

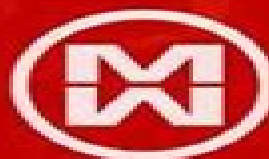


# ***PHYSICAL TRAINING FOR TACTICAL POPULATIONS*** ***SECOND EDITION***

**AN OPTIMAL  
APPROACH**

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U.S. Army Ranger 75th Regiment



**WENNING STRENGTH**

# Matt Wenning Tactical Manual

**Yi-Tong Ma**



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