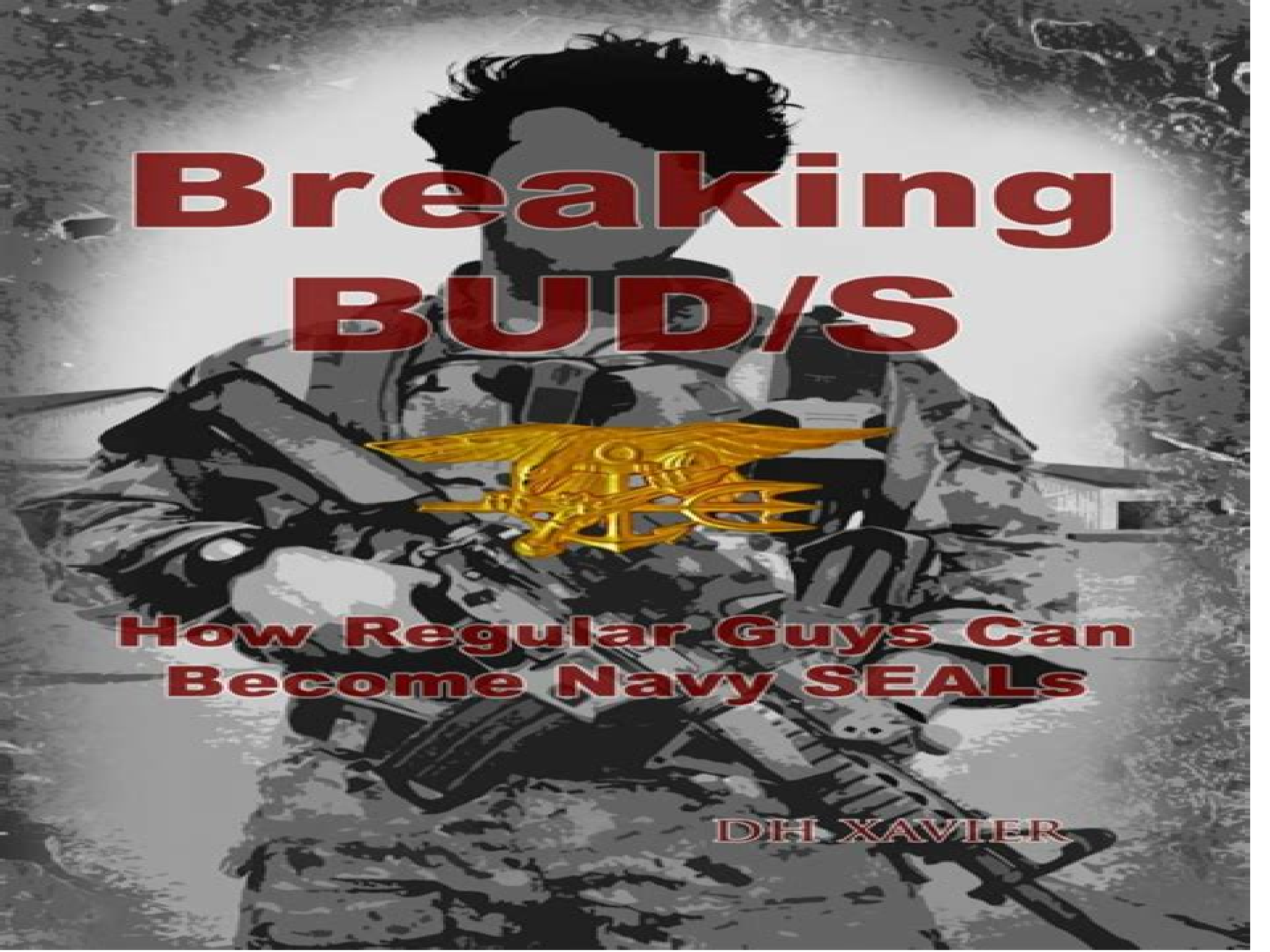




Breaking BUD/S

**How Regular Guys Can
Become Navy SEALs**

DH XAVIER

Breaking Bud S How Regular Guys Can Become Navy Seals

D. H. Xavier, Mark Owens



Breaking Bud S How Regular Guys Can Become Navy Seals:

