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Corps Strength

By Roarke, Paul J.

Ulysses Press. Book Condition: New. Renowned for its rigorous fitness training, the Marine Corps requires every member to be physically fit, regardless of age, grade, or duty assignment. This title applies the techniques used to develop and maintain each Marine's combat readiness to a day-to-day programme for top-level fitness. It offers a step-by-step guide to Marine ready fitness. Num Pages: 128 pages, 200 B&W photos. BIC Classification: WSD. Category: (G) General (US: Trade). Dimension: 232 x 193 x 8. Weight in Grams: 264. . 2010. 1st Edition. Paperback. . . . Books ship from the US and Ireland.



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