



BASIC TRAINING

A unique fitness course based on the exercises of the U.S. Navy SEAL Teams.

Upper Body 2

Emphasis on strength

Hustle through this one and don't quit! It's easy to give up halfway through this burner, but it gets easier after you've done a couple of hundred times!

REPS	EXERCISE
7	Pullups, regular grip
7	Pullups, reverse grip
7	Pullups, wide grip
15	Squats
15	Pushups
15	Tricep pushups
15	Pushups, wide grip
15	Squats
15	Dive bombers
40	Arm haulers
20	Neck fore & aft
15	Squat jumps
20	Hip lifts
20	Reverse crunches
10	4 count oblique crunch
20	Crunches

If you can't do the pullups, substitute another wide grip pushups (or inverted rows) instead.