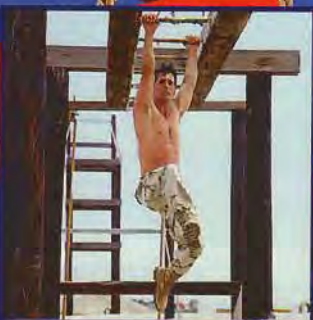
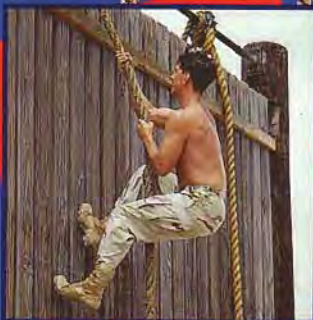


# THE NAVY SEAL

## WORKOUT

THE  
COMPLETE  
TOTAL-BODY  
FITNESS  
PROGRAM

MARK DE LISLE  
U.S. NAVY SEAL



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THE  
**NAVY SEAL**  
WORKOUT

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FITNESS PROGRAM**

**MARK DE LISLE**  
U.S. NAVY SEAL

**CB**  
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Consult a physician before you begin this or any strenuous exercise program or diet modification, especially if you have, or suspect that you may have, heart disease, high blood pressure, diabetes, or any other adverse medical conditions.

Warning: If you feel faint or dizzy at any time while performing any portion of this training program, stop immediately and seek medical evaluation.

The author and publisher disclaim any liability, personal or professional, resulting from the misapplication of any training procedure described in this publication.

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“After having my baby, I didn't have time to go to the gym. I was afraid I'd never fit back into my old clothes. I ordered your book and was able to work out right at home. In less than four months I lost 5” in my waist and 3” in my hips. My old clothes fit better than before. I particularly benefited from the abdominal workout, which made me sore in muscles I had never felt before. I just want to thank you for providing me with a workout that I can use in the convenience of my own home.”

—*Sherie Anderson*  
Sacramento, California

“Your program is the best strength-training routine I have ever done. It would take me a year to gain with weights what I have achieved in six months with your program. The mental benefits are too long to list.”

—*Daniel O'Neil*  
Alberta, Canada

“I wanted to tell you how much I am enjoying your book—it is really fantastic! The program is phenomenal. It is a no-nonsense approach to fitness that anyone can use anywhere, anytime.”

—*Candace Cartwright*  
Leander, Texas

“I found your Navy SEAL training program to be outstanding. It is a complete exercise program that can be performed at home without paying for expensive gyms or heavy equipment. Those who apply themselves to your exercise program will obtain the best physical condition possible.”

—*Luis Pedro Aris*  
Brazil

“I have been following your Navy SEAL exercise program for over a year. It affords me greater conditioning and endurance than a conventional weight training schedule, without the debilitating effects. In addition, it has improved my coordination and dynamic strength considerably.”

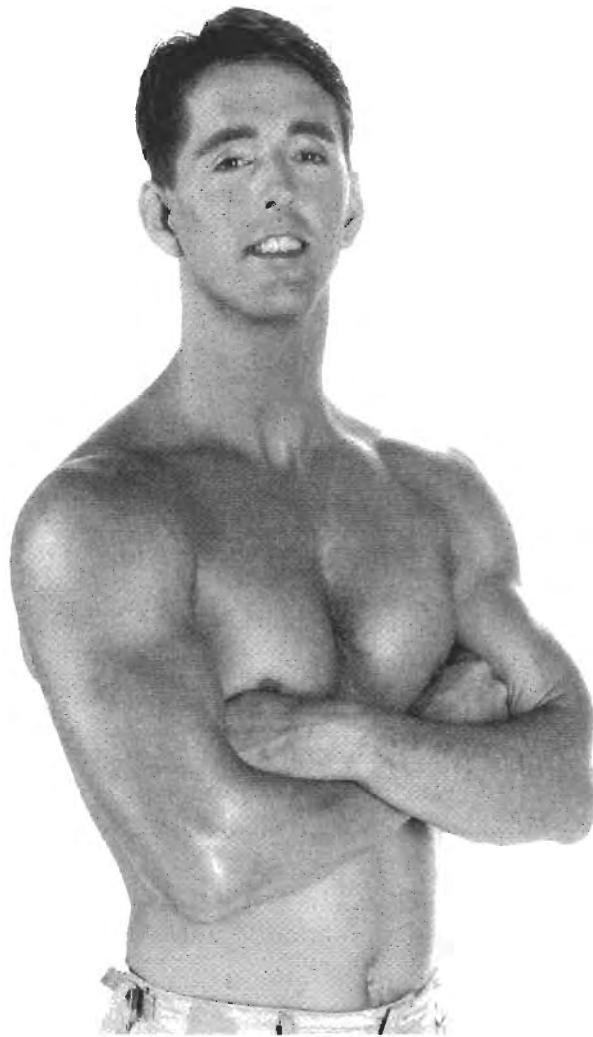
—*Bruce MacTavish*  
Pasadena, California

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This book is dedicated to all UDT/SEALs, past and present, who have perfected the meaning of perseverance and commitment.

