FOR YOUR EYES ONLY

This confidential proposal was submitted to a select group of U.S. Navy SEAL team members for evaluation and testing. We designed this program for their specific requirements which are detailed within the text.

Those familiar with our programs may see some redundancy. However, the training protocol is quite unique and you will learn about the Training Feedback Loop that we use in designing experimental programs.

Read, experiment, and enjoy! As this program is currently being tested by those SEAL team members, we would appreciate your confidentiality.
From: Strength & Conditioning Technologies, Inc.
Re: Seals BASE Training Structure

PART I

Our Mission:
Strength & Conditioning Technologies, Inc. is a research and development consulting team that specializes in developing weight training strategies for performance specific applications.

Our Team:
Our research and development team is headed by Russell Horine, President, and Leo Costa, Jr., Vice President. Russell Horine holds a Bachelors Degree in Human Biology, and has spent the better part of 12 years studying training methodology, kinesiology, and exercise physiology.

Leo Costa, Jr., is a Certified Strength and Conditioning Specialist, a nationally known educator and an accomplished personal trainer for professional athletes and celebrities.

Strength & Conditioning Technologies has developed a team of advisors that enable us to harness cutting-edge training, nutrition, and recovery technologies and information. Having direct access to a network of high-level coaches and sports scientists enables us to develop “state of the art” training systems for our clients.

Our Unique Approach:
We approach training applications from result-oriented research, rather than trying to understand, or develop an explanation for the results. In short, we focus on how to get things done, instead of why they happen. Not saying that the “why” is not important, it most certainly is. This is an area for basic and applied science research. But, trial and error application allows us to develop more efficient means of training in a shorter period of time, simply by examining results.

This is the application of the true “Eastern Bloc” strategy. The training feedback loop was pioneered in the Soviet Union and later modified and refined in Bulgária.

*Performance Specific Training (PST): A critical element in the success of the training feedback loop is the application of periodic PSTs. The more accurate and specific (specific to the performance goals) the PST, the quicker the training improvements (modifications) can be made. 

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The approach illustrated below is a basic representation of the research application model we use. By going directly from feedback to modification, the entire feedback loop is “tightened up” so that training strategies can be improved at a faster rate than continuing through the “why” loop.

Through the application of this loop, we can continually develop more effective methods of training. The longer we are able to apply this loop to an organization’s needs, the more refined, effective, and efficient their training becomes. It’s our strong belief, based upon years of observation and practice, if anyone presents you with a workout and tells you that the program will get you what you’re looking for, they’re misinformed, or trying to misinform you. Developing a truly effective training strategy takes time and attention beyond scratching out a workout on paper. A true training strategy is dynamic – it continually evolves and improves via the training feedback loop.

Our Plan For The SEALS:
From speaking with a few of the members of the SEALS team, and from viewing the video package sent to us, we have developed a training goal profile:

1. A training program that will interface and not interfere with the current training program.

2. Development and improvement of “Full Spectrum Strength” to include:
   
   A. Explosive Strength/Power
   B. Dynamic Strength
   C. Static Strength
   D. Muscular Endurance
3. All gains in muscle mass must be completely “functional.” Meaning, any gain in muscle mass must enhance all the elements of the strength spectrum, while not detracting from aerobic capacity or slowing down motor-skill speed.

These requirements are much more complex than common sports-specific training programs, that would primarily focus on just one or two elements of the strength spectrum. As one SEAL team member mentioned to us “a SEAL needs it all,” a SEAL needs all of these elements, as well as a tremendous amount of aerobic capacity.

In this package, we shall present to you a BASE workout structure designed to work within a 10-week bio-energetic cycle. This training structure will undoubtedly produce for you, far better results than any weight training program you may be currently using. Upon the completion of this 10-week cycle, you’ll have no doubt as to our program’s performance capabilities.

This BASE program would be the starting point of the previously illustrated training feedback loop, (i.e. Training). If we have the opportunity to work with the SEALS for sufficient amount of time, we would systematically test the results (PST’s), evaluate, and make modifications to the training strategy to continually improve the system to meet the specific requirements of the SEALS teams.

Each individual would start with the BASE training structure. Through the process of training according to this program, he would have the option of including a specialized training program to be performed simultaneously during the ten weeks. This would include one of four different specialized programs that would be chosen according to individual interest, or needs.

