



## Modified Navy SEALs Healthy Mind and Fit Body Training Program S.M.A.R.T GOALS and Ten Week Training Logs

FNAME \_\_\_\_\_ LNAME \_\_\_\_\_ DATE \_\_\_\_\_

Specific	Goal. Build a healthy mind and fit body in ten weeks.		
<b>Measurable</b>	<b>WHO...WHAT WHERE...WHEN</b>	<b>Week - 0 YOU...EVALUATE YOU DECIDE... TIME 20 Jun 16</b>	<b>Week - 10 SAI...EVALUATES WMHS GYM...0700 Friday, 26 Aug 16</b>
	1. Push Ups	# Reps in 2 Minutes (10 Mins Rest)	# Reps in 2 Minutes (10 Mins Rest)
	2. Sit Ups	# Reps in 2 Minutes (10 Mins Rest)	# Reps in 2 Minutes (10 Mins Rest)
	3. Pull Ups	# Reps in 2 Minutes (10 Mins Rest)	# Reps in 2 Minutes (10 Mins Rest)
	4. Dips	# Reps in 2 Minutes (20 Mins Rest)	# Reps in 2 Minutes (20 Mins Rest)
	5. Squats	# Reps in 2 Minutes (20 Mins Rest)	# Reps in 2 Minutes (20 Mins Rest)
	<del> </del>	<del> </del>	<del> </del>
	<del> </del>	<del> </del>	<del> </del>
	<del> </del>	<del> </del>	<del> </del>
	<del> </del>	<del> </del>	<del> </del>
	<del> </del>	<del> </del>	<del> </del>
	<del> </del>	<del> </del>	<del> </del>
	6. Run 1 Mile	Best Time (20 Mins After Squats)	<b>Week - 10</b>
7. Swim 500 Meters	Best Time 20 Jun 16	Best Time Tuesday, 23 Aug 16	<del> </del>
Total Time	<del> </del>	<del> </del>	<del> </del>
Senior Army Evaluator _____		Total	Reps _____
Date: _____			Time _____
<b>Attainable</b>	Achievable: Personal daily workout routines are established, see <sup>1</sup> Hershel Walker Workout.		
<b>Relevant</b>	Relevant: Learn healthy mind and body fitness lessons from the Navy SEALs. For example, (1) Grow disciplined, healthy mindset and hard, fit body; (2) master your body weight; (3) train hard and often; (4) set clear goals; (5) workout in a group		
<b>Timely</b>	Timely. (1) 20 June, start (2) Friday, 26 August, 0700-1000 hours, evaluate at the WMHS gym.		

<sup>1</sup>Hershel Walker Workout, by Troy, Posted July 22, 2014, in Athlete Workout, Cage Fighters, NFL Players <http://fitnesshacker.com/hershel-walker-workout/>  
<sup>2</sup>Five Fitness Secrets of the Navy SEALs <https://mstliving.com/5-fitness-secrets-of-the-navy-seals/>



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALs Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide [20-26 Jun]							
Week 1	20 Jun Evaluate & Start Date	21 Jun	22 Jun	23 Jun	24 Jun	25 Jun	26 Jun
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
<b>Total Reps</b>							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
<b>Total Time</b>							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALS Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[27 June - 3 July]							
Week 2	27 Jun	28 Jun	29 Jun	30 Jun	1 July	2 July	3 July
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
<b>Total Reps</b>							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
<b>Total Time</b>							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALS Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[4 - 10 July]							
Week 3	4 July	5 July	6 July	7 July	8 July	9 July	10 July
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
Total Reps							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
Total Time							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALs Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[11 - 17 July]							
Week 4	11 July	12 July	13 July	14 July	15 July	16 July	17 July
<b>Rep Exercises</b>	<b>Reps</b>	<b>Reps</b>	<b>Reps</b>	<b>Reps</b>	<b>Reps</b>	<b>Reps</b>	<b>Rest</b>
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
<b>Total Reps</b>							
<b>Time Exercises</b>	<b>Times</b>	<b>Times</b>	<b>Times</b>	<b>Times</b>	<b>Times</b>	<b>Times</b>	<b>Times</b>
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
<b>Total Time</b>							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALs Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[18 - 24 July]							
Week 5	18 July	19 July	20 July	21 July	22 July	23 July	24 July
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
Total Reps							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
Total Time							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALS Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[25 - 31 July]							
Week 6	25 July	26 July	27 July	28 July	29 July	30 July	31 July
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
Total Reps							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
Total Time							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALS Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[1 - 7 August]							
Week 7	1 Aug	2 Aug	3 Aug	4 Aug	5 Aug	6 Aug	7 Aug
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
<b>Total Reps</b>							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
<b>Total Time</b>							





## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALS Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[8 - 14 August]							
Week 8	8 Aug	9 Aug	10 Aug	11 Aug	12 Aug	13 Aug	14 Aug
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
Total Reps							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
Total Time							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALS Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[15 - 21 August]							
Week 9	15 Aug	16 Aug	17 Aug	18 Aug	19 Aug	20 Aug	21 Aug
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups							
Sit Ups							
Pull Ups							
Dips							
Squats							
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>
<b>Total Reps</b>							
Time Exercises	Times	Times	Times	Times	Times	Times	Times
Run 1 Mile							
Swim 500 Meters							
	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>	<i>Total Time</i>
<b>Total Time</b>							



## Individual S.M.A.R.T GOALS Weekly Training Log Modified Navy SEALs Mind & Body Fitness Training Program

Self-Performance Assessment Scoring Guide							
[22 - 28 August]							
Week 10	22 Aug	23 Aug Evaluate Swim	24 Aug	25 Aug	26 Aug Evaluate Reps & Run	27 Aug	28 Aug
Rep Exercises	Reps	Reps	Reps	Reps	Reps	Reps	Rest
Push Ups		<del>X</del>			Best Total Reps Ranking #1, #2, #3		
Sit Ups		<del>X</del>			Best Total Reps Ranking #1, #2, #3		
Pull Ups		<del>X</del>			Best Total Reps Ranking #1, #2, #3		
Dips		<del>X</del>			Best Total Reps Ranking #1, #2, #3		
Squats		<del>X</del>			Best Total Reps Ranking #1, #2, #3		
	<i>Total Reps</i>	<i>Total Reps</i>	<i>Total Reps</i>				
Best Total Reps Ranking #1, #2, #3		<del>X</del>			Best Total Reps Ranking #1, #2, #3		
Time Exercises	Time	Time	Time		Time		
Run 1 Mile		<del>X</del>					
Swim 500 Meters					<del>X</del>		
		<i>Best Time Ranking</i>			<i>Best Time Ranking</i>		
Rankings: #1, #2, #3		Ranking: #1, #2, #3			Ranking #1, #2, #3		

# Herschel Walker Workout

By Troy

Posted July 22, 2014

In Athlete Workout, Cage Fighters, NFL Players

<http://fitnesshacker.com/herschel-walker-workout/>



**The Herschel Walker workout and diet requires no special equipment but you will need a lot of determination and mental toughness!**

Herschel Walker is a former professional footballer turned Mixed Martial Arts (MMA) fighter who, at the age of 52, looks better than most guys half his age.

A very muscular and ripped 225lbs, Walker may no longer be a gridiron hero or octagon warrior but he is still in great shape.

Unlike many of his contemporaries, Herschel Walker does not spend hours in the gym pumping iron or following complicated workout routines. Instead, Walker builds his workouts around bodyweight exercises such as pull-ups, push-ups, sit-ups and dips.

Bodyweight exercises are often labeled as being for beginners but the ultra-high repetitions Walker performs would bring even the strongest weightlifter to his knees.

Bodyweight exercises, sometimes called calisthenics, are a great alternative to traditional weight training. For starters, you can work out anywhere and at anytime and you don't need lots of expensive, cumbersome equipment. You also don't need spotters and bodyweight exercises are arguably safer than many weight training exercises. They develop a high level of muscular endurance and the high volume of reps and fast workout cadence means that they are also effective fat burners. It's no wonder then that Herschel Walker's workout has helped him develop an incredibly lean physique.

**A typical Herschel Walker Workout Looks Like This...**

## **1. 750-1000 push-ups – chest, shoulders and triceps**

Place your hands on the floor, shoulder-width apart, and walk your feet back so your body is straight. Bend your arms and lower your chest to the floor and then push back up. For variety place your hands closer together or further apart, do your push-ups on your knuckles, raise your feet on a step or kick up into a handstand.

## **2. 2000 sit-ups – abs**

Lie on your back with your legs bent and feet flat on the floor; anchor your feet under something heavy. With your hands on your temples, sit up and touch your elbows to your knees. Lie back down and repeat. Do not pull on your head as this may lead to injury. For variety, try twisting your left elbow to your right knee and then vice versa.

## **3. Wide and close grip pull-ups for 1,500 reps – back and biceps**

Grab an overhead bar with an overhand grip and hang with your arms straight. Bend your arms and pull your chin up to and over the bar. Lower yourself back down under control and repeat. For variety, use an underhand instead of an overhand grip. Make this exercise easier by using your legs for assistance.