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Navy SEALs BUD/S Preparation Guide Christopher Hagerman, Mike Ritland, SOFREP, 2014-04-01 An in depth look at what it takes to become a member of the Navy's elite Special Forces unit Retired Navy SEAL Chris Hagerman will take you inside the Basic Underwater Demolition SEAL Training program to teach prospective Navy SEALs the ins and outs of the most rigorous military selection program in the world Hagerman along with the team at SOFREP is uniquely suited to write a program of instruction which walks would be Special Operations troops through the course and tells them how to get from A to B and achieve their goals in the Special Operations community Filled with entertaining anecdotes and an insider's knowledge Navy SEALs BUD/S Preparation Guide is a must read for prospective SEALs and armchair military enthusiasts everywhere *Seal Training Bible* D. H. Xavier, Mark Owens, 2013-04-06 How do you eat an elephant Elephants are huge Your mouth despite what your highschool teachers said is small You eat it one bite at a time You want to be a Navy SEAL we call ourselves Team Guys You want to be paid to jump out of airplanes in the middle of the night to sneak behind enemy lines and snatch bad guys out of their beds to be elite and be silent and be deadly You want to test yourself against one of the hardest selection and training programs in the world and prove to yourself there's nothing you cannot do This is no small order as you likely know It takes a special level of dedication and focus to make it but it isn't impossible If you can pass the basic SEAL Challenge physical requirements you can physically become a SEAL SEAL Challenge Requirements 500 yd swim breast stroke or CSS 12 30 10 minute rest Pushups 2min 42 Situps 2min 50 Pullups unlimited time 6 10 minute rest 1 5 mi Run 11 00 If you can meet or beat these scores you have what it takes to be a Team Guy Let that sink in Better scores indicating better fitness might make it easier on you mentally but if you can meet or beat these scores you have everything you need to become one of the world's elite Special Operations Forces SOF You don't need to have an XBOX or Playstation to get your action fix you can get it at work every day There should be an alarm going off in your head right now telling you something's wrong here If that's all there is to it then why do so few make it Why do so many dedicated men fail to become Team Guys despite their burning desires or extreme dedication Why do thousands of men give up on their dream every year They're not eating that elephant one bite at a time Unlike every other book about Basic Underwater Demolition SEAL Training BUD/S in general this book is going to show you how thousands of normal guys before you have successfully navigated BUD/S and gone on to become Navy SEALs By the time you finish this book you will be more prepared for BUD/S

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I Am a SEAL Team Six Warrior Howard E. Wasdin,Stephen Templin,2012-04-24 A special young readers edition of the bestselling memoir SEAL Team Six detailing how one young man escaped hardship to become an elite soldier A great book for teens interested in joining the military adventure fans looking for something meatier and guys in general The action will keep all readers turning the pages wanting to see how the missions and training turned out School Library Journal When the U S Navy sends their elite they send the SEALs When the SEALs send their elite they send SEAL Team Six a secret unit made up of the finest soldiers in the country if not the world This is the dramatic tale of how Howard Wasdin overcame a tough childhood to live his dream and enter the exciting and dangerous world of U S Navy SEALs and Special Forces snipers His training began with his selection for Basic Underwater Demolition SEAL BUD S the toughest and longest military training in the world After graduating Wasdin saw combat in Operation Desert Storm as a member of SEAL Team Two But he was driven to be the best of the best he wanted to join the legendary SEAL Team Six and at long last he reached his goal and became one of the best snipers on the planet Soon he was fighting for his life in the Battle of Mogadishu This is Howard Wasdin s story of overcoming abuse and beating the odds to become an elite American warrior This young readers version of an ex SEAL sniper s account of his training and combat experiences in Operation Desert Storm and the first Battle of Mogadishu makes colorful often

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