And special thanks to my two children and family, who have been the inspiration behind this book with their love and support the entire way.

I also extend my gratitude to R. J. Wolf, without whose efforts this endeavor would not have been possible.



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# Introduction

Throughout the past decade the public has become increasingly aware of an elite group of individuals known as Navy SEALs. Without soliciting publicity, Navy SEALs have become recognized as some of the fittest people in the entire world. Today SEALs can be seen anywhere from *Muscle & Fitness* magazine to the Discovery channel on cable television.

This training program will explain how these unique and dedicated people have achieved world prominence and an extraordinary reputation for physical fitness.

Resolve to stop thinking negative thoughts such as “I can’t—there’s too much for me to overcome,” and start saying “I can! I will! Nobody will stop me!” Each day is a new day and a new start—so make yours happen with SEAL fitness.

Do not be fooled by the simplicity of the exercises you find in this book.

Anybody can flip through these pages and say “This is it?” The key to this program’s effectiveness is the format in which the exercises are performed (i.e., the pyramid system) and the complete blitzing of all muscle groups. If you are not sore after starting this program—or more accurately, if your muscles are not burning from exertion—you did not use the system properly.



## SEAL HISTORY AND TRAINING

My purpose here is not to give you a complete and in-depth review of SEAL history but rather a basic understanding of who we are and where we come from. Also, you will better understand why it is paramount for us to excel in all areas of physical fitness and mental development.

In the early 1960s President John F. Kennedy, envisioning the path modern warfare was heading down, decided to organize an elite group of men specializing in counter-terrorist tactics. SEALs (an acronym for Sea, Air, Land) were selected from the ranks of the U.S. Navy’s Underwater Demolition Teams (UDT).

SEALs have their roots in the Frogmen of World War II, who successfully performed covert amphibious missions against incredible odds. During the 1960s

Frogmen began forming into what is known today as Navy SEALs. By 1983 the term *UDT* was eliminated, and all *UDT* teams became SEAL teams.

Vietnam was the first arena for Navy SEALs to showcase their skills and prove their value as a combat unit. They proved their worth tenfold by becoming the most decorated unit and obtaining the highest kill-per-person ratio of any U.S. combat unit. SEALs were so feared by the Viet Cong that they were called “devils with green faces.”

SEALs come from all walks of life—but that does not mean just *anyone* can be a Navy SEAL. You have to earn the right of passage. This is where *BUD/s* comes into the picture. *BUD/s* stands for Basic Underwater Demolition/SEAL School, which is located in Coronado, California. This is where all initial training for SEAL candidates is held. All candidates—officers and enlisted men alike—are required to pass the same tests. The training is excruciating and, for some, impossible.

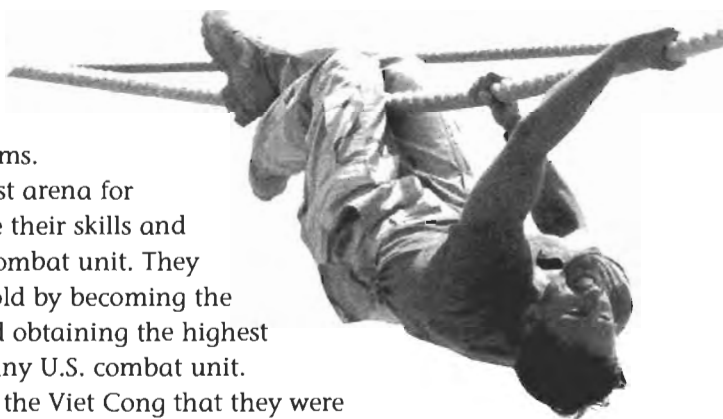
*BUD/s* is broken into four phases. Upon arrival, you begin Preconditioning Phase. This is the preparatory phase, and the only phase where instructors can show a little bit of their human side. You begin running, swimming, and performing difficult exercises, improving your techniques daily. After an average of four to six weeks you take an entrance physical test to determine if you are ready to make the First Phase class.

