

[PDF] The Complete Guide To Navy SEAL Fitness, Revised Edition

Stewart Smith, Stewart Smith LT USN - pdf download free book

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Description:

The "Hypoxic Swim Training" exercises aren't supposed to be done alone--in case you pass out. That should give you a wee taste of how hardcore this fitness program is. But then again, the SEALs' bodies are also quite hard, and author Stewart Smith is no exception--his calves, thighs, and biceps are roughly the same gigantic girth. A graduate of the United States Naval Academy and the man in charge of training the Basic Underwater Demolition SEAL candidates, he presents here an ultraintensive 12-week program that's designed to help you pass the Navy SEAL fitness test. That's no small feat: SEALs are required to be able to swim 6 miles, run 15 miles, and do 150 pull-ups, 400 push-ups, and 400 sit-ups.

The book is packed with supremely clear step-by-step photographs with accompanying explanations that won't leave you guessing whether you're doing anything wrong. That's a good thing, too, because it would be easy to get confused with the seven types of sit-ups in the abdominal section. The workout's designed to be done without requiring a gym membership, although you will need a chin-up bar and swimming pool to complete the entire workout. There are plenty of stretches and tips on technique to prevent injury, along with an adjustable beginner's four-week program for those who aren't in good enough condition to attempt the main program. So whether you want to become a Navy SEAL--or just look like one--you'll be in good hands with this book. As the Navy Frogmen would say, HOOYAH! (Bullhorn not included.) --*Erica Jorgensen* --This text refers to an out of print or unavailable edition of this title.

About the Author Stew Smith is a former Navy SEAL and author of *Maximum Fitness*, *The TV Watcher's Workout* and co-author of *The Official Five Star Fitness Boot Camp Workout*. He resides near Annapolis, Maryland.

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