



# The Navy SEAL Physical Fitness Guide

*Patricia Deuster, Patricia A. Deuster*

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*The Navy SEAL Physical Fitness Guide* is an encyclopedia of knowledge regarding SEAL physical training. This book is a classic reference guide and was developed specifically for application in the SEAL training environment.

In its pages you will find examples of cardiovascular conditioning exercises and drills, warm up and flexibility routines, swimming, calisthenics, injury prevention, load bearing considerations, suggested PT programs, and much more.

*The Navy SEAL Physical Fitness Guide* is a valuable addition to your SEAL and SpecOps training library. There is much to be gleaned from this breakthrough publication that is relevant to this very day.

Whether you are swimming through icy waters or doing laps in your local pool, marching for miles in the desert or running along the beach, *The Navy SEAL Physical Fitness Guide* will make sure you are up to the task. For physical fitness on all levels, there is no better training program in the world than SEAL training.

Navy SEAL training is not easy. It takes commitment, hard work, focus, and the right routines. Let *The Navy SEAL Physical Fitness Guide* be a companion on your journey.

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