



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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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:

Frances Lockhart:

Nowadays reading books become more than want or need but also be a life style. This reading routine give you lot of advantages. The advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The info you get based on what kind of reserve you read, if you want get more knowledge just go with education and learning books but if you want experience happy read one together with theme for entertaining such as comic or novel. The actual *The Navy SEAL Weight Training Workout: The Complete Guide to Navy SEAL Fitness - Phase 2 Program* is kind of book which is giving the reader unstable experience.

Hubert Drummond:

The book *The Navy SEAL Weight Training Workout: The Complete Guide to Navy SEAL Fitness - Phase 2 Program* has a lot of information on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. This articles author makes some research ahead of write this book. This kind of book very easy to read you can obtain the point easily after reading this book.

Christopher Hill:

The reason why? Because this *The Navy SEAL Weight Training Workout: The Complete Guide to Navy SEAL Fitness - Phase 2 Program* is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret the idea inside. Reading this book close to it was fantastic author who have write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your ability and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the reserve store hurriedly.

Christopher Bohner:

The book untitled The Navy SEAL Weight Training Workout: The Complete Guide to Navy SEAL Fitness - Phase 2 Program contain a lot of information on it. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do definitely not worry, you can easy to read this. The book was published by famous author. The author will take you in the new era of literary works. You can read this book because you can read on your smart phone, or device, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site in addition to order it. Have a nice read.

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