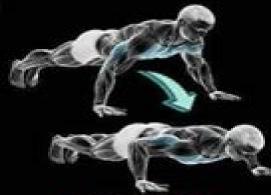
COULD YOU BE ANALYSEAL



PULL UPS: 10 Reps 20 Reps



PUSH UPS: 50 Reps 100 Reps



1.5 Mile RUN: 10.5mins 9mins



SIT UPS: 50 Reps



COMPETITVE SCORE



MINIMUM SCORE



500 YARD SWIM: 12.5mins 8mins

Navy Seal Workout

K Morrison

Navy Seal Workout:

Special Ops Fitness Training Mark De Lisle, 2008 Outlines workouts and exercises drawn from programs used by United States military special operations teams and aimed at promoting total body fitness The Navy Seal Workout Mark De Lisle, 1998-06-01 Many people believe the only way to get in shape is by putting a lot of money into trendy fitness centers or spending hard earned cash on a variety of workout videotapes In the end these methods seldom provide the results we re all looking for But don't get me wrong I am not demeaning gyms or workout tapes in fact I still enjoy the benefits of a gym to keep fit Weight lifting rooms and other facilities can be extremely beneficial However to obtain and maintain supreme cardiovascular fitness and a rock hard body I must continually use the training regimen I learned as a member of the Navy SEALs from The Navy SEAL Workout As the world's most elite combat unit the Navy SEALs have long been known for their tremendous physical fitness and mental stamina Their training program has also carried somewhat of a mystique as so few people actually enter and stay in the program Now Navy SEAL Mark De Lisle reveals the no frills workout that has conditioned some of the best bodies around From stretching through cooldown including a variety of running and swimming workouts as well as tips on top notch nutrition The Navy SEAL Workout can improve any committed participant s cardiovascular fitness and overall shape and tone After 27 years as a Navy SEAL I feel The Navy SEAL Workout program is the best one on the market encompassing the physical training regimen required of a Naval Special Warfare Warrior The levels of intensity from beginner to advanced are so well laid out that both the biggest couch potato and professional athelete can see improvement after a short period of time Allan Starr Command Masterchief Naval Special Warfare Command Group One In The Navy SEAL Workout Mark De Lisle has developed a program soundly based in a state of the art knowledge of exercise physiology and principles This book would be a valuable addition to the library of anyone who is interested in peak performance W K Prusaczyk PhD Exercise Physiologist Navy Health and Research Center It has been interesting to note the numerous SEAL related materials that have come out in recent years As a former Marine I salute you for your fine work with the SEALs and in promoting fitness to the masses Harvey Newton Director of Program Development National Strength and Conditioning Association Mark De Lisle became a U S Navy SEAL at age 27 He lives in San Diego California Seal Workout Mark De Lisle, 1998 Photographs and text demonstrate the different workout techniques used by the United States Navy SEALs includes sections on stretching upper body workouts lower body workouts swimming and running The Official United States Navy Seal Workout Andrew Flach, 1998 The Official United States Navy SEAL Workout presents an accurate documentation of the demanding physical training or P T as it s known in military circles that SEALs undergo The physical expectations of SEALs are awesome but they are achievable as this book demonstrates Includes exercise photos descriptions and workout plans The Navy SEAL Weight Training Workout Stewart Smith, 2013-11-26 Add weights to your NAVY SEAL Training prep The Navy SEAL Weight Training Workout is an effective weight lifting program designed to

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teaches running swimming rope climbing stretching exercise techniques all in one book 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 pushups and 400 situps in one day With this workout you will find out firsthand why Navy SEAL training is said to be the toughest military training in the world Stewart Smith a Navy SEAL and personal trainer will guide you through the workouts he has developed to prepare candidates physically and mentally for the Navy s Basic Underwater Demolition SEAL training BUD S If you follow and finish this workout you will be in the best physical shape of your life **Navy SEALs Workout** The U.S. Navy SEAL Guide to Fitness Patricia A. Deuster, 2013-05-07 Developed to help Navy SEAL trainees meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities With a special emphasis on physical fitness everyone will benefit from these tried and true methods of honing your body for peak physical condition Topics covered include Conditioning and deconditioning Basics of cardiorespiratory exercise Open water training Weight and strength training gear Flexibility stretches Training for specific environments and their problems Dozens of workouts Dealing with training and sports injuries Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone who wants to improve his or her health strength and endurance Warrior Workouts, Volume 1 Stewart Smith, 2017-11-28 From a Navy SEAL comes the absolute best in result driven fitness regimens drawn from the same essential training and workout plans used for police officers military and firefighters to keep them fit and in optimum physical condition Get fit now with these awesome collections of workouts designed by a Navy SEAL for maximum fitness Developed and tested by best selling fitness author and expert Stewart Smith these workouts will challenge you like no other exercise program available Whether you are an everyday athlete or aspire to greatness Warrior Workouts will leave no man or woman standing Warrior Workouts features challenging workouts including Spartan Run PT A brutal run to push your limits Spec Ops Leg Day Leg day will never be the same Devil s Mile Take on the devil with this crazy workout Blue Falcon Workout Go head to head with a friend and see who wins The Upper Body Round Robin Your favorite workouts remixed Hellacious 100s 10 workouts 1000 reps ZERO breaks Sandbaby 500 with Kettlebell and TRX Put your whole body to the test with this unforgettably tough workout CLEAR PROVEN RESULTS FROM LEGENDARY FITNESS EXPERT Combining comprehensive exercise information with instructional photos and diagrams Warrior Workouts takes all of former Navy SEAL Stew Smith's teaching experience and puts it in your hands ONLINE SUPPORT THROUGH GETFITNOW PLATFORM Comprehensive online support via social media community forums and website featuring additional content such as exclusive exercise videos nutritional tips live updates from authors and more REACH YOUR ABSOLUTE PHYSICAL PEAK Designed to push the human body to the brink Warrior Workouts challenges you to dig deep and find strength you never knew you had COMPLETE FITNESS PLAN FOR MAXIMUM RESULTS

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