



Fred Nicklaus'

Combat Endurance Training

Health and Fitness Newsletter

This Month's Experts

“The Major” – Creator of CET

Fred Nicklaus

Jill Fleming, MS, RD

Ed Baran

Dr. Bill Stillwell

Tim Kauppinen

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- Story from **The Major**
- 10 Thin Choices® for Weight Loss
- Learning Japanese & Exercising?
- Knee Power, Strength, & Health
- Problem with Interval Training

The Hardest Thing To Do

Often times we know what we want. We want to exercise more, we want to spend more time with our family, we want to lose weight, we want a different job. There are always “wants” but how do you secure the want?

The first step in realizing any want is to make sure that ***it is really what you want***. Is it something that will motivate and drive you until you have achieved it? Will you do whatever it takes, no matter the obstacle? Is it a **core desire**?

Once you have established the fact that you will pursue this goal, then you must make the plan of action and eventually take the action. Finally it's important that you continually supply the desire and motivation to accomplish your goal.

YOU MUST KEEP IT GOING



“Give the man/woman you'd like to be a look at the man/woman you are”

-Edgar A Guest

There are many working parts in play to the successful completion of a goal. The most difficult often times is the ability to provide successful and continuous motivation to your goal. Motivation comes with a burning desire.

Do you want to lose 10 pounds?

Do you want to be stronger and improve your cardiovascular fitness?

Do you want to have more energy in order to perform your job better and have more quality time with your children and grandchildren?

What do you really want? Decide without a doubt and then start to do it. I've seen many people who start out with worthwhile goals and great intentions to accomplish these goals. They start the journey and before long they encounter the obstacles. It becomes harder. It's not what they expected. The level of commitment is becoming too great.



It's important at this point that the person sit down and regain the original vision. After some time and reflection you realize that achieving the goal is still what you want, but you may have to change the plan a bit. Be true to your vision and your goal.

Don't give up. Some of you may not be achieving your goals as quickly as you'd like. Have you made any progress? Are you better than you were when you started? What would happen if



“How badly do you want it?”

- George Allen



you'd give yourself credit for what you've done up to this point? Is it possible that continuing to make these small steps will eventually get you to the target?

It's important for you to realize that you are geared for progress. You want to move forward. It's the natural way. Even though this is true, you sometimes struggle. You give up when things don't go the way you want. You quit when you're frustrated. When it's all said and done you're more frustrated than when you began. Could it be that this really was something that you wanted badly?

Maybe not badly enough. Here's the issue. You gave up and you know it. You can try to hide it and say it's o.k. and try to convince yourself that it's o.k. that you gave up on yourself. The problem is that you can't feed yourself a line of **BULL** and expect to get away with it.



"Who has deceived thee so often as thyself?"
-**Benjamin Franklin**

Expect change, expect challenge, expect frustration and then get on with it. Your goals are important. Achieving them leads to more success and gives you the motivation to achieve more. Drive on. It's the thing to do.

Fred Nicklaus
Combat Endurance Coach



"We accomplish things by directing our desires, not by ignoring them."
-**Unknown**

I could use your help

Combat Endurance Training is proving to be a fitness program that can give people results. It works and more people could benefit from using this program. As with many things people need to find out about it. This is where you come in. Tell your friends about this program. Bring them along to class and let them feel the fire for themselves.

Remember- (local classes) I would like to start a new class at 5:45pm on Monday and Wednesday. In order to do that and make it easier for some of you to come to this earlier time, I would need to have more people coming to the pm classes.

If you bring a friend to class and that friend enrolls in a 3 month program I will write you a check for \$35 or give you a \$35 gift certificate to the Freighthouse (your choice).



Other than that anyone can tell people about the Combat Endurance website and encourage them to opt in so they can get the daily e mails and the FREE gift of an interview with me and the person who gave me this outstanding program, The Major.

