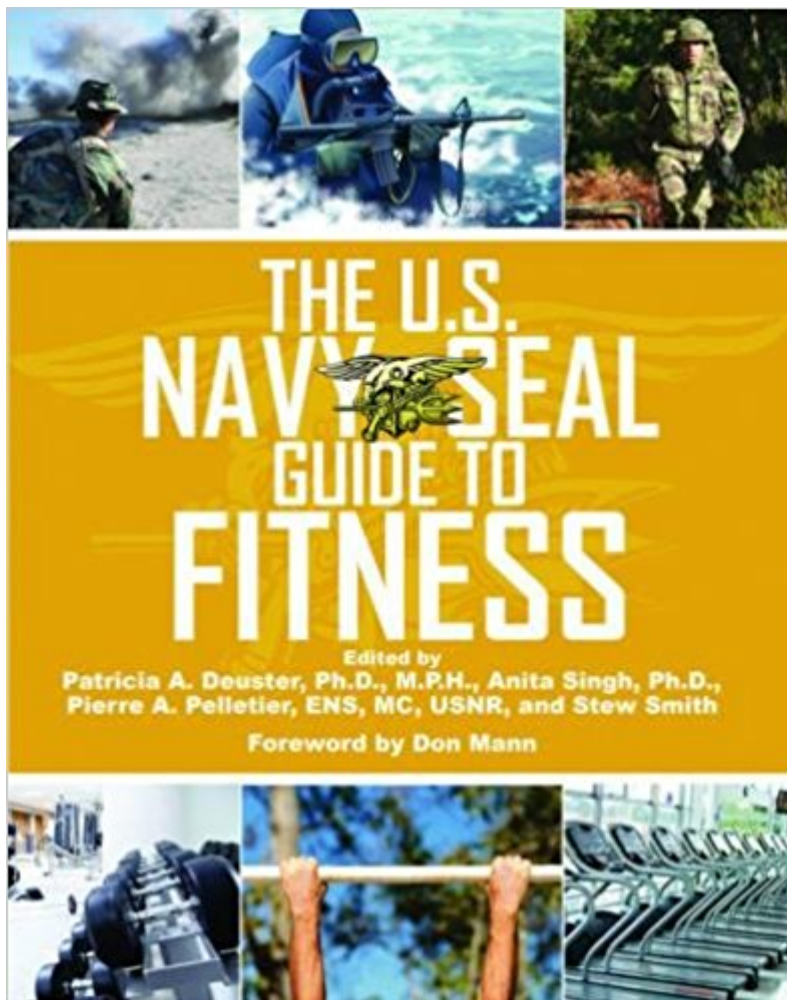


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# The U.S. Navy SEAL Guide To Fitness



## Synopsis

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.

## Book Information

Paperback: 304 pages

Publisher: Skyhorse Publishing; 1 edition (May 7, 2013)

Language: English

ISBN-10: 1620878828

ISBN-13: 978-1620878828

Product Dimensions: 8.5 x 8.5 x 10.8 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #759,556 in Books (See Top 100 in Books) #294 in [Books > Engineering & Transportation > Engineering > Military Technology](#) #4360 in [Books > Health, Fitness & Dieting > Nutrition](#) #5508 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

Patricia A. Deuster, PhD, MPH is an associate professor and director of the Human Performance Laboratory in the Department of Military and Emergency Medicine in the Uniformed Services University of the Health Sciences, School of Medicine in Bethesda, Maryland. She has conducted more than fifteen years of research in the area of sports nutrition and exercise physiology and has published numerous papers on the U.S. Navy SEALs. Don Mann's impressive military biography includes being a decorated combat veteran; corpsman; SEAL special operations technician; jungle survival, desert survival, and arctic survival instructor; and Survival, Evade,

Resistance, and Escape instructor; in addition to other credentials.

Not sure how Navy SEAL official this manual is. The stock photos are almost comical--looks like one with a WW II Army Jeep in it. That having been said, some great fitness routines, complete weight programs, calisthenics, etc. This has really helped me amp up my workouts. I recommend. Five stars for the content.

Outstanding!

5 stars

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