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Stew Smith is a former Navy SEAL, Military.com Fitness Contributor and certified as a Strength and Complete Guide to Navy SEAL Fitness

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Here is the physical fitness test for the Navy SEALs' training program, - The Complete Guide to Navy SEAL Fitness - Joining Naval Special Operations

<http://www.military.com/military-fitness/navy-special-operations/navy-seal-fitness-test>

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