Help me spread the word about Combat Endurance Training. Your friend will appreciate it and I'll appreciate the chance to help more people realize their fitness goals.. Thanks in advance

Fred Nicklaus

COMBAT ENDURANCE WARRIORS



23's the Number

*Combat Endurance Training has changed my life, both physically and mentally for the best. When I began the class, I had also changed my eating habits as well. The results to me are astounding. **I have lost 23 pounds and 23 inches** forever in just 6 weeks. I feel so energetic and so happy. I feel muscles where I didn't know I had muscles. I feel so strong and healthy for the first time in my life. I still have a little way to go before I reach my goal. I know I will reach it, because I have vehicles to take me there. With eating right and my Combat Endurance, I know success is just around the corner. Thank you again!*

Melody Arquillo
La Crosse, WI

COMBAT ENDURANCE TRAINING

Panel of Experts



Tim Kauppinen

Madison, WI
www.MakesYouFast.com

Tim Kauppinen, better known as Coach K to his athletes, has spent the better part of 24 years working in speed training, strength and conditioning. Graduate of Wisconsin in 1992 with a BS in Secondary Education and a coaching emphasis. Coached a State Champion in 300 m hurdles and other State qualifying football teams. Coach K is the author of fitness and training books.



Jill Fleming

Wisconsin
www.ThinChoice.com

Jill Fleming is a Registered Dietitian with her Masters Degree in Nutritional Sciences. She is a dynamic speaker who is passionate about sharing her life-improving, simple lifestyle choices message with the world. On stage and through her book, she has the natural ability to help individuals take charge of their health and weight. She has been energizing audiences to stop dieting and start listening to their bodies since 1993.



Ed Baran

Portland, Oregon
www.EddieBaran.com

Eddie Baran has been involved in fitness for over twenty years. Growing up in San Diego, California, he was your classic skinny weakling, but always had an interest in strength. His fitness journey went through different stages from cycling, body building, Olympic weightlifting, body weight based functional strength training, and gymnastics. He is the author or co-author of numerous fitness and training books.



Dr. Bill Stillwell

Plant City, FL
www.DrBillsClinic.com

Dr. Stillwell is a highly experienced, fellowship trained, board certified orthopaedic specialist. A native of Brooklyn, NY, Dr. Stillwell earned his doctorate from New York Medical College. He has many esteemed credentials and experience from highly touted medical institutions who shares valuable advice and medical guidance that makes sense. He tells you like it is. Specifically to help you “eliminate bone & joint pain, avoid surgery and restore fitness & function, no matter what your age, activity, or current condition.”



From the Desk of the Major

A special note from the creator of
Combat Endurance Training.

2:30 am local over the sea. I'm on a solo op. I'm sitting in a blacked out c-130 with the ramp already down. We're skimming the water and getting to the point where we rise to altitude. I've got my parachute and a Draeger rebreathing apparatus on. My weapon and rucksack, loaded with radios, batteries, ammo, and water, are rigged and I'm ready to unass the aircraft. I've got an Air Force Pararescue (PJ) Jumpmaster who tells me to stand with my fins on the edge of the jump door platform. We're jumping the door instead of the ramp for many reasons.

He gives me the tap out to go. I exit and 4 seconds later my chute opens and I float down into the sea. I egress from my chute, check my compass, take a breath, descend and make my way underwater to the beach. I'm swimming long and strong, just like our flutter kicks in our **Combat Endurance** training sequences. I reach the beach, ditch my equipment and make my way to the target for observation and reporting

HQ gets what they want and tell me to proceed for exfil. The following night I hide out during the day and under cover of darkness make my way to the beach and don my gear which I had cached and swim out about 2 miles. I surface, snap a chem light and wait for the boat to pick me up. The boat zooms up, barely slows and the crew pluck me from the water. We zip away, head to a safe island, disembark and head to the debriefing.

I've been going now for sometime running on adrenaline and endurance. After the debriefing a mess sergeant whom I had known for years brings me a tray full of meat loaf, mashed potatoes, gravy, and green beans along with a steaming canteen cup of strong coffee. I'm starting to come down and decide to hit the rack for a few hours.

As I drift off I say a quick thank you to the Big Green Beret in the sky. I thank him for my safe return, for accomplishing the mission and above all for giving me the self discipline to do my **Homework** in prep for this op. A substantial part of my **Homework** was a daily regimen of **Combat Endurance Training**.

I hope that you drive on and be your own special operators.

De Oppresso Liber,

The Major

This Month's Featured Articles

Jill Fleming's **Favorite THIN CHOICES®** **tips to Start Losing Weight Today**

1 **Rise & Dine.** Eat something within the first hour of waking to get your metabolism to begin burning calories. This “something” can be as simple as a couple of crackers or ½ of a banana. For those of you who are not hungry in the morning, you need to eat anyway. You will be missing the opportunity to burn calories by waiting until later in the day.

