



Ranger Athlete Warrior 4.0: The Complete Guide to Army Ranger Fitness

By United States Army Ranger Regiment

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Ranger Athlete Warrior 4.0: The Complete Guide to Army Ranger Fitness

By United States Army Ranger Regiment

Train like a United States Army Ranger

Because you don't know how tough your next enemy will be.

The United States Army Rangers are one of the most elite fighting forces in the world. Their missions take them around the globe and they are required to be in top physical shape at all time. The Ranger Athlete Warrior Manual 4.0 is the complete fitness plan for those seeking to join a Ranger Regiment or for those who just want to train like they are.

The Ranger Athlete Warrior Manual includes:

- Principles of Exercise-Progression, regularity, overload, variety, recovery, balance, specificity, and precision
- Calisthenics and Movement Drills
- Recovery and Flexibility Drills
- Strength Training-Body weight, heavy external resistance, and power endurance
- Complete Muscular Endurance, Heavy Resistance, and Power workout programs
- Principles of Endurance Training
- Proper Running Form
- Barefoot/Minimalist Running-Shoes or no shoes?
- 360 Core Exercises
- Elastic Band Resistance
- Medicine Ball Drills
- Speed/Agility/Coordination Drills
- Tactical PT
- Olympic Lifts
- Kettlebell Techniques and Exercises
- Scheduling Guidance
- Nutrition and Sample Menus

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