



The Complete Guide to Navy Seal Fitness, Third Edition: Updated for Today's Warrior Elite

Stewart Usn (Seal) Smith

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The complete workout for the serious exercise enthusiast interested in obtaining the fitness level required by Navy SEALs.

Updated in 2015 to reflect current recruitment and physical training standards.


Whether you want to be a Navy SEAL or just be as fit as one, here's your chance. *The Complete Guide to Navy Seal Fitness, Third Edition* has returned with updated BUD/S workouts and the latest entrance requirements from the Navy. 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!

This complete package includes:

- Updated step-by-step instructions to help the fitness recruit on their path to SEAL entry
- New beginner workouts for those who need to lose 20 pounds or more
- A special 12-week plan for the Navy Special Operations EOD, SWCC, Diver Physical Screening Test
- New information for optimal weight loss from a certified nutritionist

Written by a top SEAL instructor, *The Complete Guide to Navy Seal Fitness, Third Edition*, is the advanced exercise program that can walk you through the no-frills workout that has conditioned some of the best bodies around.

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