



# The Official United States Navy SEAL Workout, Revised Edition

*Andrew Flach*

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# The Official United States Navy SEAL Workout, Revised Edition

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**The Official United States Navy SEAL Workout, Revised Edition** Andrew Flach  
**Start your workout today with the US Navy SEALs!**

**The Official United States Navy SEAL Workout** presents an accurate documentation of the demanding physical training (or P.T., as it's known in military circles) that students encounter at BUD/S. The physical expectations of BUD/S graduates are awesome...but they are achievable, as this book demonstrates.

You'll learn what it's like to be a SEAL in this incredible book that brings together the fitness requirements, history, and traditions of the US Navy SEALs. Whether you're seriously into exercising or just want to start a personal fitness program, you can follow this All-American workout to strengthen and tone your entire body!

## **You'll find:**

- \* Workouts you can perform at home, the gym or on the road
- \* Tips on stretching, lower and upper body workouts, and abdominal workouts
- \* Intense photos of SEALs as they prepare for missions around the world
- \* What it takes to become a Navy SEAL ...and more!

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