed adventure that will take the reader into the bush with all of the U.S. military's Special Forces SEALs Green Berets Army Rangers Marine Force Recon and USAF Special Ops Pulitzer Prize winning reporter David Bohrer traveled with each team as they trained in remote corners of the globe Each Special Force has chapters devoted to their history weapons and special equipment and training procedures Full color action photos illustrate the team members and their weapons while sidebars detail events and operations 200 photos 175 in color Army, 1969 *Infantry*, 1992 *Congressional Record* United States. Congress, 1971 *U.S. Special Forces*, 2002 **Gung-ho**, 1989

**Raising the Stakes** Terrence Maitland, Stephen Weiss, 1982 Photography maps and eyewitness accounts describe the War in Vietnam Catalog Florida International University, 1992 **Army, Navy, Air Force Journal**, 1958 **Armed Force**, 1952 *Army* Hans Halberstadt, 2004-03 Full color photographs and text present the various divisions of the United States Army and offers a look at life in the Army today Army and Navy Register, 1926 *Army, Navy, Air Force Journal and Register*, 1924 **Army-Navy-Air Force Register and Defense Times**, 1926 **Assembly**, 1977 The Literary Digest, 1919

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