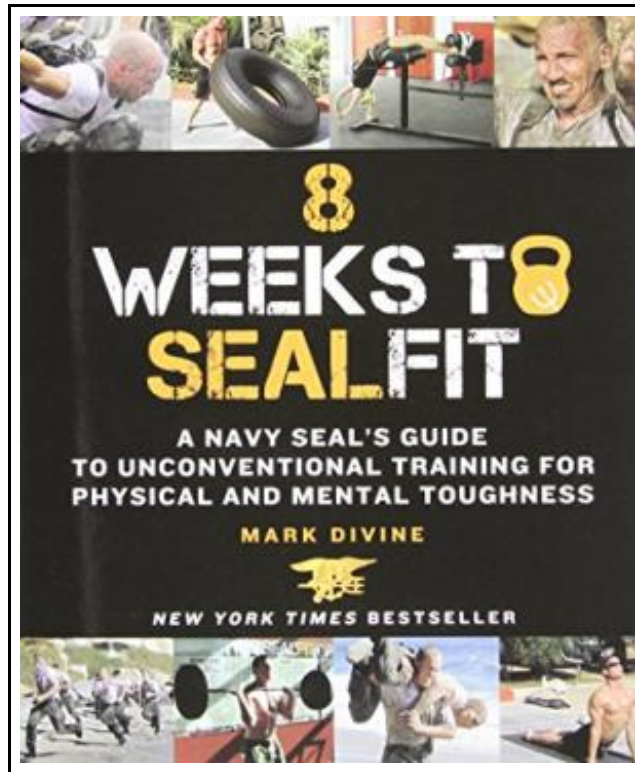


## 8 Weeks to SEALFIT A Navy SEALs Guide to Unconventional Training for Physical and Mental Toughness



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## 8 WEEKS TO SEALFIT A NAVY SEALs GUIDE TO UNCONVENTIONAL TRAINING FOR PHYSICAL AND MENTAL TOUGHNESS



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