The four specialized programs include:

1. Explosive Strength/Power
2. Muscular Endurance
3. Mass
4. Dynamic Strength

The BASE workout structure requires a 45-minute training session, six-days-a-week. If the SEAL member opts for a specialized training structure, that would require an additional 35-minute workout session either three or six times each week. As mentioned previously, the longer this feedback loop is applied, allowing time for the fine tuning effect of performance specific modifications to be integrated, the more targeted and efficient the training becomes to the individual team member’s needs.
NOTE: We’ve included with the BASE workout, a pre-conditioning routine. We strongly suggest that you go through this 4-week preparation workout. Although SEAL members are in great physical condition, weightlifting is an altogether different type of irritation to the body. Starting immediately on the BASE workout may cause symptoms of overtraining without first performing the 4-week pre-conditioning program.

Our Long Term Vision:
Over time, through continuous application of the training feedback loop, the training strategy would become extremely specific and would custom fit the needs of the SEAL. Eventually, you could even customize the training to meet the specific needs of individual SEAL teams.

PART II

Understanding Weight Training
The human organism is dynamic, in that it’s in a constant state of change. As it experiences stress from its environment, it must react in one of three ways. It must either (1) move away from the irritation, (2) adapt, to handle the stress comfortably, (3) die or become seriously damaged. The response that all physical conditioning programs are targeting is adaptation.

Weight training is a stress or irritation applied to the body that stimulates a response. The popular image of this response is huge, bulky, and strong muscles. Although this image is appealing to some, it’s only one of many physical responses that can be gained from weight training. By controlling the variables associated with the weight training we can produce a highly specialized and specific response from the body. This adaptive response system leads to the basic foundation of all training principles, that is “The Body Becomes Its Function.”

The Eastern Bloc Influence
We owe much of our success to our team of advisors in the Eastern Bloc countries. They were the first to take weight training to the next level of progression. Instead of training athletes according to various single-session workout structures, they began to develop training strategies. Pre-planned training applications whose strategy takes into consideration the human body’s recovery and adaptive capabilities.

With the Eastern Bloc research giving our team a head start we have determined many of the adjustable factors that influence specific responses from the body. In the following pages, we shall list and explain various factors that are considered when structuring a targeted training strategy.
45-Minute Training

Our Bulgarian connections discovered a highly important phenomena that has a profound impact upon the effectiveness of resistance training for a natural athlete. They performed blood tests on their athletes at regular intervals starting immediately before, various times during, and immediately following the training session. The findings revealed a 79-83% decrease of testosterone levels in the blood after 39-43 minutes of rigorous training.

This means that, as an athlete approaches the 45-minute mark in his training session, his desire and motivation to train hard may still be there, but his body doesn’t necessarily have the capability, bio-chemically, to efficiently recover and adapt from the training session at that point. The ability to recover is crucial, because results are contingent upon recovery. Without sufficient recovery you would gradually lose performance and your progress would go backwards. Therefore, we limit the duration of the training session to no longer than 45 minutes. It doesn’t matter if the session is not completed in terms of the number of sets to be performed. THE TRAINING SESSION IS OVER AT 45 MINUTES.

Because the duration of training is limited to 45 minutes, this allows the body to recover more efficiently. Past trainers believed it was necessary to rest 72 hours after training. This may have been necessary for someone training three to four hours at a time. But with the duration of training reduced to 45 minutes, the body recovers faster, therefore, it can be trained more frequently to gain more significant results in the same amount of time.

Micro-Periodization

The Soviets were the first to plan out training, strategically, over a years time. They named this strategy “periodization.” The training components were broken down into three segments or periods (endurance, strength, and power) and the athletes would spend four months training on each period. This design was meant to have the athletes performance peak one time each year. Usually around Olympic or World Championship competition. United States football teams patterned their training after this model, thus it gained tremendous popularity throughout strength and conditioning coaches around the world.

