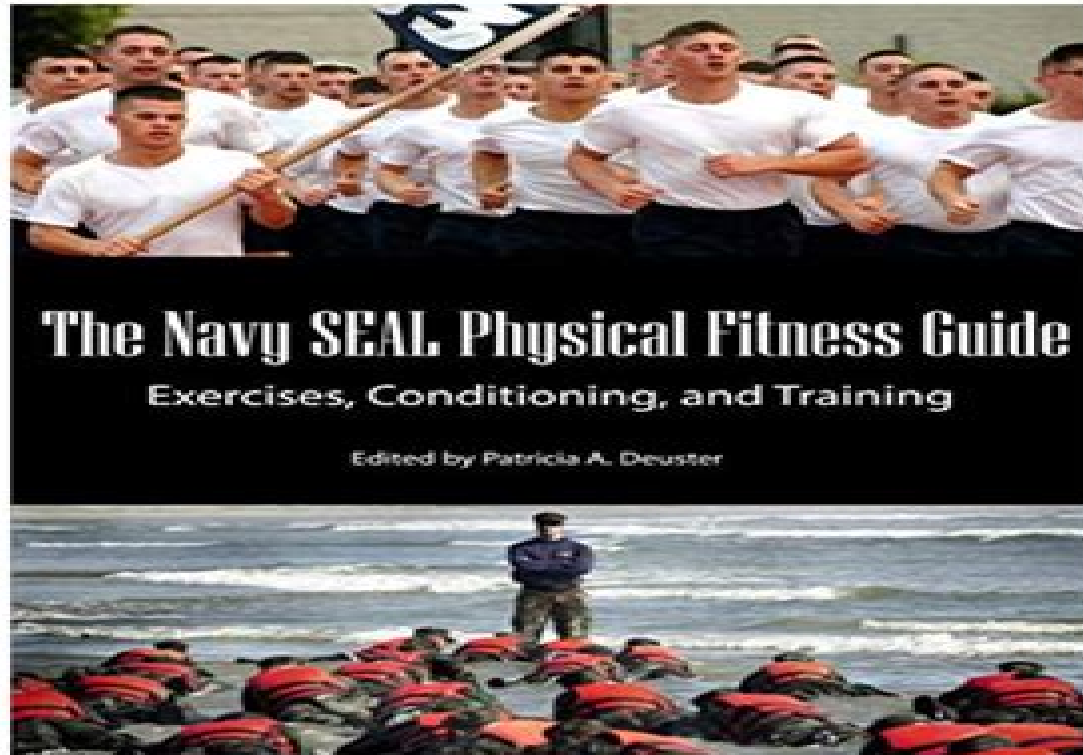


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Description :

Membership in the Naval Special Warfare (NSW) community requires an extraordinarily high level of total body physical fitness. A combination of muscular strength, flexibility and cardiovascular fitness is essential to carry out assigned missions. To train most effectively for these physically demanding tasks, SEALs and others within the NSW community need clear, concise, and authoritative guidance on physical fitness training regimens. This manual, The Naval Special Warfare Physical Fitness Guide, has been written to meet this need. Not just for training Navy SEALs, however. This guide can be used by anyone to bring their physical strength, endurance, and training to the next

Navy Seal Physical Fitness Guide

IM Harris



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