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Titolo	The ultimate basic training guidebook [[electronic resource]] : tips, tricks, and tactics for surviving boot camp / / Michael Volkin
Pubbl/distr/stampa	New York, : Savas Beatie, 2009
ISBN	1-283-25906-0 9786613259066 1-61121-010-0
Edizione	[4th ed.]
Descrizione fisica	1 online resource (162 p.) : ill., charts, ports
Disciplina	355.54
Soggetti	Basic training (Military education) Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Drill Sergeants' Mental Game -- Fitness -- Prepare Yourself Early -- Phases -- Reception Center -- Battle Buddies -- Schedule Breakdown -- Make the Most of Your Meals -- How to ... -- Study Guide -- What to, and Not to Bring -- Top 15 Most Common "Do Nots" For Recruits -- Tips for Success -- Changes -- Conclusion -- Appendix A: APFT Charts -- Appendix B: Workout Log -- Appendix C: Acronyms and Terms.
Sommario/riassunto	This book will prepare a recruit, mentally and physically, for basic training in the U.S. Army. It offers practical and unique solutions to challenges encountered by new recruits. Inside you'll find an 8-week fitness program specifically designed to improve your fitness test scores, study guides, an instructional "How to ..." chapter, a list of what to bring (and not to bring) to basic training, tips for success, and much more.