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The Navy SEAL Physical Fitness Guide

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The Navy SEAL Physical Fitness Guide US Navy; Navy Special Warfare Command
Membership in the Naval Special Warfare (NSW) community requires an extraordinarily high level of total body physical fitness. A combination of muscular strength, flexibility and cardiovascular fitness is essential to carry out assigned missions. To train most effectively for these physically demanding tasks, SEALs and others within the NSW community need clear, concise, and authoritative guidance on physical fitness training regimens, this manual has been written to meet this need. The authors of this comprehensive guide, physicians and physiologists, were chosen because of their special qualifications in the area of physical fitness and their knowledge of the NSW and SEAL community. Their expertise ensured the guide would be written with the unique requirements of the NSW community in mind, and that our goal of expanding the individual Navy SEAL's knowledge of attaining and retaining a high level of fitness would be achieved. Table of Contents: CHAPTER 1; Overview of Physical Fitness, CHAPTER 2; SEAL Mission-Related Physical Activities, CHAPTER 3; Cardio-respiratory Conditioning, CHAPTER 4; Running for Fitness, CHAPTER 5; Swimming for Fitness, CHAPTER 6; Strength Training, CHAPTER 7: Flexibility, CHAPTER 8; Calisthenics, CHAPTER 9; Plyometrics, How Plyometrics Work, CHAPTER 10; Load-Bearing, CHAPTER 11; Training for Specific Environments, CHAPTER 12; Training and Sports Related Injuries, CHAPTER 13; Harmful Substances that Affect Performance, Anabolic/Androgenic Steroids, CHAPTER 14; Other Training-Related Issues CHAPTER 15; Physical Fitness and Training Recommendations, The SEAL Physical Fitness Program, A Physical Fitness Program for Confined Spaces, A Physical Fitness Program for Coming Off Travel, Elimination of “Old” Exercises, The Navy SEAL Physical Readiness Test (PRT), Appendix, Weight Lifting Techniques, Common Anatomical Terms and Diagrams, Foot Care for Load-Bearing.

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