

Making the Grade: Navy SEAL Fitness and Strength Workout

U.S. Navy SEALs are strong, dedicated and incredibly qualified for their strenuous jobs. Working to get in and out of places in on piece as fast as possible is their main mission. Throw in about a million obstacles and you've just scratched the surface of what it's like. Standing for Sea, Air and Land, the SEALs are required to operate in just about any environment and are trained as such. Navy SEAL Fitness is hard to obtain and maintain. But with the right guidance, you can find yourself in top shape. Just remember: results will not appear overnight. Plus, it's always a good idea to undergo a routine physical before starting a new exercise program. The majority of Navy SEAL fitness and strength workouts will include a focus on endurance and strength building. A typical workout might look like: Running: 2 miles, 3 times a week.

Sit ups: 5 sets of 20, 3 times a week.

Push ups: 50 sets of 20, 3 times a week.

Swimming: 20 minutes, 5 days a week.

Etc. You get the idea. Of course, this is the beginning level of a Navy SEALs workout and the repetitions and such would be gradually increased to build up your stamina and strength. No one said being a Navy SEAL was easy, especially on your body. But with serious determination and will power, you can conquer physical feats and prime yourself for a career as a Navy SEAL. Or, you can pride yourself in a having a Navy SEAL body without ever signing up!

About the Author

Health articles, fitness links and exercise equipment. Including home and commercial fitness equipment.

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