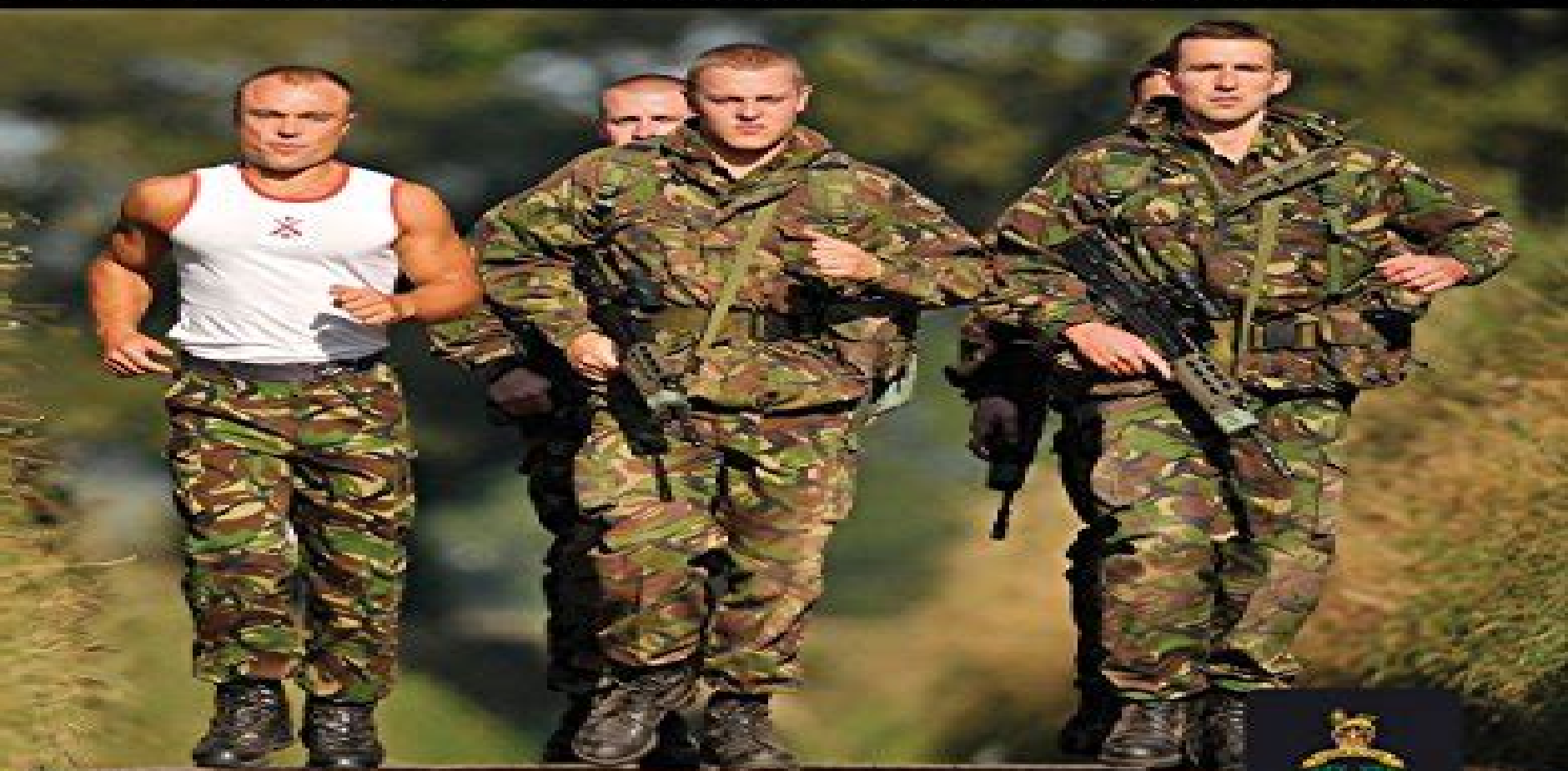


ROYAL MARINES FITNESS



PHYSICAL TRAINING MANUAL



Sean Lerwill



Haynes Manual Royal Marines Fitness

RM Cervero



Haynes Manual Royal Marines Fitness:

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