

## TACFIT Warrior package 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**

**Package Appr. Total Size: 2163 (2.1 GB)**