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## The Navy SEAL Workout: The Complete Total-Body Fitness Program

By Mark De Lisle

Contemporary Books Inc. Paperback. Book Condition: new. BRAND NEW, The Navy SEAL Workout: The Complete Total-Body Fitness Program, Mark De Lisle, "Many people believe the only way to get in shape is by putting a lot of money into trendy fitness centers, or spending hard-earned cash on a variety of workout videotapes. In the end, these methods seldom provide the results we're all looking for. But don't get me wrong - I am not demeaning gyms or workout tapes; In fact, I still enjoy the benefits of a gym to keep fit. Weight-lifting rooms and other facilities can be extremely beneficial. However, to obtain and maintain supreme cardiovascular fitness and a rock-hard body, I must continually use the training regimen I learned as a member of the Navy SEALs' - from "The Navy SEAL Workout". As the world's most elite combat unit, the Navy SEALs have long been known for their tremendous physical fitness and mental stamina. Their training program has also carried somewhat of a mystique, as so few people actually enter and stay in the program. Now Navy SEAL Mark De Lisle reveals the no-frills workout that has conditioned some of the best bodies around. From stretching through cooldown,...



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