

You loved your last book...but what
are you going to read next?

Using our unique guidance tools, Love**reading** will help you find new books to keep you inspired and entertained.

Opening Extract from...

The Para Fitness Flick Book

Written by Major Sam McGrath
Former Head of Para Training and Selection

Published by Osprey Publishing

All text is copyright © of the author

This Opening Extract is exclusive to Love**reading**.
Please print off and read at your leisure.



**THE
PARA
FITNESS
FLICK BOOK**



**MAJOR
SAM McGRATH**

**FORMER HEAD OF PARA
TRAINING AND SELECTION**





THE PARA FITNESS FLICK BOOK



MAJOR
SAM McGRATH
FORMER HEAD OF PARA
TRAINING AND SELECTION



press up position but rest your hands on a raised surface (the lower the incline the more difficult
w. keeping your back straight, lower your body until your chest and hips are an inch from the surface.

38

LUNGES

stand with your feet together and your
hands on your hips. Now, lunge
forward with your right foot until your
knee is about two inches from the
ground. Step back so both feet are
again and repeat with the
other foot. Keep your back straight.

72

BASTARDS

the title suggests, these are
exercises! From a standing
position, drop to a crouching position,
complete
your legs backwards, complete
the jump, jump your legs back
up, jump your legs back
up, then repeat.

80

Bastards continued

81

Welcome to my guide to how to become PARA fit.

Whether your goal is to row the Atlantic, lose weight for health reasons or something in-between, this flick book has everything you need. It details a tried and tested fitness recipe that will not only help you improve your health and fitness, but also your confidence and motivation. Twelve years ago I joined the British Parachute Regiment, more commonly known as the 'PARAS', because I wanted to serve with the best and achieve my potential. Today my aim is to give you the tools to achieve your potential too.

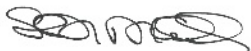
The privilege of training and fighting alongside thousands of PARAS has given me a unique insight into what it is that makes our regiment special. Our soldiers are undoubtedly the building blocks, but I believe the glue that binds us together is the confidence and motivation which comes from acquiring supreme physical fitness.

The PARAS are a team that succeeds because of our mental and physical toughness and our commitment



to one another. Since our creation in 1942, we have refined a training and selection process which turns young school-leavers into paratroopers – arguably among the fittest and most intimidating soldiers in the world. Through a progressive physical fitness training programme we not only produce superb warriors, but also instil a confidence, pride and mental fortitude that has relevance beyond the gym, aerobics studio and athletics track. All of this results in paratroopers who are ready for anything...

Along with the unique content of the PARA programme, what separates this flick book from other fitness books is that I live what I preach. As a Parachute Regiment commander I intimately understand motivation, both as a performance athlete and as an instructor. Throughout the next 8 weeks I will impart the knowledge and skills to help you define your goal, recognize its significance and then devise your most effective means of achieving it. Keep it up for 5 weeks and fitness will become a habit and you will have changed your life forever.



Major Sam McGrath

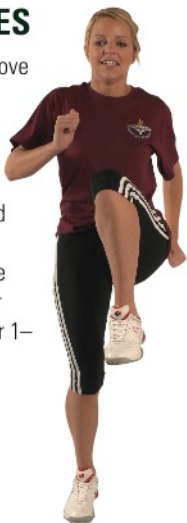
HEEL RAISES

While jogging, exaggerate the rearward motion of each stride, aiming to get your heels closer to your bottom. Perform for 1–2 minutes.

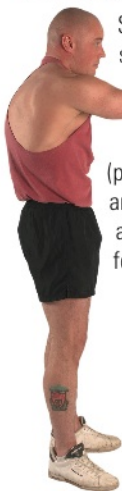


HIGH KNEES

While jogging, move on to the balls of your feet, exaggerate the forward motion of each stride and bring your knees higher so they are parallel with your waist. Perform for 1–2 minutes.



ARMS AND SHOULDER STRETCH



Stand with your feet shoulder-width apart, interlock your fingers (palms facing in), tense your arms and push your hands away from your chest. Hold for 10–15 seconds.

TRICEP STRETCH

Place your right palm on the top of your spine with your elbow pointing to the sky.

Using your left hand, push down your right elbow until you feel the stretch in your tricep. Hold for 10–15 seconds and repeat on your left arm.





INCLINE PRESS UP

Start from a traditional press up position but rest your hands on a raised surface (the lower the incline the more difficult it will be). Now, keeping your back straight, lower your body until your chest and hips are an inch from the surface.



CLAP PRESS UP

From the standard press-up position, lower your chest and hips until they are about an inch from the floor, then extend your arms with sufficient power to clap between each repetition.





HALF SIT UP

Lie on your back with your legs bent and the palms of your hands on your thighs. Using your stomach muscles, reach forward until your fully extended arms move towards your knees.

***Buy the App
from iTunes!***



***'The hardest part of getting
fit is putting on your running
shoes and heading out of the
door for the first time'***

MAJOR SAM McGRATH

**Let Major Sam McGrath get you
fighting fit in time for summer with
this step by step programme
based on the selection,
exercise and training
regime of the British
army's elite force – the
Parachute Regiment.**



£6.99 / US \$9.95 / CAN \$11.95

ISBN 978-1-78096-002-9



OSPREY
PUBLISHING

www.ospreypublishing.com