2 **Get More Volume with Fewer Calories.** Foods with high water content fill you up easily. They are also naturally lower in calories. Fruits and vegetables are very high in water content. Your goal should be to consume 8-10, ½ -cup servings daily. To achieve this goal, eat one large salad and one smoothie daily. A smoothie, where you blend 1-cup of liquid (water, juice or milk) with 2 cups frozen fruit, has the added benefit of adding air to increase the volume even further.

3 **Go Nuts!** Eat a handful of almonds for a snack between meals to control hunger. In a study in the *International Journal of Obesity*, dieters who ate almonds every day lost 18% of weight and body mass index compared with 11% in the nut-less group, even though both groups consumed the same number of daily calories. Be sure to read the ingredient list. Ideally, the list will contain only one ingredient, such as almonds or walnuts. Limit your intake to 1-2 oz per day to avoid consuming excess calories.

4 **Don't Drink Your Calories.** All beverages that contain calories are providing EXTRA calories that can easily cause weight gain. Your body does not compensate for the beverage calories you consume with a decrease in your appetite. For example, if you drink a 12-ounce can of Coke, you are consuming 150 calories. You body is not 150 calories less hungry for food later. If you eat a large banana and a medium apple, for a total of 150 calories, your body will be 150 calories less hungry later.

5 **Water is Essential for weight loss.** When you are not consuming enough water, your body will hold on tightly to your body fat. Water is a needed ingredient in the breakdown of body fat. Drink at least 64 ounces of water per day, or two 32-ounce sports bottles of water. You will know you are drinking enough water when your urine is pale yellow, clear instead of cloudy and has absence of smell midday.

6 **Write it Down.** Write down everything that you eat or drink during your weight loss phase. This simple act will increase your accountability to yourself daily. I, of course, love the *THIN CHOICES Lifestyle Diary* because it makes a tedious task fun. You have a place to record everything, even your exercise sessions in just 10-minute increments.

7 **Move to Lose.** To lose weight quickly, you will want to move your body for at least 45 minutes 4-5 days per week. You can walk, bike, swim, do an exercise video or dance with your children. Find an exercise that you can tolerate. Place or draw a star on your calendar for each day that you meet this goal. You will quickly begin to notice the correlation between stars and your mood, as well as your weight.

8 **Squeeze to Tone.** When you tighten a specific set of muscles, such as your stomach or buttocks, you will be toning them. This is called isometric toning. I like to call them “Squeezies”. They are fun to say and easy to do. You can do this anywhere. I like to do my Squeezies while waiting for a red light to change and in line at the grocery store. Keep in mind that you can begin to tone your muscles that are currently sitting under some body fat, but you just can't show them off until you lose your excess fat.

9 **Snooze to Lose.** A recent study found that people who sleep for less than 5 ½ hours per night are 50% more likely to be obese than those who sleep for seven to eight hours. Researchers have concluded that lack of sleep affects hormones related to appetite, causing weight gain.

10

Breathe Deep. Oxygen is the second key ingredient needed for the breakdown of body fat into useable energy. Deep breathing also helps combat stress. For 10 minutes everyday, lay flat, close your eyes and focus only on your breathing. If you are an emotional eater, practice taking deep breaths whenever you are eating out of boredom, anger, stress, etc...

According to the **National Weight Control Registry**, people who are most successful at losing weight and keeping it off have four things in common: they follow a low fat carbohydrate rich diet, eat breakfast almost every day, exercise regularly and monitor their weight loss closely. These findings are consistent with the research Jill Fleming conducted and reveals in her book *Thin People Don't Clean Their Plates: Simple Lifestyle Choices for Permanent Weight Loss*.

NOTE FROM FRED

Those are great health tips that put being healthy into perspective. Remember, the little changes of habit make the big difference – whether it be a change in how you eat or adding a Combat Endurance 7 Minute Workout to your routine. Jill knows her material and you'll be able to read her ideas every month in the Combat newsletter. Check out her website linked at: www.CombatEnduranceTraining.com/experts.html



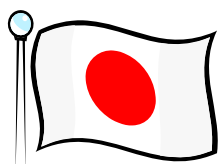
“First say to yourself what you would be; and then do what you have to do.”

-Epictetus

Easing into Exercise

By Ed Baran

11 years ago I got my first job in corporate America as a web developer for a huge Japanese multinational company. I was thrilled to have such an opportunity.