Researchers found that the body responded to training better, when it was in peak condition. The body has a limited ability to adapt at any given time. Therefore, we want to elicit the desired response from the body continually, starting from the first day of training. Bulgarian researchers found that by compressing the normally one-year periodization process into a week, you gain a more specifically targeted response, and you gain that response considerably faster.
To date we are still working on various formats of micro-periodization. We are experimenting with micro-periodizing throughout each day. We also have people micro-periodizing each individual workout. Unfortunately, at this writing (December 1992) it’s too early to examine the results. So the jury’s still out. We’ll clue you in to our findings in the future.

**Volume and Intensity**

These two factors play a major role in any weight training strategy. Volume is measured by the product of the weight being lifted, repetitions in the set, and the number of sets performed (weight \( \times \) reps \( \times \) sets). For example, if you bench pressed 200 pounds for 5-sets of 8-repetitions each your total volume would be:

\[
200 \text{ lbs.} \times 8 \text{ reps} \times 5 \text{ sets} = 8,000 \text{ lbs.}
\]

Intensity, on the other hand, measures the average weight lifted during a training session. Intensity is measured by dividing the volume by the total number of repetitions performed. For example:

<table>
<thead>
<tr>
<th>Set</th>
<th>Weight (lbs)</th>
<th>Reps</th>
<th>Volume (lbs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>250</td>
<td>10</td>
<td>2,500</td>
</tr>
<tr>
<td>2</td>
<td>300</td>
<td>6</td>
<td>1,800</td>
</tr>
<tr>
<td>3</td>
<td>350</td>
<td>4</td>
<td>1,400</td>
</tr>
</tbody>
</table>

**Total volume**

\[
5,700 \text{ lbs.}
\]

**Total intensity**

\[
5,700 \text{ lbs.} / 20 \text{ reps} = 285 \text{ lbs.}
\]

Total intensity for the first example equals 200 lbs. simply because the same weight was used for each set.

Notice that the volume of the first example is much higher than the second (8,000 lbs. vs. 5,700 lbs.) even though, at one point, 150 pounds less is lifted. This is because the first example (volume lifting) is geared for muscle growth, while the second (intensity training) is targeted for strength developments.

You need not calculate the volume and intensity of each individual set you do, but it’s important to know the difference between volume and intensity and how they will apply to training.

These two terms are relative. One could take this explanation to an extreme and suggest that to gain maximum volume you should perform a high amount of repetitions with little or no weight. This would essentially amount to calisthenics and obviously this wouldn’t be sufficient for our purpose in resistance training.
The Three-Week Phases

When the body is presented with an irritation, it takes a normal athlete about three weeks to adapt to the new stress. After that, the amount of change that his physiology will experience slows down. The body has become efficient at the task, so change is not necessary. A well-conditioned athlete can adapt even faster.

This ability for the body to adapt rapidly has been the source of great frustration for many weightlifters. They start a new program and it works great in the beginning, they’re making great progress. Then, as their body gets used to it, the grains slow down. The body has adapted to that specific style of training. However, the lifter seldom realizes what’s happening. So he trains, the same way – harder and longer – which doesn’t work any better (in fact it’s probably worse). Eventually, the lifter loses faith in the program and moves on to experience the same progression of events with another program. Unfortunately, it’s a vicious cycle.

Because of the body’s ability to adapt quickly, it’s necessary to change the format of training every two to four weeks (depending upon the condition level of the athlete). This change is necessary to stimulate continual progress. In the past, some of the more progressive trainers who recognized what was happening would switch to a new training program. They would have no rationale for “why the switched to what,” they just needed something new, so they switched.

Soviet coaches discovered that there is a lag-time before the body begins to adapt to any new stress or irritation. Usually this works against us but we can make it work for us, as well. Please read on.

To present a similar example, when a person first begins to diet and significantly reduces their calorie intake, they will initially experience dramatic weight loss. With the body’s metabolic rate running at a normal level and calorie intake suddenly dropped, weight is lost due to the fact that the metabolism runs at such a higher level than the calorie intake. After a lag-period of a few weeks duration, the body adapts to the change by lowering its metabolic rate to a level matching the calorie intake. Weight loss slows at this time.

Now if the person on the diet goes back to their old ways of eating, they have a significant weight gain. This happens for various reasons. One, the calorie intake is above the metabolic rate, and two, the body over-compensates for the lack of nutrients to protect itself from another starvation (diet) experience.

