



The Complete Guide to Navy Seal Fitness

By Stewart Smith LT USN, Stewart, USN SEAL LT Smith, Peter Field Peck

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Whether you want to be a Navy SEAL or just look like one...here's your chance! SEALs are ordinary people who do extraordinary jobs. It takes an optimal level of fitness to swim 6 miles, run 15 miles and perform over 150 pull-ups, 400 pushups and 400 situps in one day--but more importantly it takes motivation and determination to stick with it to the end. If you follow and finish this workout, you will find yourself in the best physical shape of your life! The Complete Guide to Navy SEAL Fitness is an advanced-level exercise program that teaches running, swimming, rope climbing, stretching and exercise techniques all in one book. With this program, you will be ready for any military training or physical challenge in the world. Come train with the world's fittest and strongest individuals: the US Navy SEALs!

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Editorial Review

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The "Hypoxic Swim Training" exercises aren't supposed to be done alone--in case you pass out. That should give you a wee taste of how hardcore this fitness program is. But then again, the SEALS' bodies are also quite hard, and author Stewart Smith is no exception--his calves, thighs, and biceps are roughly the same gigantic girth. A graduate of the United States Naval Academy and the man in charge of training the Basic Underwater Demolition SEAL candidates, he presents here an ultraintensive 12-week program that's designed to help you pass the Navy SEAL fitness test. That's no small feat: SEALS are required to be able to swim 6 miles, run 15 miles, and do 150 pull-ups, 400 push-ups, and 400 sit-ups.

The book is packed with supremely clear step-by-step photographs with accompanying explanations that won't leave you guessing whether you're doing anything wrong. That's a good thing, too, because it would be easy to get confused with the seven types of sit-ups in the abdominal section. The workout's designed to be done without requiring a gym membership, although you will need a chin-up bar and swimming pool to complete the entire workout. There are plenty of stretches and tips on technique to prevent injury, along with an adjustable beginner's four-week program for those who aren't in good enough condition to attempt the main program. So whether you want to become a Navy SEAL--or just look like one--you'll be in good hands with this book. As the Navy Frogmen would say, HOOYAH! (Bullhorn not included.) --Erica Jorgensen

About the Author

Stew Smith is a former Navy SEAL and author of *Maximum Fitness*, *The TV Watcher's Workout* and co-author of *The Official Five Star Fitness Boot Camp Workout*. He resides near Annapolis, Maryland.

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