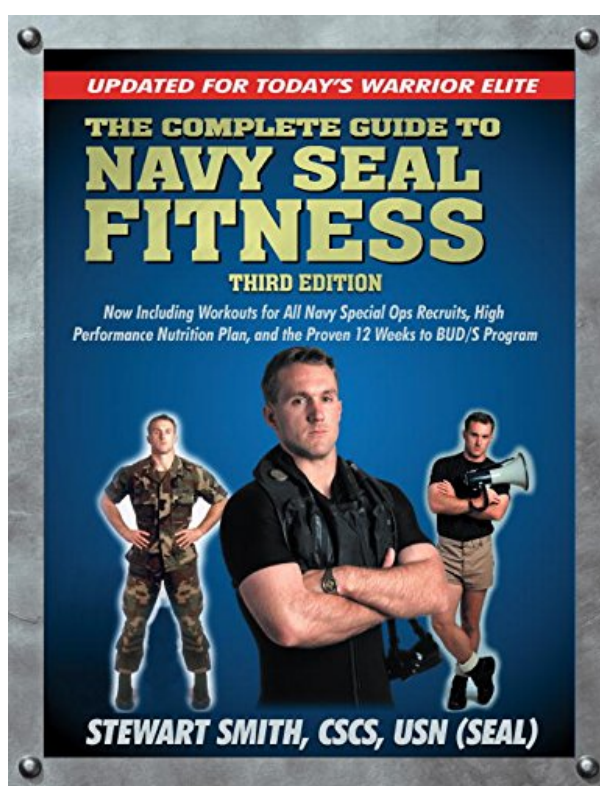
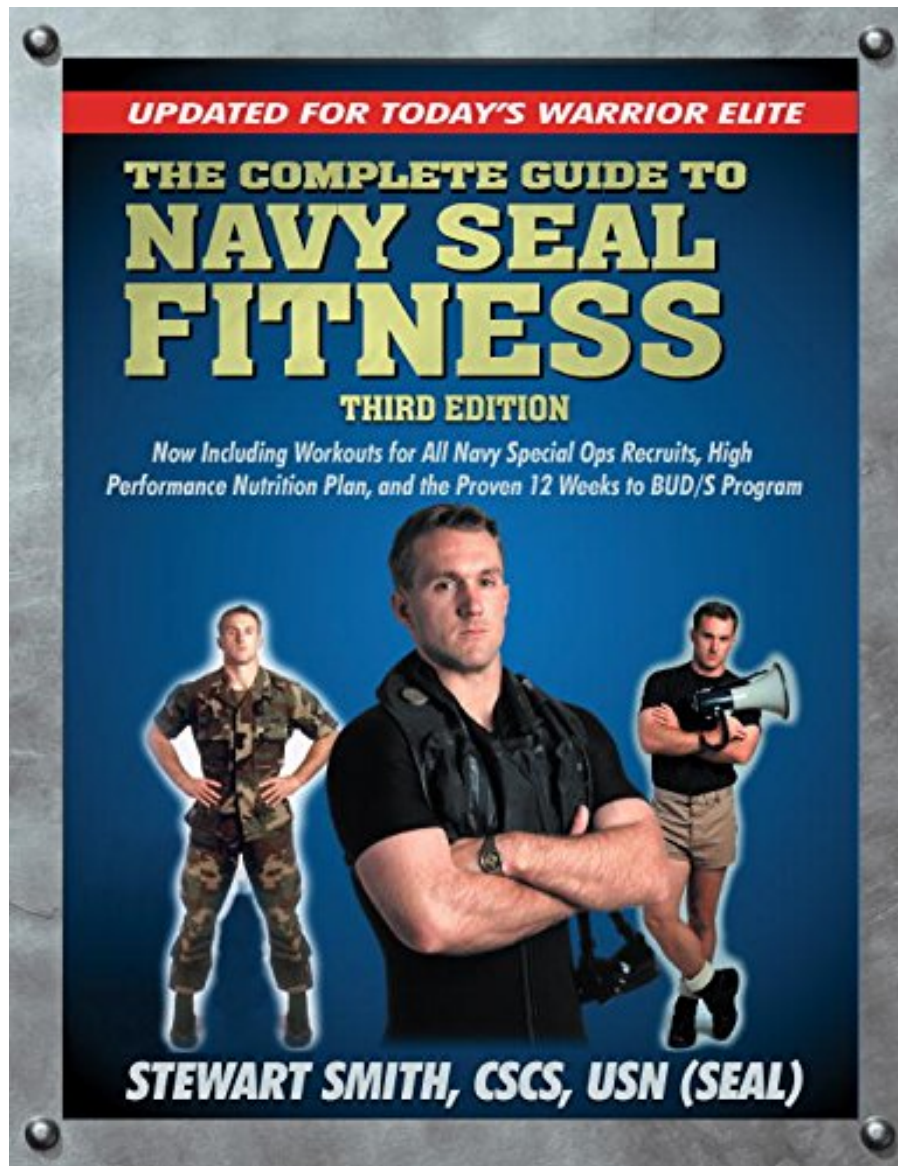


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The Complete Guide To Navy Seal Fitness, Third Edition: Updated For Today's Warrior Elite By Stewart Smith USN (SEAL). A job could obligate you to consistently improve the understanding as well as experience. When you have no adequate time to improve it straight, you can obtain the encounter and also expertise from reviewing guide. As everybody understands, book *The Complete Guide To Navy Seal Fitness, Third Edition: Updated For Today's Warrior Elite By Stewart Smith USN (SEAL)* is incredibly popular as the home window to open up the globe. It indicates that reading book *The Complete Guide To Navy Seal Fitness, Third Edition: Updated For Today's Warrior Elite By Stewart Smith USN (SEAL)* will certainly provide you a brand-new way to discover every little thing that you need. As the book that we will certainly offer below, *The Complete Guide To Navy Seal Fitness, Third Edition: Updated For Today's Warrior Elite By Stewart Smith USN (SEAL)*

About the Author

Stewart "Stew" Smith is a United States Naval Academy graduate. After four years on the SEAL teams, Stew was stationed at the Naval Academy and put in charge of the physical training and selection of future BUD/S candidates. The workout he developed to prepare for BUD/S was used by many, all of whom successfully completed BUD/S training. He is the author of *The S.W.A.T. Workout*, *The Official Five-Star Fitness Boot Camp Workout*, *Updated Edition*, and others.

