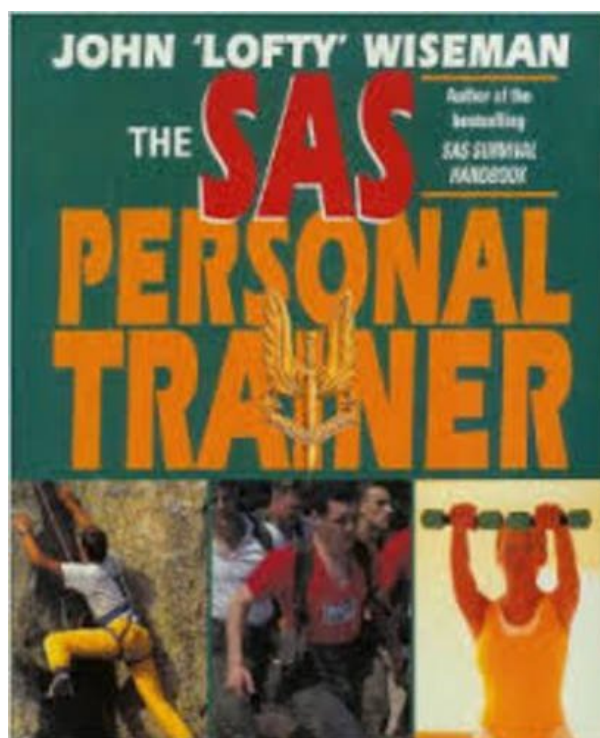
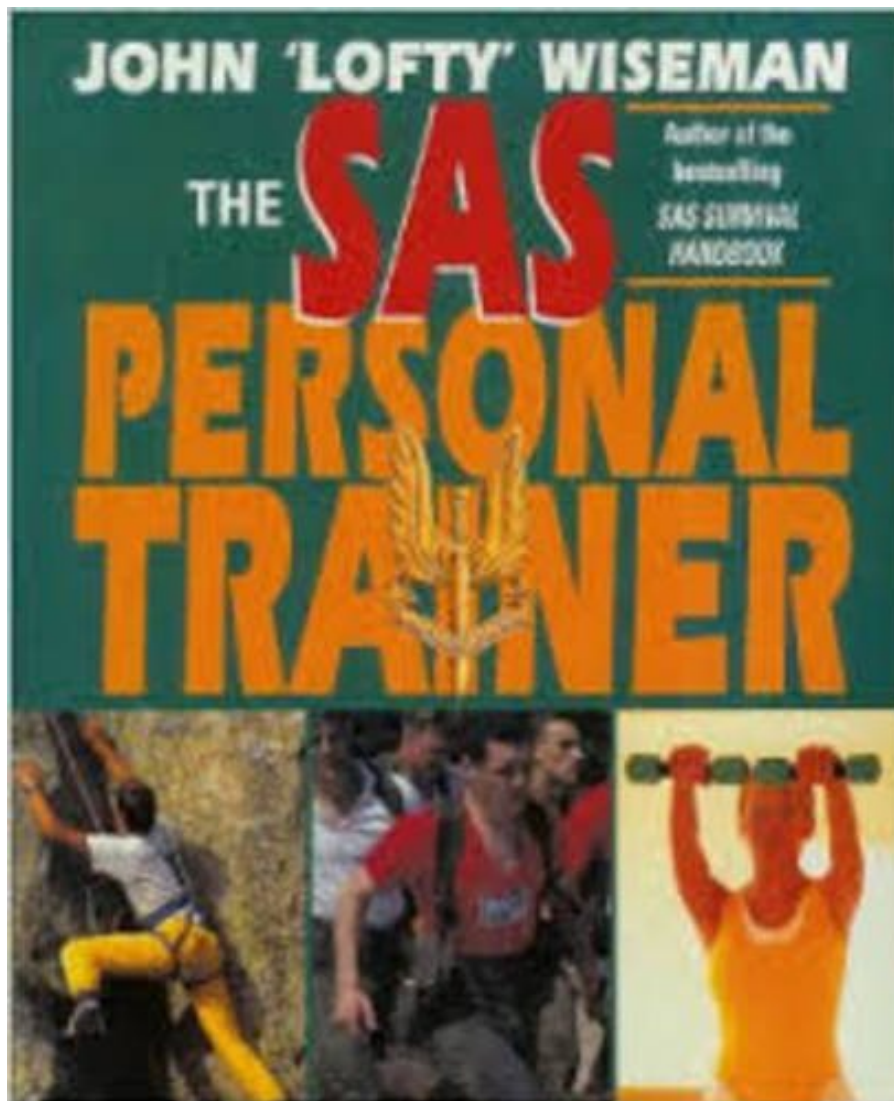


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A collection of programmes based on SAS training schedules to help improve body strength and stamina. Includes chapters on physical training, self defence, the importance of a correct diet and developing mental strength.

- Sales Rank: #1729194 in Books
- Published on: 1996-05-09
- Released on: 1996-05-09
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Binding: Paperback
- 192 pages

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So easy... a Cave man can do it.

By Rama N. Toulon

Very simple. Sometimes going complex doesn't work for everyone - even in the age of P90X and Insanity. Since this fitness book is coming from a man who was obviously fit enough to survive and thrive as a SAS operator - I think the SAS Personal Trainer takes the basic sound concepts of physical fitness and allows even a beginner to have a clear path to draw from.

2 of 4 people found the following review helpful.

correction to previous review

By A Customer

The book mentioned by the reviewer from the Netherlands is Adrian Weales "Fighting Fit".

29 of 32 people found the following review helpful.

to become really fit the military way

By A Customer

If you like to see how to get fit the military way this is a very great book. This one is towards the sas forces. Contrary to the US forces which emphasises a lot of upper body strenght you see here the total approach. SAS troopers need to marsh endlessly. (read about their gruelling selection course). This books tells how to get fit, using circuit training, weight programms (not used for the beach boys who just wants to look pumped up, but this program is just to be prepared for the rigours of combat). More is told to train for endurance by running, swimming, cycling and of course the famous endurance marches. At the end a total programme is given for the beginner, intermediate and the advanced. This great book is finished with telling you more about nutrition (I said nutrition NOT pills for those beach bubbles) and mental approaches. I really recommend this book together with Andrew Wheales fighting fit (which gives sas, paratrooper and royal commando programms) and Steward Smith's the complete guide to navy seal fitness.

With those 3 books you cannot go wrong and be the fittest and mental (because of this training) toughest

person.

So buy these 3 and be FIT and combat ready.

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