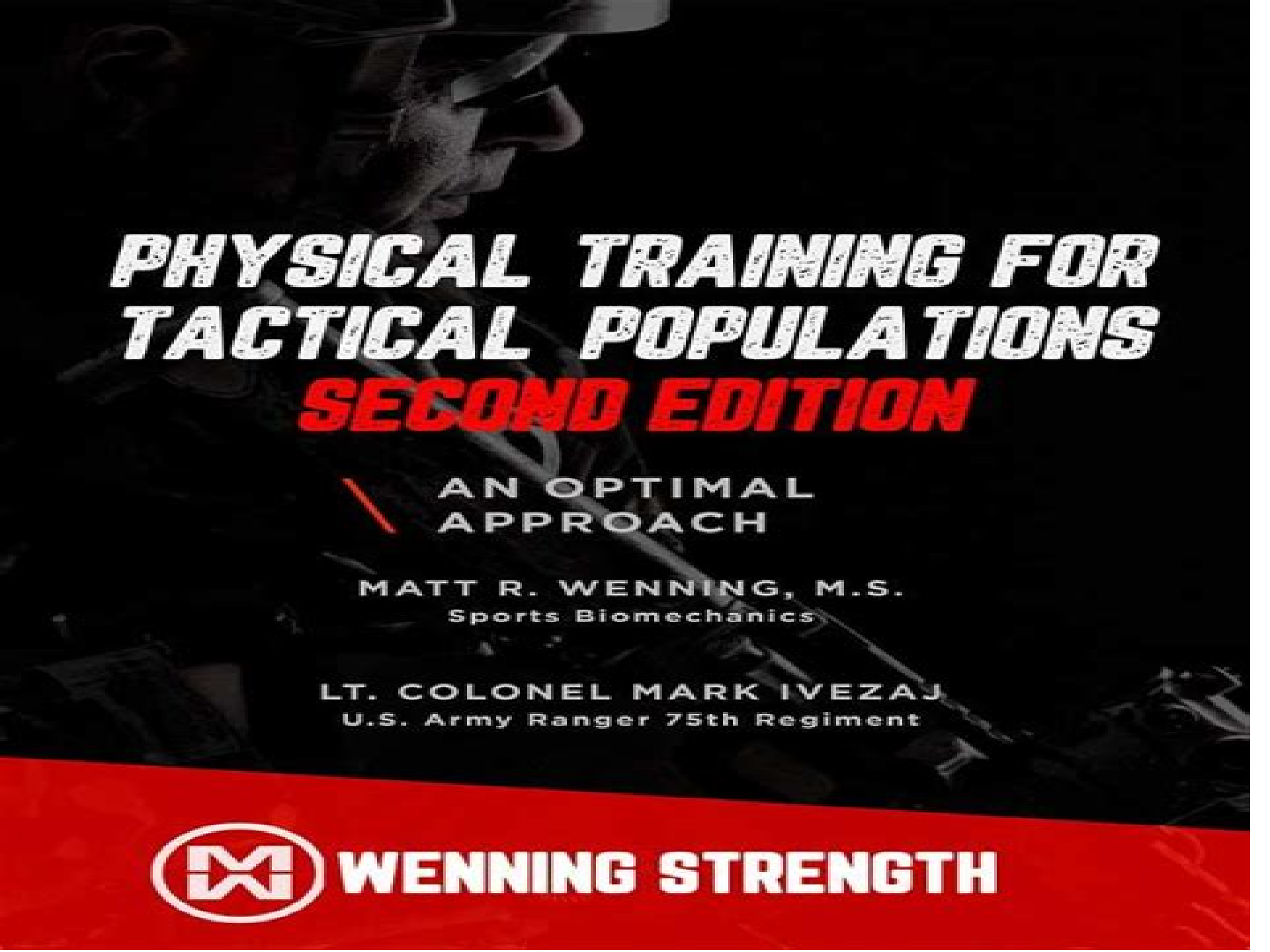


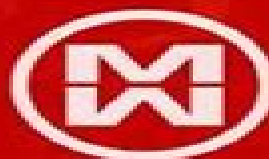


PHYSICAL TRAINING FOR TACTICAL POPULATIONS ***SECOND EDITION***

**AN OPTIMAL
APPROACH**

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Sports Biomechanics

LT. COLONEL MARK IVEZAJ
U.S. Army Ranger 75th Regiment



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