



Maximum Fitness : The Complete Guide to Navy SEAL Cross Training

Stewart Smith

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Maximum Intensity!

Maximum Results!

Maximum Fitness!

The most effective workout ever developed.

Has your current fitness routine lived up to your expectations? Probably not!

Join Stewart Smith, former Navy SEAL Stew Smith and fitness professional as he takes your fitness to the max with his new **MAXIMUM FITNESS: The Complete Guide to Navy SEAL Cross Training**, featuring the 52 WEEK MAXIMUM FITNESS WORKOUT.

MAXIMUM FITNESS is the first complete year long cross-training program designed to make you physically the absolute best you can be! Whether you are an athlete or a weekend warrior, man or woman, **MAXIMUM FITNESS** provides the essential ingredients for anyone looking for an exceptional athletic edge.

From weight training to swimming to biking and running to body weight PT and flexibility training, no matter what kind of shape you are currently in, **MAXIMUM FITNESS** will change the way you look and feel – it will positively change your life!

With **MAXIMUM FITNESS** you will discover:

- 52 weeks of high-tech supercharged cross-training workouts
- Four unique 13-week workout cycles to help build a stronger, healthier, and injury-free physique
- Complete flexibility, calisthenics, and weight training routines
- Advanced PT, running and swimming drills
- Routines for weight loss and weight gain
- Endurance enhancing exercises
- Cross-training guide for maximum efficiency without burnout
- Increased muscular stamina
- Cardio-vascular fitness
- Strength training and powerlifting routines
- Speed and agility training drills for the ultimate reaction time

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