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THE COMPLETE GUIDE TO NAVY SEAL FITNESS, THIRD EDITION: UPDATED FOR TODAY'S WARRIOR ELITE BY STEWART SMITH USN (SEAL) PDF

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.

Guided instructional videos, community, and expert support for this book available at GetFitNow.com and on Facebook at GetFitNowdotcom!

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.

- Sales Rank: #63249 in Books
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- Binding: Paperback
- 208 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

34 of 34 people found the following review helpful.

Not for the weak...

By Chris Jaronsky

If you follow the workouts in this book you WILL get into the greatest shape of your life! Stew Smith lays out an extraordinary workout program in this book. You will not need a gym membership, weight set in your basement, or any other expensive equipment. The only thing you need is swimming gear and running gear, and you probably already have that stuff. Oh wait, you will also need determination and a positive attitude because you will be pushing yourself to your limits.

I have been doing modified versions of Stews workouts with my oldest son. We will start using the "12 weeks to BUD/S" workout next week after he graduates from High School and we can coordinate our schedules to get these grueling workouts in every day. His plan is to become a Navy SEAL after he graduates from college. I was a Navy diver a long time ago and my plan is to just get into great shape because I am getting older and I still have three younger sons to keep up with after my oldest leaves the nest. It gets harder every year...

The modified versions of Stews workouts we have been using vary day to day. We normally go hit the Appalachian trail (which is close to our home) and run on the trails. We get in a good stretch, then start running. We hit numerous places on the trail to stop and workout. The workout is so much better with a great view! We will do pushups, pullups, 8 count body builders, mountainclimbers, sit ups, etc. Then we start running again until we hit our next workout spot. We normally run a minimum of 5 miles and stop for workouts 5 or 6 times. Other days we hit the lake and go swimming.

The book lightly covers nutrition. By that I mean it does not give detailed meal plans, but rather gives general guidelines for nutrition. The general guidelines mention things like don't eat fried chicken, instead eat skinless chicken breasts, or use more healthy oils like canola or olive oil instead of vegetable shortening. His general guidelines are good, but nutrition could easily fill up 4 or 5 books on its own. So if you were not aware that fried chicken or vegetable shortening was a poor choice, you should probably pick up a sports nutrition book like The U.S. Navy SEAL Guide to Fitness and Nutrition or Nancy Clark's Sports Nutrition Guidebook.

The nutrition aspect of this workout is important. If you follow Stews workout you will be burning huge amounts of calories and will be eating more. I have increased my portions at each meal, snack on almonds and fruit all day, and still lost a few pounds. The big changes are when I step onto my bodyfat scale and I can see my bodyfat and visceral fat going down while my muscle mass increases. I am not sure how many calories I am taking in each day, but it is a lot, and I am still seeing great progress due to the tough workouts. Plus I feel fantastic.

This book has a lot of value if your goal is to get into good enough shape to become a Navy SEAL, or a member of any Specwar outfit. It also has great value if your goal is to just get into fantastic physical condition. The workouts in this book will require some commitment and dedication if you plan on completing them. But if your goal is to be in great shape, thats an easy trade-off and in my opinion well worth it.

6 of 6 people found the following review helpful.

Comprehensive, detailed, EXCELLENT!!

By Shane

This workout book is one of the best overall workout books I've ever read. I've been working out pretty regularly for the last 14 years and have done a lot of different programs and read a lot of books. This one really stands out as one of the best. It is detailed, smart (telling you how to avoid common injuries) practical, it works, and it has an element of "fun" to it in that it tells you EXACTLY the measures you need to take to become a Navy SEAL, who you can contact, some history of the Navy SEALs, minimum requirements, preparing yourself mentally, advice for moving through BUD/s training, nutrition advice, swimming techniques, running advice, all of it QUALITY. It is NOT a hastily thrown together guide to capitalize on the growing popularity of SEALs. It is a GREAT guide that I think can apply to anyone, regardless of prior knowledge or experience. This book has it all, and includes a DVD, which for me, greatly helped my swimming technique. I HIGHLY recommend this book!! An all-in-one resource for anyone interested in fitness.

3 of 3 people found the following review helpful.

Excellent book, contains most of all I needed

By Hallur Hallsson

I really liked this book. Why? Because it came with most of what I needed. A complete guide it says on the cover and a complete guide it was.

Realistic diet\nutrition guide, good explanation of all the excercises and an easy and usable exercise guide.

Are you a beginner? Follow the begginers guide. Getting better? Go to the intermediate. Have you mastered that? get to the advanced section.

The book tackles overtraining, injuries, swimming technique and a bunch of other things.

I am working out with the intention of passing some hard core exams and this book is doing it for me.

Its not a magical solution, the work is yours not the books but I like the setup, I value it's advice and the exercise program, be it the general set or the one aimed at helping you run faster\longer has done a lot for me.

Cheers.

See all 104 customer reviews...

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