## **4. 1000 triceps dips – chest, shoulders and triceps**

Place your hands on shoulder-width parallel bars and then support your weight on straight arms, feet clear of the floor. Bend your arms and lower yourself down until your arms are bent to a little more than 90-degrees. Push back up and repeat. If you can't do full dips, do bench dips: sit on an exercise bench and place your hands on either side of your hips – fingers pointing forward. With your legs straight and feet on the floor, lift your butt off the bench. Bend your arms and lower your butt toward the floor and then push back up.

## **5. 1000 squats – legs**

Stand with your feet shoulder-width apart. Push your hips back, bend your knees and squat down as deeply as you can without rounding your lower back and then stand back up. For variety, bring your feet closer together or perform one-legged squats.

## **1000 Squat Thrusts – whole body**

Squat down and place your hands on the floor. Jump your feet out and back into the push-up position. Jump your feet back up to your hands and then stand one – that's one rep. Make this exercise more demanding by adding a push-up and a squat jump to make a burpee.

Once the calisthenics are completed, Walker will do MMA practice which includes anything from wrestling training to sparring to heavy bag or speed bag work. Other elements of Herschel Walker's workout include frequent eight-mile runs and sprinting to help maintain his already super-high endurance and fitness.

## **Herschel Walker Diet Plan**

If you think Herschel Walker's workout is unusual and extreme, his diet is even more so!

Walker does not follow the usual "three meals a day plus three snacks" diet favored by so many nutritional experts. Instead, he follows what is commonly called an intermittent fasting (or IF) approach to eating.

Walker does not think breakfast is the most important meal of the day and is not a fan of lunch either. Instead, he chooses to skip these two meals entirely and only eats one meal a day – his evening meal. This meal usually consists of salad, soup and bread plus a little chicken from time to time. Herschel Walker does not eat red meat.

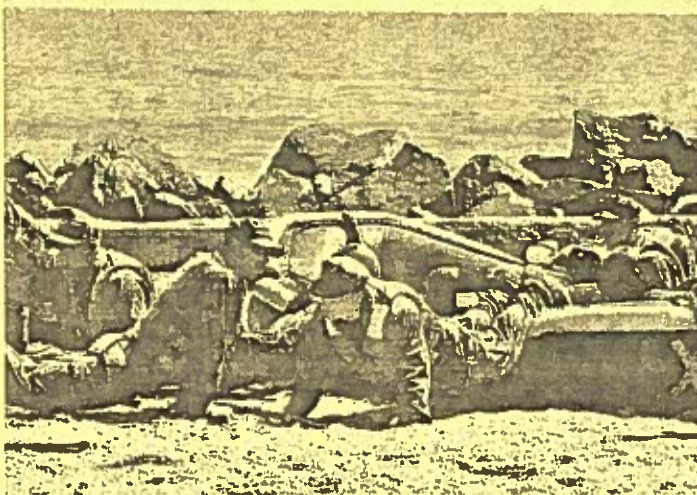
This very unusual diet certainly works for Walker – his muscular and ripped physique is the proof, but for many people it simply wouldn't provide the necessary energy and nutrients. However, IF is an effective approach for fast and simple weight loss.

**Herschel Walker's workout and diet are certainly not complicated and the results speak for themselves. Is this unusual approach to exercise and food suitable for everyone? Probably not but it is certainly one of the least complicated celebrity workouts and diets around.**

# 5 Fitness Secrets of the Navy SEALs

<https://imstilliving.com/5-fitness-secrets-of-the-navy-seals/>

In a survival situation the need to be physically fit and well-prepared can literally mean the difference between life and death. So why do many who are prepping for the worst get their ideas on exercise and fitness from Men's magazines? Are they more concerned with appearance than with function? It definitely is an example of faulty thinking. A better idea – learn fitness lessons from the elite who are the best in the world at staying alive in the harshest conditions imaginable. Like the Navy SEALs. Read on and find our 5 fitness secrets of the Navy SEALs. Apply them well and they may save you and your loved ones one day!



## 1. Master Your Body Weight

Forget about fancy and expensive exercise machines. More often than not they offer very few benefits that carry over into the real world. Your physical training should focus on mastering your own body weight.

The KISS principle comes into play when designing your program (Keep It Simple Stupid!) Push ups, pull ups, sit ups, crunches and so on. When you can easily pull yourself over a wall or pound out one hundred push ups in two minutes your chances of surviving have increased exponentially!

