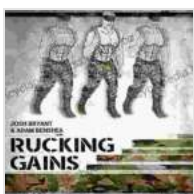


# Rucking Gains: The Ultimate Guide to Rucking for Fitness and Adventure

Rucking is a full-body workout that combines hiking with a weighted backpack. It's a great way to get in shape, build endurance, and improve your overall fitness. Rucking is also a popular training method for military and special forces personnel.



## Rucking Gains by Adam benShea

★★★★☆ 4.3 out of 5

Language : English  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Lending : Enabled  
File size : 14665 KB  
Screen Reader : Supported  
Print length : 56 pages



In his book, Rucking Gains, Adam Benshea provides everything you need to know to get started with rucking, including:

- How to choose the right gear
- How to plan your training
- How to stay motivated
- How to use rucking to improve your fitness

- How to use rucking to train for military or special forces

Rucking Gains is the definitive guide to rucking. Whether you're a beginner or an experienced rucking enthusiast, this book will help you take your training to the next level.

## **About the Author**

Adam Benshea is a former Special Forces operator and rucking expert. He has over 10 years of experience in rucking and has written extensively on the subject. Benshea is also the founder of Rucking For Life, a non-profit organization that provides rucking training and gear to veterans and active-duty military personnel.

## **Testimonials**

"Rucking Gains is the most comprehensive guide to rucking I've ever read. It's full of practical advice and tips from a true expert." - **Joe De Sena, founder of Spartan Race**

"Adam Benshea is the real deal. He knows more about rucking than anyone else I know. Rucking Gains is a must-read for anyone who wants to get serious about rucking." - **Andy Stumpf, former Navy SEAL and author of The Warrior's Way**

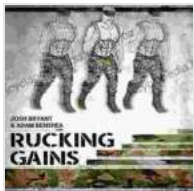
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### ### Image Alt Attributes:

\* \*\*Hero Image:\*\* Adam Benshea, a former Special Forces operator and rucking expert, is shown rucking with a weighted backpack in a rugged mountain setting. \* \*\*Author Photo:\*\* Adam Benshea is shown in a headshot photo wearing a black t-shirt and baseball cap. \* \*\*Book Cover:\*\* The cover of the book Rucking Gains is shown, with the title and author's name prominently displayed. \* \*\*Testimonial Image 1:\*\* Joe De Sena, founder of Spartan Race, is shown giving a thumbs-up while wearing a Spartan Race headband. \* \*\*Testimonial Image 2:\*\* Andy Stumpf, former Navy SEAL and author of The Warrior's Way, is shown in a photo holding a copy of his book. \* \*\*Free Download Button:\*\* The Free Download button is a red button with the text "Free Download Now" displayed in white.



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