Hyper-acceleration & Hyper-adaptation

The concept of hyper-acceleration and hyper-adaptation uses the same over-compensation principle, only with training, rather than dieting. Hyper-acceleration involves training for a three-week period using maximum irritation
so that your body’s adaptive responses are taxed to their limits. This will cause an emergency state in the body and the body’s adaptive capabilities will rise to a higher level. Then, in the hyper-adaptation phase, we abruptly lower the level of irritation. Just as the metabolic rate stayed high in the dieting example, the adaptive energies remain at a high level for a short period. The sharp contrast between high adaptation energy and lower irritation (due to the “lag” time phenomena) results in accelerated development.

At its simplest we are creating an emergency situation for your body, backing off, and then letting your body play “catch up.” The body responds by developing the increased strength and endurance we’re trying to stimulate.

The hyper-acceleration and hyper-adaptation process can be repeated over and over again but a note of caution is needed here. The process involves powerful principles that, if taken and applied haphazardly, could lead to overtraining, lessening the effectiveness of your training or even injury. This is one of the more advanced concepts. While it may not take a Ph.D. to apply it, applying it the wrong way can be somewhat hazardous. This is the primary motivation for us to advise people not to alter the workout strategy that we develop from them. Have faith, there are reasons for its structure.

**Recovery Through Performance Supplementation**

In life it’s know that, “without faith, a man has nothing.” In weight training, without recovery a man has nothing. When you apply stress or irritation, you stimulate a response. That response will only be a positive one if you recover from training sufficiently. Therefore, physical training programs must be structured to allow for effective recovery.

Recovery is too often thought of as a passive thing that happens when you lie in the sun or sleep. Lifters tend to focus all their attention on how they lift in the gym, and they disregard the nutritional benefits that can aid recovery inside and outside the gym.

Aside from high-quality nutrition, performance supplementation can not only aid in endurance energy levels, but it can assist greatly in recovering the body acutely, intermediately, and long term.

Acute recovery refers to the short-term recovery of strength and cardiovascular endurance between performance intervals. For weight training this takes place in between sets. If you were running up a hill, and you stopped momentarily to take a breath, that would be another example of acute recovery.
Intermediate recovery refers to the recovery process between performance sessions. As a runner or cyclist finishes a race on Saturday with intentions of racing again on Sunday, that time in between the two races would be referred to as “intermediate recovery.” For weightlifting, it corresponds to the amount of time between workouts.

Long-term recovery, refers to the overall results produced by the training program. If over a longer period of time (six to eight weeks or more), you are gaining progress, even small amounts, then everything is considered to be fine regarding long term recovery. If you aren’t progressing at all, then either the training structure is not effective, or you are not recovering sufficiently from the training.

Observing the progress over a few more weeks would reveal the true problem. If the athlete were not recovering sufficiently, his progress would begin going backwards. His performance would get gradually worse. Whereas, if the program is not properly structured, there simply wouldn’t be any positive progress, but it wouldn’t necessarily go backwards.

The greatest benefits of recovery are available through, immediately following a performance session. This is when amino acids are most beneficial. Before and during performance, it’s beneficial to drink a complex carbohydrate and electrolyte drink with pH Stabilizers and ATP intermediaries. This helps to accelerate recovery by providing the body with necessary fuels for performance. Providing this prevents the body from severely depleting its own natural resources.

Without performance supplementation, you will still gain progressive results. The performance supplementation merely acts as a catalyst to speed up the process and improve performance. By providing the body with these critical performance nutrients, it doesn’t spend that precious recovery time replacing them, it begins adapting quicker and more effectively than it would be able to without them. In short, performance supplementation works by aiding and accelerating recovery.

PART III

The Training Program

The previous explanation of concepts and terms relating to weightlifting, do not have to be fully understood in order to gain the benefits of the program. You can simply follow the charts and the program would work just as well for you if you never read the theory behind the strategy. We only offer these brief “overview” explanations for your own interest, and to give you an idea of “how” and “why” we structure your training program.
Pre-Conditioning

Although the SEAL team members are in fantastic physical condition from the training required of them, weight training is an entirely different type of stimulus. For this reason we have included, and strongly recommend, the pre-conditioning workout illustrated below. Training on this program will provide the gradual conditioning of your physiology to handle the training loads associated with the BASE workout.

