



# The Official US Air Force Elite Workout

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You've heard of the SEALs. . . now meet their blood brothers! The Official United States Air Force Elite Workout: An Official Five Star Fitness Guide Featuring: Running Swimming Weight Training OCourse Calisthenics and much more! Known as the PJs and the CCTs, the pararescuemen and combat control technicians are the elite forces of the United States Air Force. PJs, whose motto is that others may live, routinely go in harms way to bring back downed pilots and crewmembers. CCTs, first to fight, are responsible to enter hostile territory ahead of the rest and establish safe landing sites for arriving forces. Their self-sacrificing efforts are heroic. Their training is intense, exciting, and before this book, little known. Now for the very first time, their powerful training techniques are brought to light in this profusely illustrated and documented presentation. Includes sections on: stretching, weight training, calisthenics, running, swimming, rope climbing, entrance requirements, plus special dramatic coverage of water survival training, from both above and below the water line! Over 200 pages. Loaded with photos.

- [Ohio, the Buckeye State](#)
- [Official Report of the International Poultry Conference : London, March 11th to 15th, 1919 \(Classic Reprint\)](#)
- [A.O.G. Fitness : The Key to Ultimate Fitness](#)
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- [The Oil & Gas Year Indonesia 2013](#)
- [Offizier - Kartograph - Politiker \(1775-1851\) : Lebenserinnerungen und kleinere Schriften](#)
- [Ohio Educational Monthly, Volume 36](#)
- [The Official Sunderland AFC Annual 2010](#)
- [Okklusales Einschleifen im natuerlichen und im restaurierten Gebi? : Grundlagen und Techniken](#)