



The U.S. Navy SEAL Guide to Fitness

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Developed to help Navy SEAL trainees meet the rigorous demands of the Naval Special Warfare (NSW) community, this comprehensive guide covers all the basics of physical well-being as well as advice for the specific challenges encountered in extreme conditions and mission-related activities. With a special emphasis on physical fitness, everyone will benefit from these tried and true methods of honing your body for peak physical condition.

Topics covered include:

- Conditioning and deconditioning
- Basics of cardiorespiratory exercise
- Open water training
- Weight and strength training gear
- Flexibility stretches
- Training for specific environments and their problems
- Dozens of workouts
- Dealing with training and sports injuries

Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community, this manual is a unique resource for anyone who wants to improve his or her health, strength, and endurance.

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