<table>
<thead>
<tr>
<th>PRE COND.</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1 &amp; 2</td>
<td>(3) Chest</td>
<td>(3) Delts</td>
<td>(3) Back</td>
<td>(3) Triceps</td>
<td>(3) Chest</td>
<td>(3) Legs</td>
</tr>
<tr>
<td></td>
<td>(3) Back</td>
<td>(3) Triceps</td>
<td>(3) Chest</td>
<td>(3) Delts</td>
<td>(3) Rack</td>
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<tr>
<td></td>
<td>(3) Biceps</td>
<td>(3) Legs</td>
<td>(3) Calf</td>
<td>(3) Legs</td>
<td>(3) Biceps</td>
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<tr>
<td></td>
<td>(3) Calf</td>
<td></td>
<td>(3) Biceps</td>
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</tr>
<tr>
<td>Rest Period</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
</tr>
<tr>
<td>Number of Repetitions</td>
<td>Cycle A Endurance 10–12 Reps</td>
<td>Cycle A Endurance 10–12 Reps</td>
<td>Cycle B Strength 8–10 Reps</td>
<td>Cycle B Strength 8–10 Reps</td>
<td>Cycle C Power 6–8 Reps</td>
<td>Cycle C Power 6–8 Reps</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRE COND.</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 3 &amp; 4</td>
<td>(3) BO Rows</td>
<td>(3) Fl Push-ups</td>
<td>(3) BO Rows</td>
<td>(3) Incl Press</td>
<td>(3) BO Rows</td>
<td>(3) Incl Press</td>
</tr>
<tr>
<td></td>
<td>(3) Fl Push-ups</td>
<td>(3) WG Chins</td>
<td>(3) Incl Press</td>
<td>(3) WG Chins</td>
<td>(3) BO Rows</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(3) Squats</td>
<td>(3) Std Calves</td>
<td>(3) SQ Squats</td>
<td>(3) Etd Calves</td>
<td>(3) Squats</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(3) Std Calves</td>
<td>(3) Mil Press</td>
<td></td>
<td>(3) Mil Press</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rest Period</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
<td>120 Seconds</td>
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</tbody>
</table>

- **BO Rows**—Bent Over Rows
- **WG Chins**—Wide Grip Chins
- **Mil Press**—Military Press
- **Incl Press**—Inclined Bench Press

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BASE Workout
The BASE workout is a 10-week bio-energetic phase, that is divided into five, two-week phases. Each of these phases are further divided into three micro-periodized cycles, (A, B, and C). Each phase has a specific purpose as illustrated below:

- **Phase One:** Strength Emphasis/Hyper-Acceleration
- **Phase Two:** Power Emphasis/Hyper-Adaptation
- **Phase Three:** Power Emphasis/Hyper-Acceleration
- **Phase Four:** Strength Emphasis/Hyper-Adaptation
- **Phase Five:** Power Emphasis/Hyper-Acceleration

To use the workout charts, start with the Phase One chart and move progressively through each phase, spending two-weeks time on each phase.

Typically, Day 1 refers to Monday, but that is not required. Day 1 can be any day, so long as you stay in sequence through to Day 6. The charts all call for six days training and the seventh day is spent resting from the weight training.

Each day, Day 1 through Day 6, has its own instructions. The chart will list either a body part or a specific exercise. If it calls for a body part, the exercise choice is up to the lifter. Use any of your own favorites, or choose from numerous books from your local bookstore, or our Advanced Training videos or Exercise Mastery video. If the chart lists a specific exercise, then the lifter must perform that exercise. (Refer to Exercise Mastery for clarification on exercise performance).

The number next to the body part or exercise refers to the number of individual sets you should perform. The number of repetitions is listed down near the bottom of the chart. If the chart calls for 8 to 10 repetitions, then select a weight which will most likely cause you to reach momentary exhaustion (failure) between 8 and 10 repetitions.

If you select a weight and are able to perform 12 repetitions, when the chart called for 10, then increase the weight for the next set. One the other hand, if you select a weight that only allows you five repetitions, then decrease the weight on the next set to allow you to reach the target repetition range.

