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Here is the physical fitness test for the Navy SEALS' training program, - The Complete Guide to Navy SEAL Fitness - Joining Naval Special Operations

<http://www.military.com/military-fitness/navy-special-operations/navy-seal-fitness-test>

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commonly known as the Navy SEALs, the NCDUs at Omaha Beach managed to blow eight complete gaps and two partial gaps in the ^ SEAL+SWCC. "Content

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author of The Complete Guide to Navy SEAL Fitness, to get a great workout and learn some of the fitness secrets used by the U.S. Navy SEALs. STEWART  
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