

The Ultimate Basic Training Guidebook

By Michael C. Volkin



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This book will prepare a recruit, mentally and physically, for basic training in the Army and National Guard. It offers practical and unique solutions to challenges encountered by new recruits. Inside you'll find fitness programs, study guides and much more.



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The Ultimate Basic Training Guidebook By Michael C. Volkin Bibliography

• Sales Rank: #5857562 in Books

Published on: 2004-06-01Original language: English

• Number of items: 1

• Dimensions: 8.02" h x .47" w x 6.70" l, .0 pounds

• Binding: Paperback

• 162 pages

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