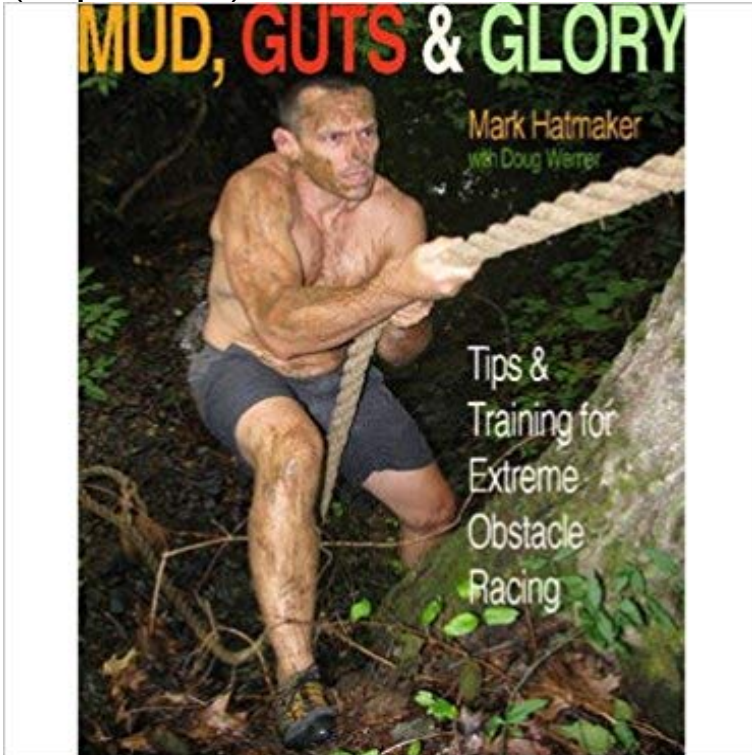


## Mud, Guts & Glory: Tips & Training for Extreme Obstacle Racing (Paperback) - Common



Obstacle racing is a gruelling physical challenge based on elements found in some of the worlds elite special forces training, where competitors test their mettle against obstacles, terrain, and conditioning similar to military boot camps, and this book provides an in-depth look at the training, gear, preparation, tactics, and logistics for making it through. After a brief overview of obstacle rac...

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