

Basic Training For Dummies

Rod Powers

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Basic Training For Dummies Rod Powers The easy way to prepare for basic training

Each year, thousands of young Americans attempt to enlist in the U.S. Armed Services. A number of factors during a soldier's training could inhibit successful enlistment, including mental toughness and physical fitness levels. *Basic Training For Dummies* covers the ins and outs of this initial process, preparing you for the challenges you?ll face before you head off for basic training..

You'll get detailed, week-by-week information on what to expect in basic training for each branch of service, such as physical training, discipline, classroom instruction, drill and ceremony, obstacle courses, simulated war games, self-defense, marksmanship, and other milestones.

- Tips and information on getting in shape to pass the Physical Fitness Test (PFT)
- All-important advice on what to pack for boot camp
- Other title by Powers: ASVAB For Dummies Premier, 3rd Edition, Veterans Benefits For Dummies

Whether you join the Army, Air Force, Navy, Marine Corps, or the Coast Guard, *Basic Training For Dummies* prepares you for the challenge and will help you survive and thrive in boot camp!



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