



# Real-World Conditioning

*John Brookfield*

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## **Real-World Conditioning** John Brookfield

This course is the latest from John Brookfield, his field guide for what he calls real-world conditioning where the objective is sustaining and maintaining one's effort as one reaches new level of endurance. It's easy to give up on an exercise when you feel tired, but that's not how you train your mind and condition your body to keep going when it counts. Go beyond your comfort zone as you learn to maintain your pace while doing a mix of practical outdoor movements, straight from the proving grounds of John Brookfield.

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