So thrilled, in fact, that I was set on learning Japanese. It wasn't necessary but I figured it was a way to move up in the ranks and impress the boss.

Every day for a couple hours I studied the language. I was very motivated and diligent about learning. I figured if I continued at this pace I'd be fluent in no time.

This lasted for all of one week.



After that I just couldn't bear the thought of memorizing another word of Japanese. I was completely burned out. I swore off the language, never trying to learn it again until I went to Japan a decade later. I had completely lost interest. So what happened? If I were so motivated and disciplined at the beginning and did put in the time, why did I give up? The problem was that I had tried doing too much too soon. I wasn't mentally prepared for this. Of course I'd get burned out. Who wouldn't? I was force-feeding myself something I hadn't yet developed a taste for, something that was foreign to me. I was a beginner and couldn't handle the load.

If I had eased into learning Japanese I no doubt would be fluent by now. But instead I'm back to square one. What I should have done was start with 10-15 minutes a day and worked up from there.

Then I would have been able to handle the load and learned at a better pace instead of ramming it down my throat. Something so new, so much and so fast was too much for me to handle.

I see so many people start their exercise program the way I tried to learn Japanese. He'll bust his hump at the beginning for hours a day trying to make up for lost time. Or she'll start off by jogging 10 miles a day, cramming years of exercise into a week.



No doubt these people are gung-ho and motivated, and I admire them for that, but they're not prepared to do so much so fast so soon. If you're new to exercise you need to start off slowly to acclimate yourself. Don't do too much at first; just a few minutes a day to ease yourself into it. This way your brain and body will adapt and build a strong and stable foundation.

It's also the best way to get results fastest. Only when

you're more advanced can you then do a long, hardcore, intense workout.

But not when you're a beginner.

Start off easy and do a little bit, then increase gradually. Your body will then learn to enjoy movement this way.

When my brother Andy and I developed our Gymnastic Abs program, it was specifically designed to take a beginner and progress them through the exercises. By gradually increasing the level of difficulty in a series of progressions, you are assured of success. You'll build a rock-solid foundation and have a trackable goal to work toward.

This is the same way a gymnast trains. No gymnast starts at the top. He starts at the bottom and works his way up through a series of small goals and progressions. Then one day he finds himself moving his body in amazing ways.

Same goes for everyone else, no matter what the activity. Start where you start and go up from there one step at a time. Don't force it or rush it, or it won't happen.

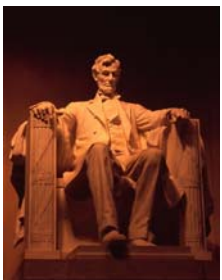
Fitness is a lifetime journey. Build your foundation first by doing it the proper way. The results will be fast and permanent.

Wishing you the best,
Eddie Baran

NOTE FROM FRED

The article helps us keep perspective about starting a new exercise program. Thanks, Eddie! He'll be contributing to newsletter every month. Check out his link at my website:

www.CombatEnduranceTraining.com/experts.html



“If...I have lost every other friend on earth, I shall at least have one friend left, and that friend shall be down inside of me.”

-Abraham Lincoln

COMBAT ENDURANCE WARRIOR

Kickin' Osteoporosis' Butt Wearin' my Skinny Jeans

When I was diagnosed with osteoporosis a few years ago I worried about my future. I didn't know if I would be able to play with my grandchildren because of the back pain I was dealing with. Osteoporosis can be a debilitating condition for its victims. A vital component of the treatment of osteoporosis is exercise, especially strength training. The Combat Endurance Training has been wonderful for me. I can't believe that I could see a difference in just a few weeks. Not only do I feel great, I have been able to get my "skinny jeans" out of the back of my closet. Thanks for your help, support and encouragement.

Virginia Von Ruden

The VMO—The Key to Pain Prevention and Knee Stability

By Dr. Bill Stillwell

The VMO, or *vastus medialis obliquus*, is the large tear drop shaped muscle that lies just above and on the inner side of the kneecap, or *patella*. It is one of the four quadriceps muscles in the front of the thigh, but the only one that attaches directly to the inner, upper margin of the patella.

For this reason, it pulls inward on the kneecap and opposes the slightly outer pull of the other three muscles (Figure on Next Page). The VMO is most active in the last 30 degrees of extension, meaning that it helps to lock the knee out fully straight. So, you can see that this one muscle has a strong influence on both the kneecap and knee stability, as a consequence of its anatomy.

