

COULD YOU BE A NAVY SEAL



PULL UPS:
10 Reps 20 Reps



PUSH UPS:
50 Reps 100 Reps



1.5 Mile RUN:
10.5mins 9mins



SIT UPS:
50 Reps 100 Reps

■
**COMPETITIVE
SCORE**

■
**MINIMUM
SCORE**



500 YARD SWIM:
12.5mins 8mins

Navy Seal Workout

SJ Ball



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