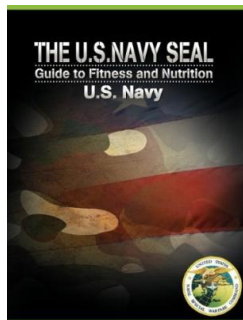


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THE U.S. NAVY SEAL GUIDE TO FITNESS AND NUTRITION (HARDBACK)



WWW.Bnpublishing.com, 2011. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare (NSW) community, this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission-related activities. Topics covered include calculating energy expenditure; definitions, functions, and daily allowances of carbohydrates, fats, and protein; nutritional considerations for...

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- Authored by -
- Released at 2011



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Reviews

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