

# ★ THE ★ **NAVY SEAL WEIGHT TRAINING WORKOUT**

THE COMPLETE GUIDE TO NAVY SEAL FITNESS  
★ PHASE 2 PROGRAM ★

*ADD WEIGHTS TO YOUR NAVY SEAL TRAINING PREP!*



**STEWART SMITH, CSCS, USN (SEAL)**

# Navy Seal Weight Training Guide

**Didier Musso**



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