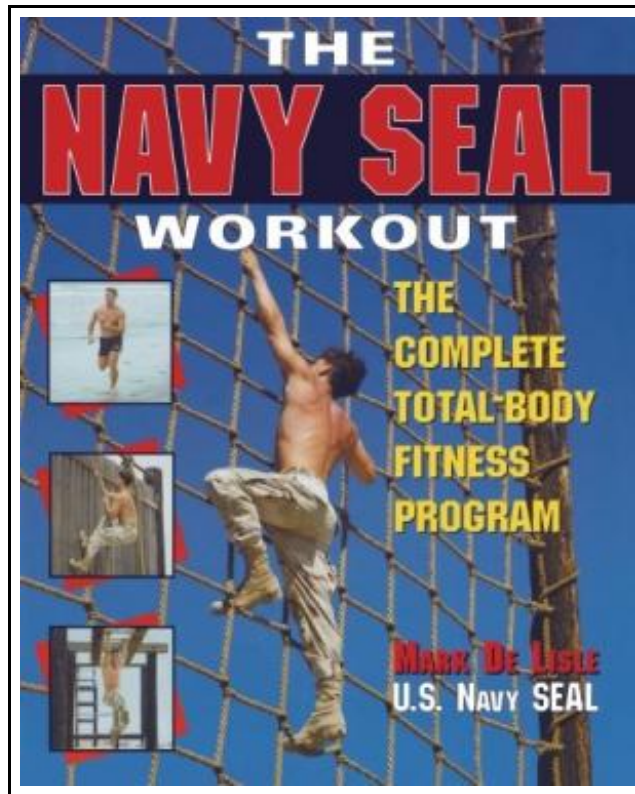


## The Navy SEAL Workout: The Complete Total-Body Fitness Program



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## THE NAVY SEAL WORKOUT: THE COMPETE TOTAL-BODY FITNESS PROGRAM

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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, including a variety of running and swimming workouts as well as tips on top-notch nutrition, "The Navy SEAL Workout" can improve any committed participant's cardiovascular fitness and overall shape and tone. 'After 27 years as a Navy SEAL, I feel "The Navy SEAL Workout" program is the best one on the market, encompassing the physical training regimen required of a Naval Special Warfare Warrior. The levels of intensity, from beginner to advanced, are so well laid out that both the biggest 'couch potato' and professional athlete can see improvement after a short period of time' - Allan Starr, Command Masterchief,...



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