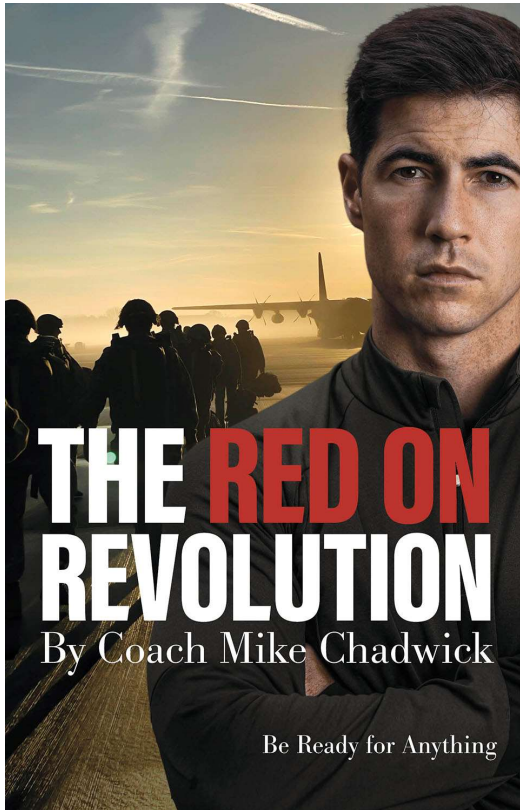




Title information



The Red On Revolution

Be Ready for Anything

By Mike Chadwick

Key features

- Ground-breaking approach to physical and mental development
- Written by an elite coach working with top-level sports, military and fitness champions
- Former para coach Mike tore up the Army's old approach to physical development, sending success rates soaring
- Military memoir combined with research, advice and motivation
- Mike has a following of 48.8k on Instagram and 200-plus five-star consumer ratings for his audio book on Audible
- Perfect for fans of Ant Middleton, David Goggins, Ross Edgley and James Smith; includes contributions from Ant Middleton, the Stoltman Brothers and others
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

Mike Chadwick – secret coach to the elite – reveals his revolutionary approach to success. Do you have a challenge that demands physical or mental strength? Are you struggling to sustain the commitment needed to achieve your goals? Do you know what it takes for you, personally, to succeed at the highest level? Coach Mike – a trainer of champions, a leader of leaders, the coach with the ear of the elite – is ready to help. In *The Red On Revolution*, ex-paratrooper Coach Mike exposes countless fitness-industry myths and coaches you, personally, to succeed. Join Mike and a powerful line-up of guests – including Ant Middleton (SBS, explorer, entrepreneur), Simon Jeffries (mental resilience coach, Special Forces), Anthony 'Staz' Stazicker (SBS, entrepreneur, explorer), the Stoltman Brothers (World's Strongest Man), Charlotte Spence (Crossfit champion and Army's Strongest Woman), Scott Meenagh (Paralympian and ex-paratrooper) and Tom Aspinall (UFC heavyweight) – on a quest for a better you. Only one question remains: are you in?

Details

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