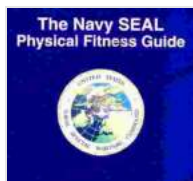


# The Ultimate Guide to Navy SEAL Physical Fitness



## The Navy SEAL Physical Fitness Guide by Patricia A. Deuster

★★★★☆ 4.1 out of 5

Language : English  
File size : 38482 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 316 pages  
Lending : Enabled



Are you ready for the ultimate test of physical fitness? The Navy SEAL Physical Fitness Guide is the definitive guide to getting into the best shape of your life and preparing for the rigorous demands of Navy SEAL training.

This comprehensive guide is written by a team of former Navy SEALs and physical fitness experts. It provides everything you need to know to get started, including:

- A detailed overview of the Navy SEAL Physical Fitness Assessment (PFA)
- A 12-week workout plan designed to help you prepare for the PFA
- Descriptions of exercises, nutrition tips, and injury prevention advice

Whether you're a beginner or an experienced athlete, The Navy SEAL Physical Fitness Guide will help you reach your fitness goals and prepare for the challenges of Navy SEAL training.

## **The Navy SEAL Physical Fitness Assessment (PFA)**

The Navy SEAL PFA is a challenging test of physical fitness that is used to assess the fitness of Navy SEAL candidates. The PFA consists of the following exercises:

- Pull-ups
- Push-ups
- Sit-ups
- Running
- Swimming

To pass the PFA, candidates must meet the minimum standards for each exercise. The minimum standards are as follows:

- Pull-ups: 20
- Push-ups: 80
- Sit-ups: 100
- Running: 1.5 miles in 11 minutes
- Swimming: 500 yards in 12 minutes

## **The 12-Week Workout Plan**

The 12-week workout plan in The Navy SEAL Physical Fitness Guide is designed to help you prepare for the PFA. The plan is divided into three phases:

1. **Phase 1:** This phase is designed to build a foundation of strength and endurance. The workouts will focus on compound exercises, such as squats, deadlifts, and bench press.
2. **Phase 2:** This phase is designed to increase your strength and power. The workouts will focus on isolation exercises, such as bicep curls, tricep extensions, and calf raises.
3. **Phase 3:** This phase is designed to taper your training and prepare you for the PFA. The workouts will focus on maintaining your strength and endurance while reducing your risk of injury.

The workouts in The Navy SEAL Physical Fitness Guide are challenging, but they are also achievable. If you follow the plan and work hard, you will be amazed at how much you can improve your fitness.

## **Exercises, Nutrition, and Injury Prevention**

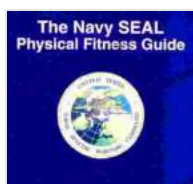
In addition to the 12-week workout plan, The Navy SEAL Physical Fitness Guide also provides descriptions of exercises, nutrition tips, and injury prevention advice.

The exercise descriptions include step-by-step instructions and photos to help you learn how to perform each exercise correctly. The nutrition tips will help you fuel your body for your workouts and recovery. The injury prevention advice will help you stay healthy and avoid injuries.

The Navy SEAL Physical Fitness Guide is the ultimate guide to getting into the best shape of your life and preparing for the rigorous demands of Navy SEAL training. Whether you're a beginner or an experienced athlete, this guide will help you reach your fitness goals and achieve your dreams.

Free Download your copy of The Navy SEAL Physical Fitness Guide today!

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