



# The Official United States Navy Seal Workout (Military Fitness)

*Andrew Flach*

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## **The Official United States Navy Seal Workout (Military Fitness) Andrew Flach**

The Official United States Navy SEAL Workout presents an accurate documentation of the demanding physical training (or P.T., as it's known in military circles) that students encounter at BUD/S. The physical expectations of BUD/S graduates are awesome...but they are achievable, as this book demonstrates. You'll learn what it's like to be a SEAL in this incredible book that brings together the fitness requirements, history, and traditions of the US Navy SEALs. Whether you're seriously into exercising or just want to start a personal fitness program, you can follow this All-American workout to strengthen and tone your entire body!

You'll find:

- \* Workouts you can perform at home, the gym or on the road
- \* Tips on stretching, lower and upper body workouts, and abdominal workouts
- \* Intense photos of SEALs as they prepare for missions around the world
- \* What it takes to become a Navy SEAL
- \* Full color photos of the Navy SEAL Obstacle Course...and more!

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