



The Complete Guide to Navy Seal Fitness, Third Edition: Updated for Today's Warrior Elite

Stewart Smith

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The complete workout for the serious exercise enthusiast interested in obtaining the fitness level required by Navy SEALs.

Updated in 2015 to reflect current recruitment and physical training standards.

Whether you want to be a Navy SEAL or just be as fit as one, here's your chance. *The Complete Guide to Navy Seal Fitness, Third Edition* has returned with updated BUD/S workouts and the latest entrance requirements from the Navy. With this program, you will be ready for any military training or physical challenge in the world. Train with the world's fittest and strongest individuals: the US Navy SEALs!

This complete package includes:

- Updated step-by-step instructions to help the fitness recruit on their path to SEAL entry
- New beginner workouts for those who need to lose 20 pounds or more
- A special 12-week plan for the Navy Special Operations EOD, SWCC, Diver Physical Screening Test
- New information for optimal weight loss from a certified nutritionist

Written by a top SEAL instructor, *The Complete Guide to Navy Seal Fitness, Third Edition*, is the advanced exercise program that can walk you through the no-frills workout that has conditioned some of the best bodies around.

From the Trade Paperback edition.

The Complete Guide to Navy Seal Fitness, Third Edition: Updated for Today's Warrior Elite Details

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Frank says

Have never followed a harder or more intense workout program ever!! Be prepared to spend multiple hours daily in the gym... Best for single guys truly trying to get into BUD/S, there's no doubt this will take care of any physical prep you need!! If you finish this program you can finish BUD/S, as long as you're mentally tough enough, there is no training for that

Marianne Weber says

Pretty great book over old-school basics to getting in shape. Smith has a lot of great advice on nutrition and getting ready for a test day or an event, and also has various plans to prepare you for the test dates. If you can accomplish any of his plans, you will be in KILLER shape! Even if you can't, it's a great tool for figuring out goals and pushing you in a general direction of workouts. If you want a very specific plan and you are a beginner, this probably isn't the best book for you since it is focusing on preparing people for SEAL school and assumes a decent level of fitness to start.

David says

The book is detailed and a good resource. The issue really is if you can do the workouts due to physical ability and time commitment. That is not the author's fault, this is just the nature and requirement to be at this level of physical fitness.
