

The Complete Guide to Navy SEAL Fitness has been a top-selling fitness book for over ten years. People with different backgrounds and goals have successfully used the workout to gain exceptional muscle stamina, cardio vascular endurance, and strength.

In this definitive third edition, the original 12 Weeks to BUD/S Workout has been left untouched. This plan continues to help Navy SEAL students graduate. In fact, recent graduates from the SEAL program were asked what they did prior to attending SEAL training and 85% of the graduating BUD/S class said they completed **The Complete Guide to Navy SEAL Fitness** and other Stew Smith fitness programs.

I developed the 12 Week to BUD/S Workout for midshipmen at the United States Naval Academy. In the two years, that the mids and I tested this workout, all thirty midshipmen who trained with the program made it through SEAL training. That is a 100% graduation rate in a school that has more than a 70% attrition rate.

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LL Leslie

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