Once the list of people who made it into the First Phase class is finalized, there is a traditional party on the beach the Saturday night before class begins. This is where all SEAL candidates shave their heads and celebrate wildly, because as of Monday, *life will end as they know it*. Starting Monday you will be property of the SEAL instructors.

First Phase is very demanding. The sixth week of First Phase is the infamous Hell Week. I’ll explain more about that later. After Hell Week we were given one week in tennis shoes to allow the swelling in our feet to go down. Then we were right back in jungle boots. At that point we were qualified to learn SEAL tactics, stealth and concealment, and hydro reconnaissance.

Then came Second Phase, or Dive Phase. Here we learned about scuba diving with open-air scuba tanks. Once we gained the instructor’s confidence, we were allowed to use pure-oxygen tanks. The stamina required for such grueling training was taking its toll, and the numbers in our class dwindled. We started out with a class of 130, and at this phase of training we were down to 75.

The Third Phase, Land Warfare, was spent half in Coronado and half on San Clemente Island. We learned about everything from land navigation and demolition tactics to small firearms.



We also had to increase our speed and endurance because the qualifying times for running and swimming were getting shorter and shorter. Even though our bodies were falling apart from the grueling training, we managed to keep up and pass the tests.

I'll never forget the feeling I had coming back from San Clemente Island knowing I only had one week of training left—walking tall and proud!

## MY STORY

Having just gone through a divorce, I needed to get my head on straight and get some stability back into my life. I wanted to finish my college degree in marketing, but I was not in a financial position to cover the cost of college. Taking my father's recommendation I entered the Navy, hoping to utilize their college programs and complete my degree.

While at boot camp in San Diego, California, a recruiter came in and showed us a film about the SEAL program titled "Be Someone Special." My eyes lit up when I saw the training and skills required of a modern-day SEAL. I immediately knew that this was for me. Never one to sit behind a desk from nine to five, I just had to find out—to be pushed to my absolute limit. I kept asking myself if I could make it. My body was nearly 27 years old, and I had been out of shape since my football days in college six years ago. *Could I do it?*

I took the entrance exam and barely passed. Now I was really excited. I was going to get the electronics training (repairs of computers, radar, radios, etc.) I wanted, and I'd have the chance to become a Navy SEAL. Then, two weeks before graduation from boot camp, a counselor called me in and informed me that the electronics class was full, and that I would not be able to attend. Instead, I was offered three other classifications. I chose quartermaster.

After graduating from boot camp as the top recruit, I was off to Orlando, Florida, for quartermaster training.

Once there, I was informed I had to take the entrance exam to BUD/s all over again! I was caught off guard—and as I later found out, this policy was only for Orlando. I was worried and started to panic because I had already lost the opportunity for electronics training and I didn't want to lose SEAL training as well. My entire career suddenly came down to one test that never should have been required. Have you ever been in that position?



Although I had stayed in good shape since boot camp, I had a feeling that my pull-ups were lacking. Sure enough, the day of the test I passed everything—except the pull-ups. While doing the last pull-up, the instructor told me to do just *one more* because I'd jerked my foot too much.

It all came down to that one last pull-up for me to qualify for SEAL training. *And I just couldn't do it!* I had nothing left in me, and my chin would not make it over the bar. I hopped off the bar in disbelief. My worst nightmare had come true—and my dreams were shattered. Then I became furious and told myself, "Mark, get off your rear and start working on your pull-ups. You will not let them beat you. You will not quit!" I had enough time for one more test before graduation from Quartermaster School. *Nothing* was going to stop me from passing the test this time!

Finally Judgment Day came! I passed the beginning portion of the test. Then it was time for pull-ups. Something sparked in me and I performed pull-up after pull-up without a problem. I did three more than required. I wanted to prove to the instructors that I had what it took to become a SEAL, to erase any doubt in their minds. I hopped off the bar and was silent. Then it hit me—I'm going to BUD/s! I soon graduated from the Orlando school in the top 5 percent of my class and was off to San Diego, California, for SEAL training.

In March 1991, when I arrived at BUD/s, it felt as though it were summer. I was immediately in love with San Diego. There are beautiful beaches everywhere, and the suburb of Coronado, where SEAL training is held, is like something straight out of a movie. Views throughout the city are breathtaking.

After I checked into BUD/s and received my basic gear, I began training in Fourth Phase. Every phase of BUD/s has its own unique tests and obstacles to overcome.

