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[Ultimate Obstacle Race Training by Brett Stewart ...](#)
Packed with easy-to-follow workouts and step-by-step instructions, this book will help you develop the speed and strength you'll need to crush any obstacle. Using breakthrough obstacle-specific exercises and training techniques, you'll be ready to dominate every course and celebrate as you cross the finish line.

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This is the second book in my series of OCR book reviews. Titled [Ultimate Obstacle Race Training by Brett Stewart](#). As usual I asked myself Who is Brett Stewart? then I remembered, as his name sounded familiar. [Ultimate Obstacle Race Training: Crush the World's ...](#) [Ultimate Obstacle Race Training: Crush the World's Toughest Courses \[Brett Stewart\] on Amazon.com](#). "FREE" shipping on qualifying offers. NO GUTS, NO GLORY Satisfy your hunger for adventure, quench that thirst for competition and prepare for the most fun you've ever had in the mud. [Ultimate Obstacle Race Training Amazon.com: Ultimate Obstacle Race Training: Crush the ...](#)

[Ultimate Obstacle Race Training](#) introduces you to these exhilarating events with detailed descriptions of races for every level. Packed with easy-to-follow workouts and step-by-step instructions, this book will help you develop the speed and strength you'll need to crush any obstacle.

Using breakthrough obstacle-specific exercises and training techniques, you'll be ready to dominate every