**Build Your Endurance.** The more you sweat in training the less you bleed in action. Having enough gas in your body's fuel tank in a survival situation to be able to go over and above the call of duty's importance cannot be over emphasized. Navy SEALs achieve this goal through the traditional means of running and running some more. Feel free to also include bike riding and swimming if these avenues are available to you.





## 2. Train Hard and Often

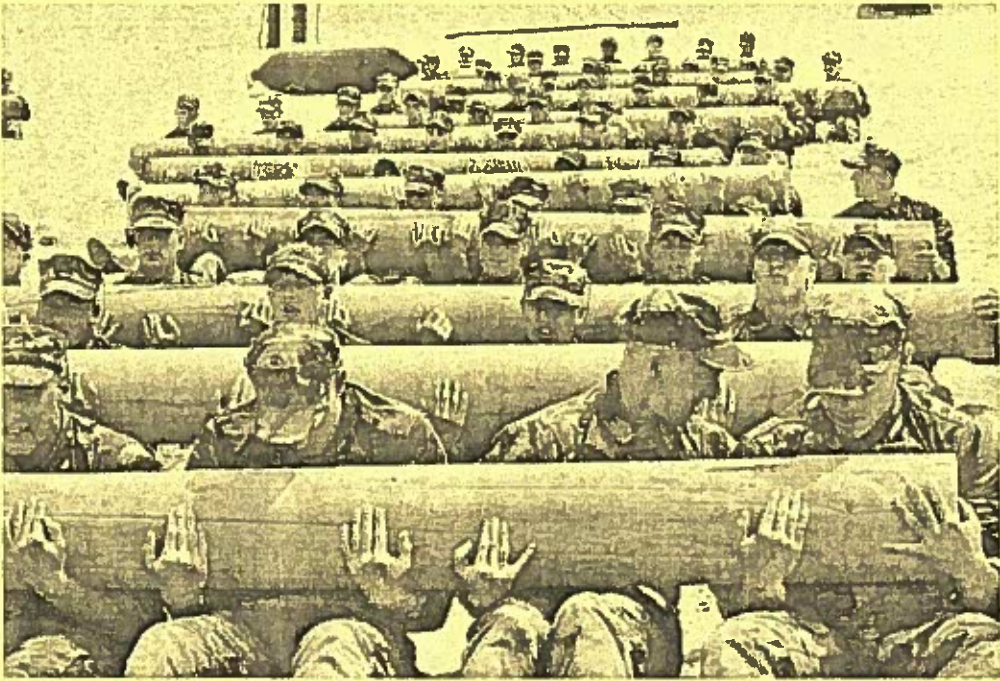
Leave the two and three days a week workouts for thirty minutes a day where they belong – with the soccer moms and weekend warriors. If you aspire to be SEAL fit and be able to face the worst of the worst an hour of cardio and 45 minutes of strength building a day six days a week is the

area you should be training in. Hard? Yes. Did you think survival was going to be easy?

## 3. Set Clear Goals

Physical fitness is more science than art when you train like a Navy SEAL. You should set clear, smart, measurable and achievable fitness goals for the week, month and the year. When you achieve them raise the bar higher. Keep a notebook to track your progress. As a bonus these habits will carry over into your other areas of survival preparation. Don't be surprised when you see this investment in self-discipline pay off ample dividends.





#### 4. Workout in a Group

There are few better ways to build a sense of unity of purpose than doing hard physical training together in a group. If you have prepper friends, or if your family are also developing their survival abilities it can be of great mutual benefit to do some of your exercise sessions together. The SEALs credit these types of efforts with building unit integrity. Who can argue with their success?





## 5. A Hard Body Creates a Hard Mind

Physical fitness when you train like a Navy SEAL not only will build a tough body, but perhaps more importantly will build a tough mind. This mental toughness may be one of the best survival tools we can add to our arsenal when it comes to staying alive in the worst of situations. Embrace "tough thinking" when you train your body and don't feel sorry for yourself or think soft thoughts. No, you may not have a SEAL boot camp instructor to inspire you, but you can inspire yourself if your mind is right. Never forget how much of a difference your efforts will make when it comes to staying alive.



Survival preparation is a huge endeavor that covers an encyclopedia of important concerns. Physical fitness can really be thought of as the solid foundation that these other efforts are constructed on top of. Only someone who isn't taking the prospect of life and death seriously ignores it. Take these Navy SEAL fitness secrets to heart, apply them, and you are well on your way to being truly prepared for when it all comes crashing down. Time may well be short so start training today! It could very well mean the difference between life and death for you and your loved ones.

<https://imstillliving.com/5-fitness-secrets-of-the-navy-seals/>