### The Infamous Hell Week

Only the best survive at BUD/s. You have to stay extremely alert and focused, never letting your guard down. The best example of this is Hell Week. This is the week that every BUD/s student must get through somehow—*some way*—if he wants to become a Navy SEAL. During Hell Week, every training scenario you have learned up to that point is executed. There were many times I didn't know if I would make it through a test or evaluation, but each time I dug deep inside myself and found strength and determination I didn't know I possessed.



Throughout the entire week you only get a half-hour of sleep, here and there, and never more than two hours total. The majority of the time you are soaking wet—either from hoses or surf torture. Surf torture is where you have to get in the ocean's surf zone and let the waves crash down on your face. The extensive amount of time we had to spend in the surf zone brought us dangerously close to hypothermia, and many SEAL candidates were disqualified during this exercise. Somehow I made it through Hell Week—taking one day at a time, and not looking too far into the future.

Once through Hell Week and First Phase, I was ready for Dive Phase (Second Phase) and Land Warfare (Third Phase). After completing both, an unbelievable dream came true—BUD/s graduation! Phase by phase I had gotten through and made new friends and bonds that would last a lifetime.

It was a very emotional time for me; I was so proud of myself. Many people close to me doubted I could achieve my goal, but I refused to let anyone stop me. I was 28 years old, in the best shape of my life—faster and stronger than I had been when I was 18—and I'd just accomplished what guys six to eight years younger than me had done.

My next assignment was SEAL Team Three. And the dream continued!



## YOU CAN DO IT!

Many people believe the only way to get in shape is by putting a lot of money into trendy fitness centers, or spending hard-earned cash on a variety of workout videotapes. In the end, these methods seldom provide the results we're all looking for. But don't get me wrong—I am not demeaning gyms or workout tapes; in fact, I still enjoy the benefits of a gym to keep fit. Weight-lifting rooms and other facilities can be extremely beneficial. However, to obtain and maintain supreme cardiovascular fitness and a rock-hard body, I must continually use the training regimen I learned as a member of the Navy SEALs.

You will find that I use the word *results* quite often. Isn't that what we are looking for? This program was not developed to motivate you. I will not give you any false hopes. This program is for someone who is already motivated to seek the ultimate level of fitness! I will not guarantee 100 percent results. No program can truthfully guarantee 100 percent results because everyone has a different level of motivation and potential. If anyone guarantees you 100 percent results, then they are trying to deceive you. However, I can tell you from painful personal experience that results can only come from dedication and deep desire within yourself. If you are tired of being out of shape, or if you're seeking an incredible challenge—then use this pro-

gram and watch your body reach fitness levels you never dreamed possible. There's no denying the effects it had on me.

No one can deny the Navy SEALs' reputation in fitness is second to none. I've seen people lose 20 pounds in one month and their fitness levels skyrocket using these exact same exercises that you too can perform in your own backyard.

## The Mental Edge

SEALs are frequently asked, "How were you able to make it through such torturous training?" The most common answer is "I was mentally tough!" In addition to superior athletic ability and physical fitness, one thing all SEALs have in common that enables them to survive training is *determination*. The central driving force of success is in your own mind, which is the key to all of your strength and motivation. If you want results from this program, start by strengthening yourself *mentally*.

The biggest impression that SEAL training has left on me is that the human body will perform beyond limits you never thought possible to achieve. Never doubt this program will work for you! Thousands of SEALs, past and present, can testify that it does work!

Here are some tips to help you get started.

- **First, be determined to succeed.** Clearly identify the fitness results you want—and vow to yourself that no individual or obstacle is going to stop you from achieving your goal. A goal not written is just a dream. Once you've written down your goal, it is more than just a dream—it's a clearly defined objective. Create long-term and short-term goals. Write down your long-term goals, then set short-term or smaller goals to achieve your ultimate goal. By concentrating on and accomplishing your short-term goals, you will achieve your long-term goals.
- **Review your goals often to stay motivated.** Keep your list of goals in a highly visible place, so you can read them often and stay motivated. With this attitude you will be ready to achieve a rock-hard body in an incredibly short amount of time.
- **Make a visual record of your progress.** Take a picture of yourself before you start this program and every three months thereafter, so you can visually monitor your progress. You are going to be so



amazed! Determine in your mind what you want to look like and don't compromise. With this program, your goals can be reached. Record your desired weight, measurements, and endurance levels through each phase. (For your convenience, forms to record your progress are included in Chapter 9 of this book.)

