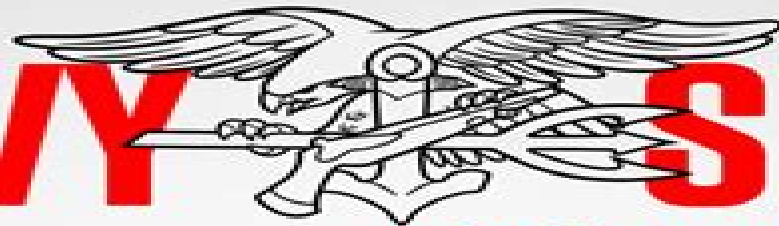
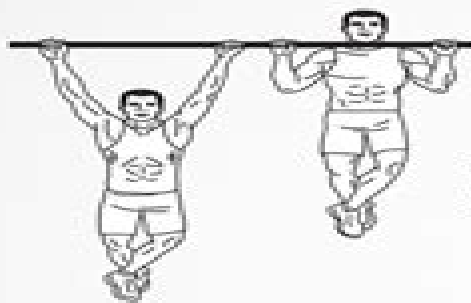


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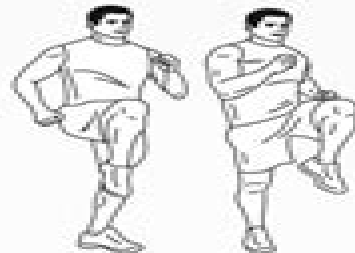


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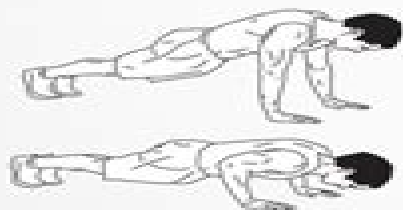
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



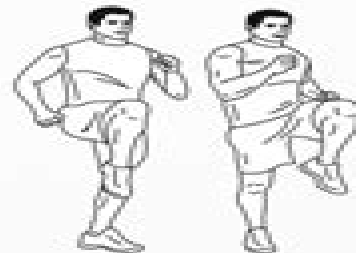
to failure  
pull-ups



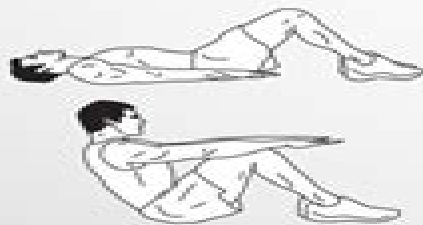
40 high knees  
run on a spot  
or 60 second run



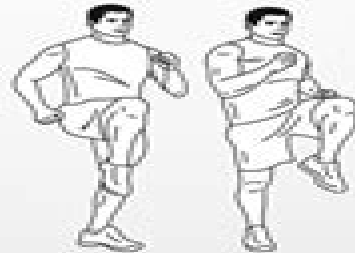
to failure  
push-ups



40 high knees  
run on a spot  
or 60 second run



to failure  
sit-ups



40 high knees  
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# Navy Seal Training Workout

**Anthony S. Fauci**



## **Navy Seal Training Workout:**

## **Navy Seal Training Workout** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Navy Seal Training Workout**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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