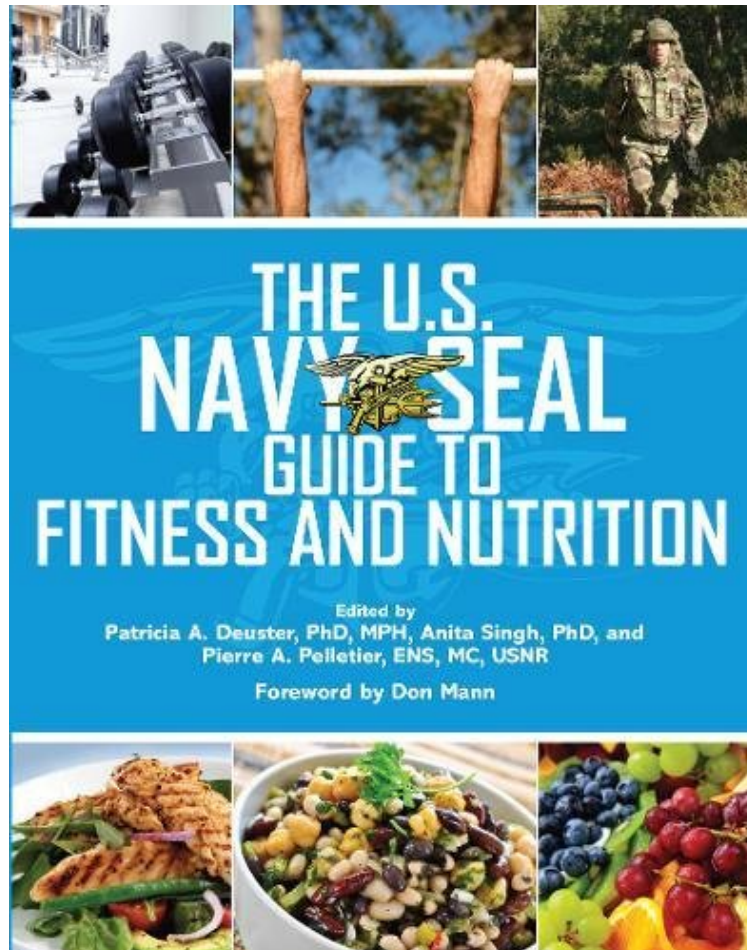


[Download pdf] The U.S. Navy SEAL Guide to Fitness and Nutrition (US Army Survival)

The U.S. Navy SEAL Guide to Fitness and Nutrition (US Army Survival)

From Brand: Skyhorse Publishing

*Download PDF | ePub | DOC | audiobook | ebooks



DOWNLOAD



READ ONLINE

#199760 in Books Skyhorse Publishing 2007-05-01 Original language: English PDF # 1 10.88 x 8.50 x 8.50l, 2.75 #File Name: 1602390304496 pages | File size: 75.Mb

From Brand: Skyhorse Publishing : The U.S. Navy SEAL Guide to Fitness and Nutrition (US Army Survival) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The U.S. Navy SEAL Guide to Fitness and Nutrition (US Army Survival):

2 of 2 people found the following review helpful. Excellent injury-prevention guide By Turtleman This is an excellent book to learn all fitness in physiological perspective. The focus of the book is NOT on how to execute exercise, but how to prevent injury. I found it is extremely useful to learn how much I can push myself without damage. It covers a lot of area: calisthenics, weight training, plyometrics, running, swimming, rucking, and stretching. It is an excellent guide to prevent injuries, such as muscle imbalance, lower back injury, shin splint, etc. It also talks about weather/climate influence, such as heat exhaustion, hypothermia, and high-altitude sickness. It also mentions Periodization of training season. One minor drawback would be the format of the book. It contains a lot of data tables,

so it look more like a science paper than a book. But the information contained in the book is really worth. 3 of 3 people found the following review helpful. A comprehensive guide to the U.S. Navy SEAL fitness and nutrition requirements. By Joseph J. Truncale I have been interested for most of my life with anything to do with U.S. Navy SEAL training. I have read and wrote reviews on numerous books dealing with the Navy SEALs over the years. I have to admit this is the most comprehensive text I have ever read on the fitness and nutrition requirements of U. S. Navy SEALs. This giant 496 page (The U.S. Navy SEAL Guide to Fitness and Nutrition) manual covers an enormous amount of research and study into the Navy SEAL fitness programs and nutritional requirements to do their job with efficiency and professionalism. This huge volume is organized into two parts and is filled with charts, illustrations and other essential information. The first part covers in great detail the exercises and routines to follow as a Navy SEAL. Just about every type of exercise program is explained with an emphasis on running, swimming, strength training, calisthenics, and other fitness activities. The second part covers the numerous nutritional aspects that are essential for those involved in Navy SEAL assignments. Some of the many things explained in this section includes: carbohydrates, fats, protein, vitamins, minerals, supplements, fiber, fluid replacements and many other topics. This short review cannot do justice to this comprehensive guide. If you are interested in U.S. Navy SEAL fitness and nutritional requirements you should check out this manual. A fantastic read. Rating: 5 Stars. Joseph J. Truncale (Co-Author: Monadnock Defensive Tactics System) (MDTS) 0 of 0 people found the following review helpful. Five Stars By STEPHEN PANARESE Excellent Product. Smooth Transaction. I Highly Recommend This Seller A+++

Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare (NSW) community, this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission-related activities. Topics covered include calculating energy expenditure; definitions, functions, and daily allowances of carbohydrates, fats, and protein; nutritional considerations for endurance and strength training activities; active recovery from injury; cardio-respiratory conditioning; appropriate gear for running and swimming for fitness; exercising in extreme and adverse weather; and more. Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community, this manual is a unique resource for anyone wanting to improve his or her health, strength, and endurance.

About the Author is an associate professor and director of the Human Performance Laboratory in the Department of Military and Emergency Medicine in the Uniformed Services University of the Health Sciences, School of Medicine in Bethesda, Maryland. She has conducted more than fifteen years of research in the area of sports nutrition and exercise physiology and has published numerous papers on the U.S. Navy SEALs.