



# **The 9 Minute Combat Endurance Training Workout: Quick And Effective Fitness Results For Busy People**

*Fred Nicklaus*

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The Combat Endurance Training program was originally used by the United States Army Special Forces and was shared with Nicklaus by a good friend who is a retired Major in the Special Forces. The Combat Endurance Training program was originally designed to aid already highly trained and physically fit military troops to keep them in their best shape and to take them to new levels of physical excellence Nicklaus decided to market a condensed version of the entire Combat Endurance Training Workout. He felt that people needed a short version of this workout in order that they could do the workout effectively when originally starting the program. Nicklaus also felt that time, or lack thereof, was an issue for many people. In an effort to give the public a workout that gives results and saves time the 9 Minute Combat Endurance Training Workout was created.

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