- **Above all, remember this:** I did it—and so can you.

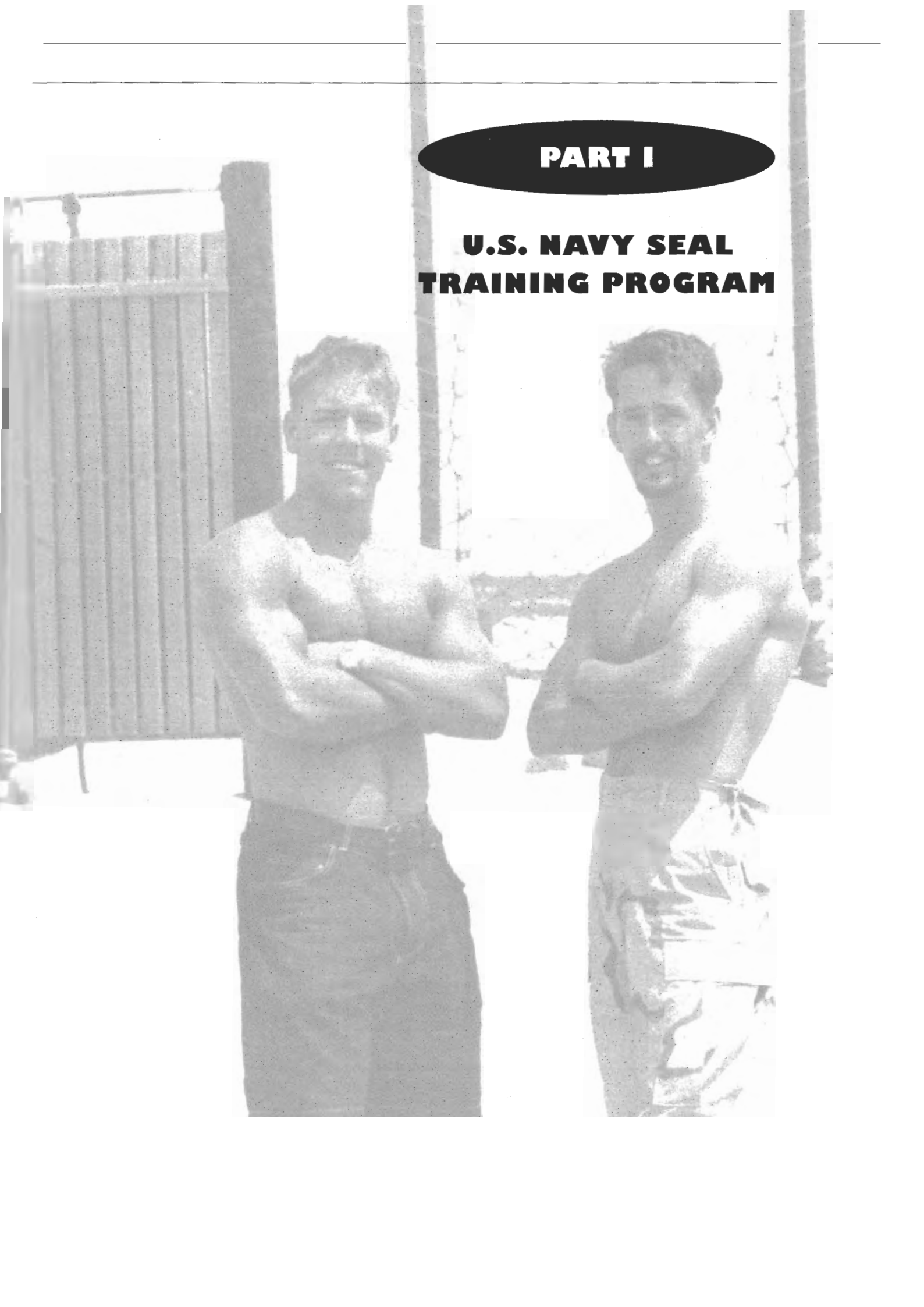
*Now get busy!*

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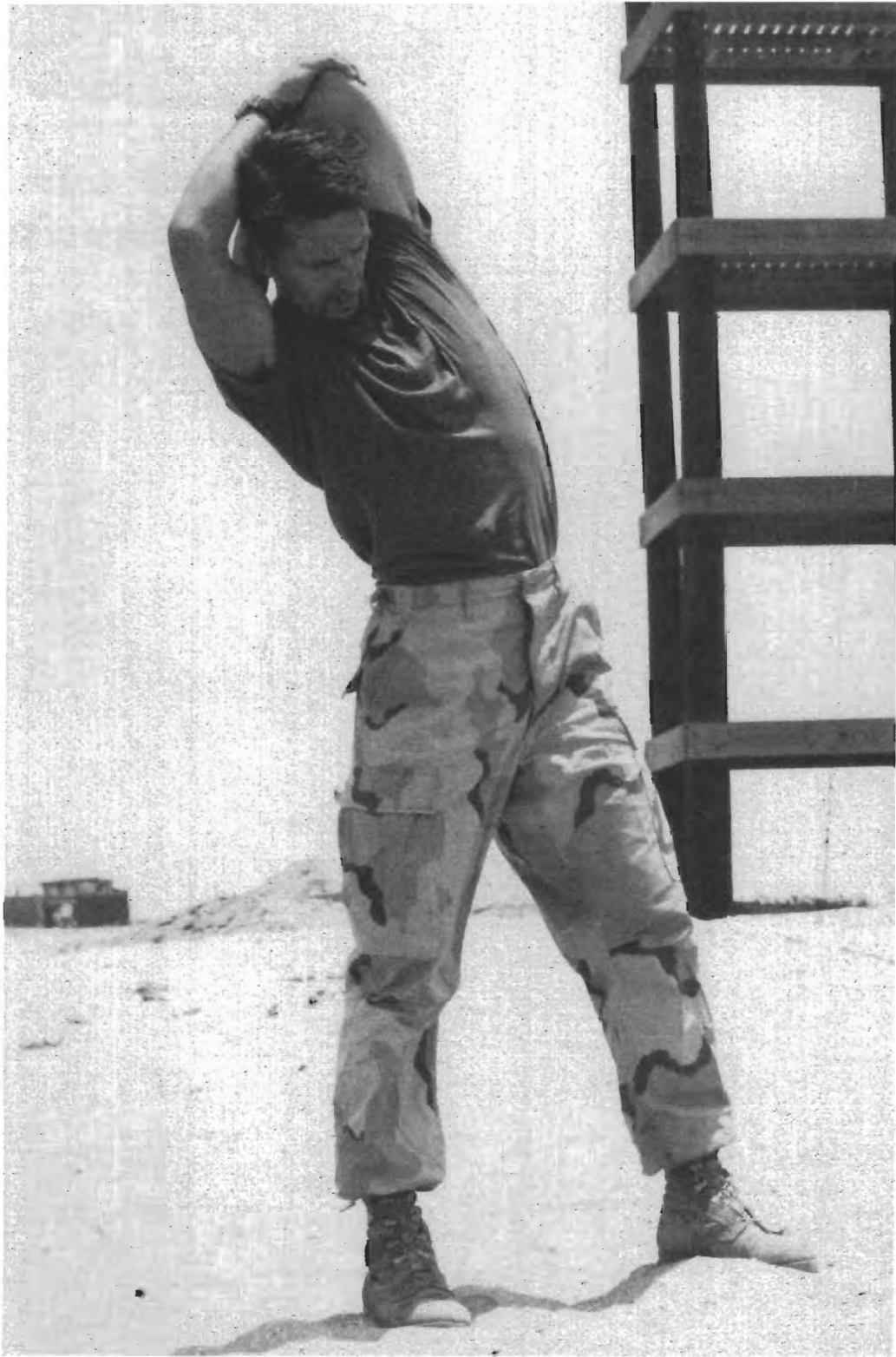
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**PART I**

**U.S. NAVY SEAL  
TRAINING PROGRAM**







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# 1. Stretching

Stretching can be one of the most neglected areas of a workout. I cannot stress the importance of stretching enough. As a Navy SEAL, I could not perform at the peak levels expected of me without first warming up my body. Due to stiffness or a lack of motion, joints, tendons, ligaments, and muscles can easily tear. By stretching, we allow ourselves a greater range of motion, which in turn prevents injuries.

You will achieve your best range of motion and flexibility if your muscles are lightly worked before stretching. Not so long ago it was commonly thought that the key to effective flexibility was stretching while your muscles were cold, *before* any activity. It is now known that stretching cold muscles is *not* the most efficient method.

