

Introductory TACFIT Warrior File Sizes

Component #1

TACFIT Warrior Mission Brief Manual.

Appr. Size: 68MB

Component #2

TACFIT Warrior Mission Calendars.

Total Appr. Size: 950KB

Component #3

4-Day Diet Book.

Appr. Size: 11MB

Component #4

TACFIT Warrior Wall Charts.

Total Appr. Size: 45MB

Component #5

Stress Conversion Video.

Appr. Size: 100MB

Component #6

Video Mission Briefing Instructional Library. 5 videos.

Total Appr. Size: 340MB

Component #7

Warm-Up and Cool-Down Instructional Videos. 2 videos.

Total Appr. Size: 73MB

Component #8

Follow-Along Mission Simulation Videos. 5 videos.

Total Appr. Size: 1GB

Component #9

Warm-Up and Cool-Down Simulation Videos. 2 videos.

Total Appr. Size: 68MB

Component #10

Strain Prevention Video.

Appr. Size: 150MB

Component 11

The exclusive WARRIOR SLEEP program.

Appr. Size: 27MB

Component #12

The Nine Secrets of The Samurai.

Appr. Size: 280KB

BONUSES:

Bonus#1

Mastering F.E.A.R. audio and workbook set.

Book: **Appr. Size: 212KB**

Audio I: **Appr.Size: 29MB**

Audio II: **Appr.Size: 27MB**

Bonus#2

Threshold Training Videos. 16 videos.

Total Appr. Size: 2850MB

Bonus#3

FlowFit Video: 12 videos.

Total Appr. Size: 450MB

Package Appr. Total Size: 5520MB (5.3 GB)