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keeping you from
continuing, it does
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these physically
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SEALs and others
within the NSW
community need
clear, concise, and
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guidance on
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training regimens.

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The Navy SEAL Physical Screening Test (PST) consists of five events: A 500 yard swim, countless push-ups, sit ups, pull ups and a 1.5 mile run. This test battery determines if an applicant has the minimum fitness required to complete the

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intense BUD/s
training
programme.

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Specific emphasis
on push-ups, sit-
ups, and pull-ups
will be necessary
to achieve the
required standards
for the PST. Cross-
training such as

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Physical, rowing, or
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The following article details the requirements starting with the physical fitness test for the Navy SEALs' training program, known as BUD/S (Basic Underwater Demolition/SEALs).

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these physically demanding tasks, SEALs and others within the NSW community need clear, concise, and authoritative guidance on physical fitness training regimens.

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Dr. Bennett
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regarding SEAL
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Physical fitness has morphed into a new fitness genre along with military, police, and firefighter fitness called tactical fitness. Developed by a former Navy SEAL and...

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requires an
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combination of

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fitness is essential
to carry out
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