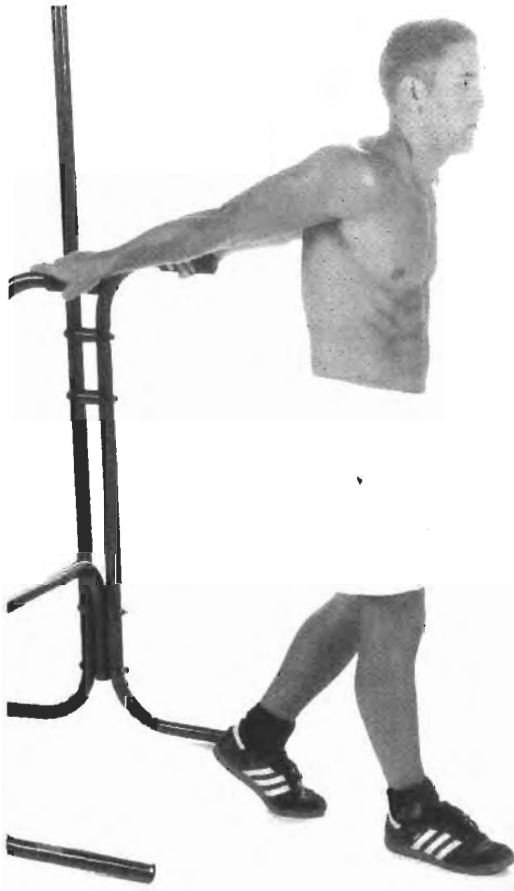
Before actually stretching, it is best to start with two to five minutes of jumping jacks and push-ups to warm up the upper body, and/or five minutes of light jogging or bicycle riding to warm the legs. This gets the blood flowing into the muscles and makes them more pliable and able to stretch, preparing them for a more effective stretching session. Once this step is finished, and only when you feel warm, begin stretching.

Throughout these stretches remember to proceed *slowly*. Try to hold each stretch for at least 15 seconds—and *never* bounce! You should feel pulling, not pain. Pulling can be described as a gradual discomfort or slight soreness due to tight muscles. As you stretch longer, tightness will decrease and flexibility will increase. Pain can be described as a sharp, intense sensation causing great discomfort to a specific body part. This can happen when you do not stretch slowly. As you continue your daily stretching you will be able to distinguish pulling from pain and recognize how to loosen your muscles.

Using the stretches I have listed here, your total preworkout stretching time should be approximately 15 minutes. When your workout is completed, do at least 10 more minutes of stretching. This is when you will be most limber and when you'll achieve the greatest gain in flexibility. It is important to stretch not only before and after exercising, but also *during* the exercise program. While you are working out, your muscle fibers begin to tighten. By stretching during your workout you loosen up muscle fibers, allowing more fibers to be affected—which allows for much greater results.

## UPPER BODY STRETCHES

### I. Upper Body Stretch



**FIGURE 1**

- Find something you can grab onto with both hands, at about chest level.
- Place both arms behind you and grab the object, palms down.



**FIGURE 2**

- Lean forward, then to the right, and then to the left.
- Lean as far as you can each way.
- Concentrate on stretching your chest and your arms.
- To get the best stretch possible, do this exercise *slowly*.

## 2. Single Arm Stretch



**FIGURE 1**

- Find something you can grab onto with both hands, at about chest level.
- Place one arm behind you and grab this object, palm out and away.
- Stretch only one arm at a time. Isolating each side increases the effectiveness of the stretch.
- Muscle flexibility will enable you to perform a greater number of repetitions. The more repetitions you perform, the more you'll increase your muscle strength and development.
- To get the best stretch possible, do this exercise *slowly*.