Pain in the kneecap usually results from a direct blow or a fall, or it may result from maltracking, meaning that the kneecap is pulled off its normal path, usually to the outside, and often because the VMO is weak and can't counteract the pull of the other three quadriceps. Often, this is also accompanied by tightening or contracture of the soft tissues on the outside of the kneecap, which makes it much harder to correct and the problem.

Some combination of these factors is usually involved in kneecap pain, which can also be accompanied by instability, or giving way of the knee. Over time, this can result in degenerative softening of the cartilage under the kneecap, or *chondromalacia patellae*.

The other major source of pain in the knee comes from within the joint, either from a twisting injury that may injure a *meniscus*, one of the cushions within the joint, or a sprain of one of the ligaments, or an effusion, or “water on the knee,” which results from inflammation of the lining membrane of the joint, the *synovium*. And, in the older population, degenerative arthritis in the joint is also a source of pain and instability.

In every case, strengthening the VMO is critical to relieving pain and restoring stability.

So, what exercises are best for doing that? Here again, we take our lead from the functional anatomy. Since the VMO muscle straightens the knee, and is most active in the last 30 degrees of extension, we want to load the muscle within that range of motion.

Isometric exercises, technically defined as muscle contraction without shortening, those done with the knee fully straight, can increase VMO tone and strengthen the tendinous attachments. For example, **quad setting** is done by tensing the straight leg, contracting the quadriceps, as hard as you can, for six seconds. This is particularly important when you have a fresh injury, or in the first few days after knee surgery. *It adds strength, without movement.*

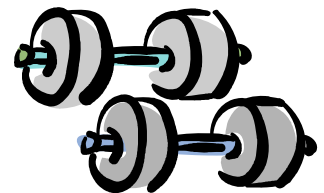
Similar in effect is **straight leg raising**. Lying on your back, with the opposite leg bent up (to straighten your spine, and relieve stress across the lower back), you tense your quads, and maintaining the contraction, slowly raise the straight leg up to about 45 degrees. Then, slowly lower it again. To start with, try for 3 sets of 15-20 repetitions. This, too, is an exercise that

is very useful in the immediate aftermath of an injury or surgery.

Isotonic exercise is muscle contraction with shortening and what we normally think of as exercise, with movement of the joint. This can involve the resistance of bodyweight only, or external resistance, like free weights or an exercise machine. The simplest exercise is a **quarter squat**. With or without weights, with your back against the wall, simply squat down just a quarter of the way, approximating about 30 degrees of knee flexion, then stand straight and tense the quads strongly.

Even full range movements, like Full Squats or Hindu Squats, can be converted to VMO strengthening exercises by that isometric tensing of the quads, with the knee fully straight, with each repetition. My personal favorite for working the VMO is the **Hack Squat**. In this exercise, you hold a barbell or two dumbbells behind your knees and leaning backward to put maximal stress on the VMO, do quarter squats.

It's helpful to have a wooden block under your heels to help with balance.



Machine exercises are also useful, but leg press machines are probably better for your knee than leg extension machines, because the leg press loads your knee from above, and is more physiological. This is especially true if you have kneecap disease, like chondromalacia, or arthritis. Here again, you can handle very heavy weight eventually, because you're using it for a very short arc, just 30 degrees.

Whatever exercises you choose, you will begin to notice an improvement in your pain and your stability within about 10 days, and real improvement within 30 days.

As the VMO becomes stronger, your patella tracking will improve and your knee will feel more stable. Although this regimen can't cure everything, it can go a long way toward making your knees feel better and stronger. Give it a try.

-Dr. Bill

NOTE FROM FRED

Dr. Bill is the online handle for William Stillwell. Dr. Stillwell is widely respected by his peers and patients as being an expert source in helping people eliminate knee pain. If you have knee pain, arthritis, etc, check out his website linked at:

www.CombatEnduranceTraining.com/experts.html

COMBAT ENDURANCE WARRIOR

When I started, I was very flabby, had lack of balance, and not I was not very inclined or motivated to do much of anything, especially like this workout...but now I feel almost drawn to it. I look forward to going each time. I had to miss one time last week, and I physically could tell I was missing it, and I couldn't wait to get back. I now feel like my body is toned up (with a lot of more work to do), but it feels good. My balance is so much better. I feel great!

