



The Navy SEAL Weight Training Workout: The Complete Guide to Navy SEAL Fitness - Phase 2 Program

By Stewart Smith

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Add weights to your NAVY SEAL Training prep!

The Navy SEAL Weight Training Workout is an effective weight lifting program designed to maintain muscle growth and avoid over-training in high-repetition and high-mileage running and fitness routines like those used by Navy SEALs.

Pushing your fitness to the extremes is a necessary part of a rigorous regimen like Navy SEAL training. But for maximum results, it's crucial to incorporate a periodization program that creates a break from all the elements of your regular routine. Fitness is a journey, not a destination, and Navy SEAL Weight Training is the perfect guide to keeping you on the road to becoming fit and strong, Navy SEAL-style!

The Navy SEAL Weight Training Workout has been specially designed for those who have a solid foundation of training under their belts and are looking for new ideas to add or replace their existing routines. The workouts incorporate weight training exercises, along with running, biking, or swimming and moderate repetitions of calisthenics for the ultimate recovery program built for boosting results.

Based on actual Navy SEAL training routines, Special Ops Team Coach Stew Smith has developed *The Navy SEAL Weight Training Workout* to help keep you going strong, just like the Navy SEALs.

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The Navy SEAL Weight Training Workout: The Complete Guide to Navy SEAL Fitness - Phase 2 Program By Stewart Smith Bibliography

- Sales Rank: #545082 in Books
- Brand: Brand: Hatherleigh Press
- Published on: 2013-11-26
- Released on: 2013-11-26
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .40" w x 7.10" l, .75 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

About the Author

Stewart "Stew" Smith is a graduate of the U.S. Naval Academy, a former Navy SEAL, and author of several fitness books such as *The Complete Guide to Navy SEAL Fitness*, *The Special Ops Workout*, and *S.W.A.T. Fitness*. Stew has trained thousands of students for Navy SEAL, Special Forces, SWAT, FBI, ERT, and many other military, law enforcement, and fire fighter professions. He is currently the Special Ops Team Coach at the US Naval Academy that prepares future candidates for SEAL, EOD, and MARSOC training and runs a non-profit called Heroes of Tomorrow where he trains people seeking tactical professions for free. He has recently appeared on *National Geographic's Fight Science - Special Ops* where he was subjected to a hypothermic test and combat shooting course.

Users Review

From reader reviews:

Connie Bannister:

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Laura Lee:

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