



The Complete Guide to Navy SEAL Fitness: Featuring the 12 Weeks to BUD/S Workout (Includes Bonus DVD)

Stewart Smith LT USN, Stewart Smith

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Whether you want to be a Navy SEAL or just look like one...here's your chance!

Navy SEALs are ordinary people who do extraordinary jobs. It takes an optimal level of fitness to swim 6 miles, run 15 miles and perform over 150 pull-ups, 400 push-ups and 400 sit-ups in one day—but more importantly, it takes motivation and determination to stick with it to the end. If you follow and finish this workout, you will find yourself in the best physical shape of your life!

This new DVD edition brings you complete follow-along instruction on swimming, running, and exercise. Special bonus DVD features include detailed chaptering, Web site links for Navy SEAL sites, and more!

The Complete Guide to Navy Seal Fitness is an advanced-level exercise program that teaches running, swimming, rope climbing, stretching, and exercise techniques all in one book.

With this program, you will be ready for any military training or physical challenge in the world. Train with the world's fittest and strongest individuals: the US Navy SEALs! 100 b/w photos.

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