



Commando Fitness for civilians and potential Royal Marines recruits

Stephen Robson

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This is a no nonsense book written by a former Royal Marines Commando. What it gives you is a six month training program to get you up to the standards of the military elite.

The program contains no gimmicks or forgotten secrets it is just a well-constructed program of progressive physical training that will get you fitter than you have ever been in your life.

The program builds from a very basic level of fitness and gradually develops you over the six month period to an elite level of fitness achieved only by a select few in their lives.

Whether you go on to join the Marines or choose to remain as a civilian is up to you but with the level of fitness achieved with this program you will be fitter and stronger and have elite military fitness levels that will get you through any basic military training with ease or leave the rest of the parents standing in awe during sports days with your kids.

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