



The Navy SEAL Physical Fitness Guide (Dover Books on Sports and Popular Recreations)

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This up-to-date guide to physical fitness was researched and prepared by specialists to provide information on attaining the physical strength, flexibility, and cardiovascular fitness demanded of Navy SEALs.

Anyone can benefit from the clearly written and well-illustrated instructions, which cover cardiorespiratory conditioning, running and swimming, strength training, flexibility, calisthenics, and load bearing. Additional subjects include training for specific environments, sports-related injuries, harmful substances that affect performance, and other training-related issues and recommendations.

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