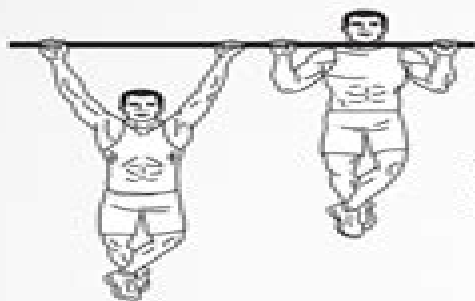


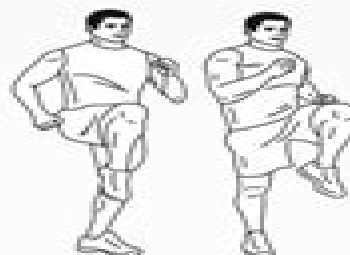
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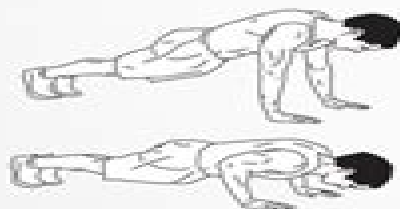
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



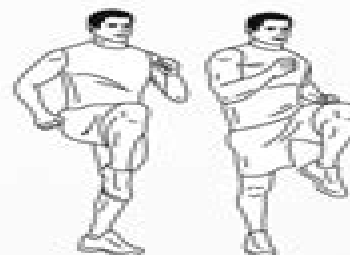
to failure
pull-ups



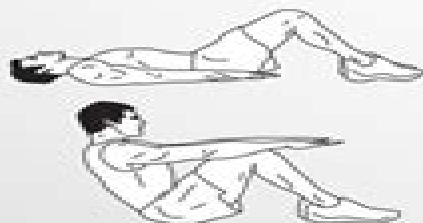
40 high knees
run on a spot
or 60 second run



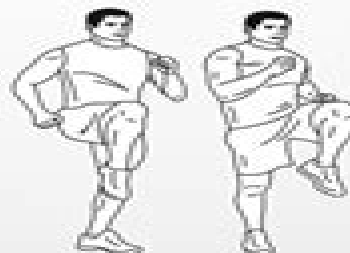
to failure
push-ups



40 high knees
run on a spot
or 60 second run



to failure
sit-ups



40 high knees
run on a spot
or 60 second run

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Andrew Flach



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The Navy 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

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