

# Us Navy Seal Physical Fitness Training Manual

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Use the same methods the American Navy Seals use to get fit and become the elite enforcers in the world today! The Navy SEAL Physical Fitness Guide has been prepared for the SEAL community with several goals in mind. Our objective is to provide you, the operator, with information to help: " Enhance the physical abilities required to perform Special Operations mission-related physical tasks; " Promote long-term cardiovascular health and physical fitness; " Prevent injuries and accelerate return to duty; " Maintain physical readiness under deployed or embarked environments. If this guide is able to achieve those goals, it will be a major success. Being a SEAL is a tough job and requires enormous physical strength and stamina. Injuries, both chronic and acute are occupational hazards, but there are training measures and precautions that can be used to decrease the incidence of these injuries. Understanding the basics of physical fitness can go a long way to achieving these goals. Physical fitness is typically considered a set of characteristics that people gain through various physical efforts. In fact, physical fitness consists of a variety of measurable components, some of which are skill-related and others which are health related

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