### 3. Triceps Stretch



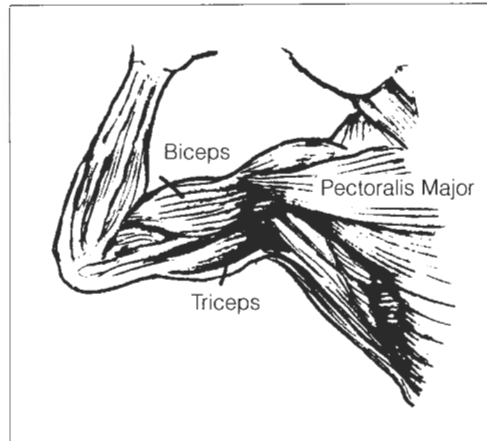
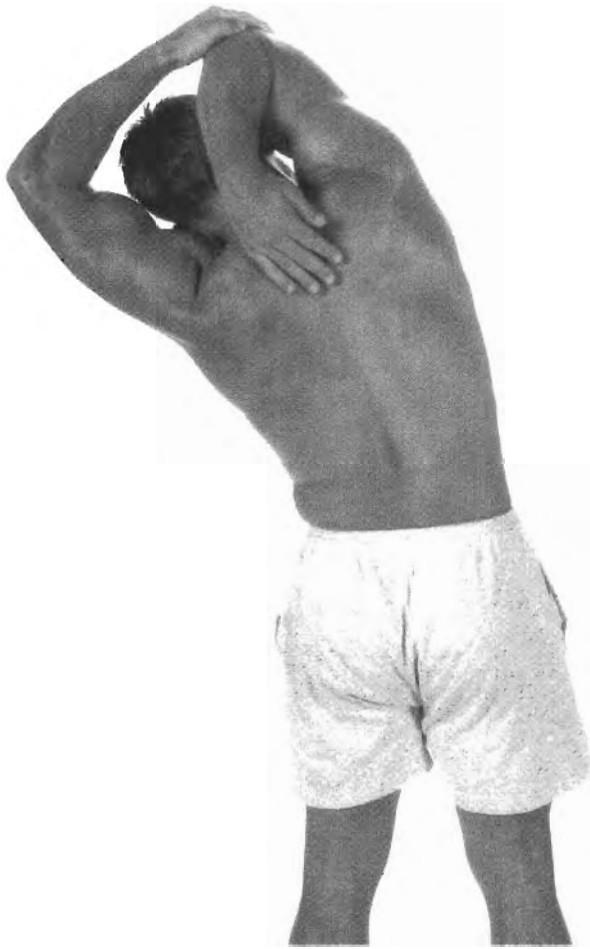
**FIGURE 1**

Place your right hand behind your head and down the middle of your back, as far as it will go.



**FIGURE 2**

Now place your left hand on your right elbow and begin stretching toward your left.

**FIGURE 3**

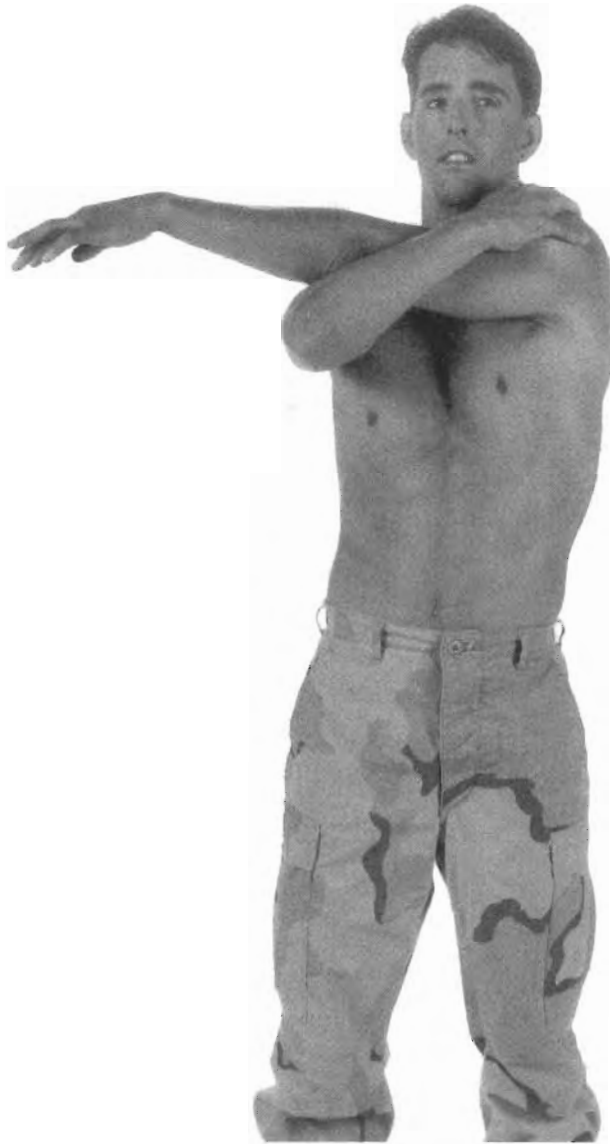
- Once you reach the *discomfort zone*, maintain that position for 15 to 30 seconds.
- Switch sides and repeat.

## 4. Shoulder Stretch



**FIGURE 1**

- Bring your right arm across your chest.
- Place your right elbow in the inside joint of your left arm, then reach across and grab your left shoulder.



**FIGURE 2**

- Squeeze and elevate your right elbow.
- Hold this position for 15 to 30 seconds, then release.
- Switch sides and repeat.



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