



The U.S. Navy SEAL Guide to Fitness

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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.

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Doreen Looney:

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Erica Lewis:

Playing with family in the park, coming to see the water world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The U.S. Navy SEAL Guide to Fitness, you could enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

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