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MARINES FITNESS TESTS POLICY  
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fitness is a fundamental requirement for  
every member of the Royal Marines in  
order to ensure combat effectiveness,  
job performance, and general health are  
maintained. Furthermore, physical  
fitness is an indispensable aspect

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Search, Lola M. Coxford, Oct 1, 1997,  
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specific book written by the author of the Official Haynes Royal Marines Fitness Manual sanctioned by the Ministry of Defence (MoD).

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