Nancy Juen

The Problem With Most Interval Training

by Tim Kauppinen



A lot of so-called interval training workouts just plain don't work if you're trying to lose weight, build muscle or boost stamina. Here's why.

You know as well as I do now that interval training is all the rage in many of the mainstream fitness magazines, websites, etc.

But, if you look at a lot of the suggested programs - they aren't truly high intensity interval training at all.

By now, you've probably heard plenty of fitness experts talk about the benefits of cranking up the intensity of your workouts... less time spent working out, more fat burned, boosts metabolism, revs up heart and lung power, etc. But that's where many of these so-called interval workouts miss the boat.

Here's a simple example (and one that you've probably read out there somewhere):

"Sprint for one minute. Jog for 2 minutes. Sprint again and repeat the cycle 10 or more times."



What's wrong with this picture?

First of all, you can't "sprint" for 1 minute. World class long sprinters and middle distance runners can come close, but even they are entering differently energy systems after around 30 or 40 seconds. For the rest of us, a sprint should never go over 30 seconds - and for most of us (in "normal person condition") sprints of 10 or even 5 seconds are plenty to reap the rewards of high intensity intervals.

Secondly, the recovery times are too short. Tell me this: Even if you COULD actually sprint (really go pedal to the floor, all out effort) for 1 minute, would you be fully recovered after 2 minutes of lower intensity? How fast would your second 1 minute sprint be? As fast as the first one? How fast would you be going by number 8 or 9 or 10? See my point? You would get progressively slower - and each sprint would be progressively lower in intensity.

Longer recoveries allow you to truly sprint "full out" for each of your fast intervals. Doing this lets you train at the higher intensity for a longer total period of time (when compared to trying to go hard straight through or with minimum recovery). You'll spend more actual time training at the high intensity.

And remember, it's the intensity that's most important here, not the volume. Going 100% effort with relatively long recovery periods between sprints will bring you maximum results. Unfortunately, I think people are too caught up in the "more is better"

volume belief. They are either too conditioned into a mileage mentality or just think that sprinting for only a few seconds (and recovering) can't possibly do you any good.

They've turned interval training into just another long, boring form of cardio - only they've made it impossible for most people to do it successfully - and therefore easy for them to quit because it's "too hard". If you can't complete a workout - or even a tenth of it, what's the sense in beating your head against a brick wall and continuing? This can happen as quickly as the first time you try to "sprint" for one minute. The workout sets you up for failure.



To achieve your goals, I strongly suggest you break out of that mindset. Because true high intensity interval training can bring you to the fitness level you've been looking for.

I'll even take it a step further and add my favorite training method - hill sprints - into the mix. Using them, not only will your sprints be high intensity - they'll be even higher intensity from the incline you sprint on (and you won't even have to think about it - sprinting up hill is naturally more intense than going on flat ground). Plus, since the intensity is kicked up an extra notch, you can spend less time on each sprint - and on your total workout. Not to mention the safety benefits for your hamstrings, knees and back.

Hey, truth is, anyone can benefit from adding high intensity to their training. But, to be successful, you've got to do it right. Avoid the watered-down, cardio-in-disguise interval workouts. Replace them with what works: high intensity, low volume and long recovery techniques.

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NOTE FROM FRED

This goes hand in hand with Eddie's article. Too much, too hard, too soon means that you'll quit too soon. Make sure you check out Coach K's free daily fitness email which will help you get into the best shape of your life. Look at Coach K's link at my website at:

www.CombatEnduranceTraining.com/experts.html

FRED'S FINAL THOUGHT

Head For The Hills

It's been a long winter. Recently we've had temperatures of 30-40 degrees below zero. Too cold for man or beast. It's put a bit of a dent in my daily walking routine. Thankfully, the warmer weather is coming. Now, it's time to head for the hills. My hip surgery no longer allows me to run, but I can still move fast without the pounding on the pavement.



I'm fortunate to have many bluffs and coulees to walk to right out my front door. Walking or running up hill is more difficult at the same time being less taxing on your body.

I'm planning on much hill work this spring. My heart beats faster and my legs get a more efficient, faster burn than walking the flats.

Remember the need for elevated heart rate and for speed. If your goals are weight loss, improved cardiovascular fitness, and improved overall health.

Head For The Hills And I Hope To See You There

Fred Nicklaus

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Combat Endurance Training

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