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The Navy SEAL Physical Fitness Guide Acknowledgments The authors would like to recognize the invaluable contributions to the development of this guide by the following individuals.

The Navy SEAL Physical - Uniformed Services University of

perform the physical fitness program and the PPT, continues with a discussion of principles of training, and concludes with a physical fitness test for assessing your current level of fitness.

Physical Fitness Manual 2005 - New Jersey

current level of fitness. Working out less frequently will only maintain a level of fitness; it will not improve the level of fitness. When exercising only three times a week, each period should be medium to high intensity. Exercising with consistent frequency can also be referred to as REGULARITY.

THE COMPLETE FITNESS - Clemson University

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Components of Physical Fitness - SharpSchool

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