Pay close attention to the rest-time for each cycle (Rest-time between each specific set). The parameters set for the rest-time between sets, tremendously influences the effectiveness of the entire training program.

When the chart calls for 30-second intervals, this means to perform the exercise for 30 seconds. Attempt to perform as many controlled repetitions as possible. If you reach 30 repetitions on an exercise, then you should increase the weight used.
The charts illustrating the BASE workout begins here and continue on the following pages.

### SEALS Phase 1

<table>
<thead>
<tr>
<th>Workout 1 Sets</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3) Back</td>
<td>(3) Chest</td>
<td>(3) Back</td>
<td>(3) Chest</td>
<td>(3) Back</td>
<td>(3) Chest</td>
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<td>(3) Chest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(3) Thighs</td>
<td>(3) Chest</td>
<td>(2) Bicep</td>
<td>(2) Tricep</td>
<td>(2) Tricep</td>
<td>(3) Calf</td>
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<tr>
<td>(3) Calf</td>
<td>(3) Calf</td>
<td>(3) Calf</td>
<td>(3) Thighs</td>
<td>(3) Thighs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(3) Bicep</td>
<td>(2) Tricep</td>
<td>(3) Thighs</td>
<td>(2) Tricep</td>
<td>(3) Calf</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Rest Period**
- 150 Seconds

**Number of Repetitions**
- Cycle A Endurance: 13–15 Reps
- Cycle A Strength: 10–12 Reps
- Cycle B Strength: 10–12 Reps
- Cycle C Power: 8–10 Reps

### SEALS Phase 2

<table>
<thead>
<tr>
<th>Workout 1 Sets</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
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</thead>
<tbody>
<tr>
<td>(3) Squats</td>
<td>(4) Incl Press</td>
<td>(3) Squats</td>
<td>(3) Incl Press</td>
<td>(3) Squats</td>
<td>(3) Fi Push-ups</td>
<td></td>
</tr>
<tr>
<td>(3) Mil Press</td>
<td>(3) Std Calves</td>
<td>(3) Mil Press</td>
<td>(3) Std Calves</td>
<td>(3) Std Calves</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1) Squats</td>
<td>(3) WG Chins</td>
<td>(6–8 Reps)</td>
<td>(1) Std Calves</td>
<td>(3) WG Chins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1) Mil Press</td>
<td>(1) WG Chins</td>
<td>(3) WG Chins</td>
<td>(3) WG Chins</td>
<td>(3) BO Rows</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Rest Period**
- 90 Seconds
- 4 Minutes
- 3 Minutes

**Number of Repetitions**
- Cycle A Endurance: 15–18 Reps
- Cycle A Strength: 2–4 Reps
- Cycle B Strength: 2–4 Reps
- Cycle C Power: 30 Sec. Intervals

**BO Rows**—Bent Over Rows  
**WG Chins**—Wide Grip Chins  
**Std Calves**—Standing Calve Raises  
**Fi Push-ups**—Floor Push-ups  
**Mil Press**—Military Press  
**Incl Press**—Inclined Bench Press
### SEALS Phase 3

<table>
<thead>
<tr>
<th>Workout 1</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
<th>DAY 6</th>
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<tbody>
<tr>
<td><em>Sets</em></td>
<td></td>
<td></td>
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<tr>
<td>1 ( )</td>
<td>(3) Squats</td>
<td>(4) Std Calves</td>
<td>(3) Squats</td>
<td>(3) Std Calves</td>
<td>(3) Squats</td>
<td>(3) Std Calves</td>
</tr>
<tr>
<td></td>
<td>(1) Squats</td>
<td>(3) WG Chins</td>
<td>(1) Incl Press</td>
<td>(3) Incl Press</td>
<td>(1) WG Chins</td>
<td>(3) BO Rows</td>
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<td>Cycle C</td>
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<td>30 Sec. Intervals</td>
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**BO Rows**—Bent Over Rows  
**WG Chins**—Wide Grip Chins  
**Std Calves**—Standing Calve Raises  
**Fl Push-ups**—Floor Push-ups  
**Mil Press**—Military Press  
**Incl Press**—Inclined Bench Press

### SEALS Phase 4

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<th>DAY 2</th>
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<td>Cycle C 30 Sec. Intervals</td>
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