



The Navy Seals Physical Fitness Guide (Annotated)

Capt. Frank K. Butler Jr. M.D.

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*This eBook contains an introduction by RADM Raymond C. Smith.

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Are you ready? This is perhaps the finest workout manual ever produced.

This book provides a practical, user-friendly introduction to exercise physiology. The author provides tables and formulas to help the reader calculate how much, how far, and how often to work out. Also included are basic exercise physiology principles to help readers understand the how and the why.

Also covered are specialized, military-specific things like training for extreme combat conditions, or how to customize training for different mission profiles.

This book has loads of calisthenic, strength training, and plyometric exercises in addition to pre and post workout stretches and information regarding load-bearing and swimming. It goes over in detail training for different environments as well as how to take care of training related injuries and what "enhancement" substances to avoid.

There is a training regimen included as well that is a good base for keeping your body in "ready for war/the end of the world/everyday living" shape. Great to have as a reference book if you are looking for a specific exercise or way to do something.

Download this book! Whether you are military or civilian, using the principles outlined here will assist you in getting into the best shape of your life.

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