

HSO Email:

SL: Get in loser, we're storming Normandy...

Date is June the 5th 1944., you're walking the streets of your city, headed to the gym, praying to God your spine stays whole after your clean & jerk PR attempt

Suddenly, a dark green van blocks your way, two huge dudes dressed in camo outfits from head to toe snatch you into the van:

"You're coming with us, boy!" Says one of the men with a thick southern accent...

You're taken to the military base to gear up and help relieve France from Nazi Germany.

This must be a dream you think, hopefully.

But it is very real.

You're all alone with strangers who are more scared than you, headed to fight the most evil force humans have seen in decades.



...Pistol squats seem like heaven now, right?..

You board the ships in England and head to Normandy.

Strapped only with a rusty, half-loaded pistol and a yellow construction helmet for protection.

You are scared shitless! As you should be...

Totally unprepared, unequipped, headed to your inevitable doom.

Even with the most enthusiastic approach, things are most likely to END BADLY.



Now - SNAP OUT!

This is how YOU SHOULD FEEL when you don't practice proper technique in the gym.

Sorry to give you secondhand PTSD, but that is where you're headed if you want to "tough it out"

When you don't do a good warm-up, stretch properly, or listen to the [guidance of your mentors](#) and community.

Now imagine the same scenario, but with this in mind:

You've been training in urban military combat for 5+ years.

You are tough as a nail, locked and loaded, ready to take on the evil force.

Plus, you have people with you that have been there and will be there through thick and thin.



You and your badass crew are ready for any challenge the world could throw at you.

And it will.

Finding the right community can help you 4x your progress, and make you feel good about it.

Don't be afraid to ask for help, you can't find EVERYTHING on youtube and you can't read every functional training book on your own.

We can bring speed to your progress by correcting your technique and strengthening your body's weak points.

[Take a look at how you can be ready to storm YOUR Normandy!](#)

