

[PDF] Maximum Fitness : The Complete Guide To Navy SEAL Cross Training

James Villepigue, Peter Field Peck, Stewart Smith, M. Laurel Cutlip LN RD - pdf download free book

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Description:

About the Author Stewart "Stew" Smith is a graduate of the U.S. Naval Academy, a former Navy SEAL, and author of several fitness books such as *The Complete Guide to Navy SEAL Fitness*, *The Special Ops Workout*, and *S.W.A.T. Fitness*. Stew has trained thousands of students for Navy SEAL, Special Forces, SWAT, FBI, ERT, and many other military, law enforcement, and fire fighter professions. He is currently the Special Ops Team Coach at the US Naval Academy that prepares future candidates for SEAL, EOD, and MARSOC training and runs a non-profit called Heroes of Tomorrow where he trains people seeking tactical professions for free. He has recently appeared on

National Geographic's Fight Science - Special Ops where he was subjected to a hypothermic test and combat shooting course.

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