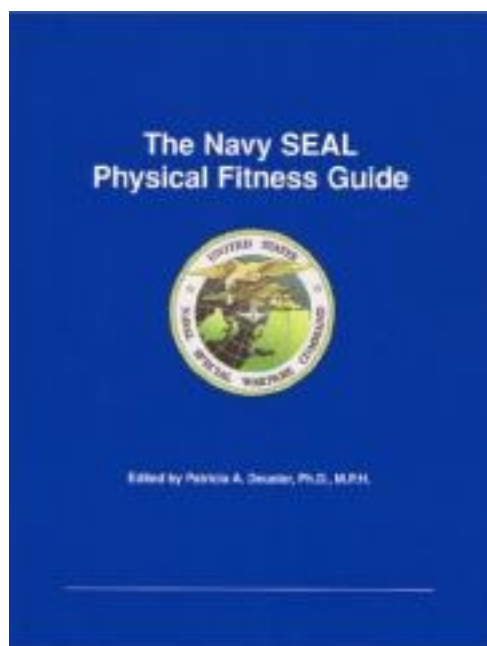


Navy SEAL Physical Fitness Guide



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The Navy's official guide is now available in a popularly priced edition. This is the most rigorous and comprehensive fitness manual currently available. Becoming Navy SEAL tough requires will, determination and knowledge. The Navy SEAL Physical Fitness Guide supplies the knowledge; the rest is up to you. Well illustrated with charts, diagrams and tables.

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