



The Official United States Air Force Elite Workout

Andrew Flach

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Known as the PJ's and the CCT's, the pararescuemen and combat control technicians are the elite forces of the United States Air Force. PJ's, whose motto is "that others may live", routinely go in harm's way to bring back downed pilots and crewmembers. CCT's, "first to fight", are responsible to enter hostile territory ahead of the rest and establish safe landing sites for arriving forces. Their self-sacrificing efforts are heroic. Their training is intense, exciting, and before this book, little known. Now for the very first time, their powerful training techniques are brought to light in this profusely illustrated and documented presentation. You've heard of the SEALs. . . . now meet their blood brothers! Includes sections on: stretching, weight training, calisthenics, running, swimming, rope climbing, entrance requirements, plus special dramatic coverage of water survival training, from both above and below the water line!



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