



PK Fitness®

SEAL PREP

WORKOUT PROGRAM

Welcome to the SEAL Prep Workout Program!

Established by President John F. Kennedy in 1962, the Navy SEALs are a nimble, elite maritime military force suited for all aspects of unconventional warfare. Responsible for conducting clandestine missions and capturing enemy intelligence against impossible odds, the legendary achievements of Navy SEALs are matched only by their intense training, fast thinking, unbreakable commitment and indomitable will.

To become a Navy SEAL, you must first go through what is widely considered to be the most physically and mentally demanding military training in existence. Each year more than 20,000 Navy recruits express interest in becoming a Navy SEAL, and of these only a handful demonstrate they have what it takes to work among the nine active duty teams. The high attrition rate for SEAL candidates is due in large part to the rigorous physical fitness component of SEAL training.

Former Navy SEAL Chris Ring has developed this plan with 10 years of active duty experience under his belt. Chris' service to our country and his passion for supporting families of fallen soldiers is a true inspiration at the very highest level. This program was inspired by the incredible dedication required by those that have chosen to pursue becoming part of such a remarkable group of people.

Not everyone has what it takes to become a Navy SEAL but EVERYONE has the ability to find and push his or her limits. This program is designed to do just that. **Think you've got what it takes to perform at Navy SEAL levels? Want to find and push your personal fitness boundaries to the highest level possible? This program is for you.**

A Note From Chris Ring

This program, just like any piece of equipment, is just a tool. It is just one of many guiding references that can be used to meet your goal. However, the most crucial factor in your fitness journey is your own drive and motivation. How bad do you want this? Are you willing to do what it takes to achieve your goal? Success is gained by your own personal drive to succeed and to obtain results. Dig deep, find your limits, and push beyond them. The only thing that can stop you from reaching your goals and true potential is yourself.

During this program, some of you may struggle at points. For those that do, don't look at it as a bad thing, but as a reference point. It gives you the opportunity to see where your weaknesses are and where to improve. For those that do not struggle in this program, you need to increase the difficulty until you do. This program is about becoming a better you. Strive to push your limits. Growth can only be achieved by pushing past old boundaries.

When tackling any challenge, obstacle, or goal, whether that be BUD/S, or in your everyday life, never try to just meet the standard, but to crush it. It's not just about surviving and making it through, about not quitting, it is about performing. It's about performing at your very best. We're all uniquely gifted, find your true limits and always enjoy the journey.

In the face of adversity, be the one that doesn't back down, but continues to be a driving force. You will be that much stronger for it. I hope you enjoy this program. Test your limits.



Good luck,
Chris Ring,
Former Navy SEAL

Important Note - Before You Start

You should consult your physician or other health-care provider before starting a new exercise regime/fitness program to determine if it is right for your needs. This is particularly true if you or your family have a history of medical illnesses or ailments that could be made worse by a change in physical activity. Do not start a new fitness program if your physician or health-care provider advises against it.

The Program

Overview

Welcome to the SEAL prep workout plan. Included in this program are workout plans for each day of the week along with example videos and workout-specific effort targets. This plan is intended for individuals with a moderate to advanced fitness level who can perform bodyweight exercises with little to no trouble.

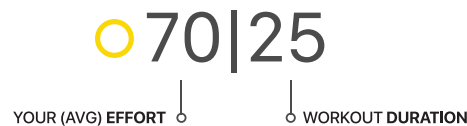
Former Navy SEAL Chris Ring designed this program to prepare aspiring Navy SEAL candidates to meet the Basic Underwater Demolition/SEAL Physical Screening Test (PST). The PST was designed to test a prospective candidate's overall physical readiness for the Navy SEAL program and should take no longer than 60 minutes to complete. You will be asked to do this test a few times throughout this program and it is suggested that you track your progress using the charts included on pages 9-10.

This 8-week program has 5-6 workouts plus 1-2 rest days per week. If you're sore and tired on day 6, take a 2 day rest period. If you are able to continue on day 6, then do the optional workout provided and take only 1 rest day.

Tracking Your Effort With PK Fitness

Maximize your training and fast-track your results by using effort as a key metric of workout effectiveness. PK Fitness provides real-time effort feedback during workouts, keeping you accountable and motivated every step of the way. Effort provides validation for the hard work you put in and is key in determining if you should push more on intense training days or pull back during recovery. Once you've finished your workout, be sure to review and analyze your effort details to understand your overall performance.

What is a PK Score?



PK Fitness Live Workout Screen



To learn more,
[visit pkfitness.com](http://pkfitness.com)

Effort Zones

To help you achieve maximum results, we've included effort zones targeted to specific workouts in this program. These effort zones should be used as a guideline to get you started as well as a form of accountability throughout the workout. For easy, post-workout reference, the app categorizes effort into three categories - **Active**, **Aerobic**, and **Performance**. Active represents low effort which is usually associated with light activity such as stretching or casual walking. Aerobic represents moderate effort such as weighted exercises and jogging, while Performance represents high to maximum effort mainly associated with high intensity cardio exercises. Use the chart below as a reference for effort zones.

PERFORMANCE 70-100	MAX 85-100 Maximal capacity. High production rate of lactic acid. Unable to hold a conversation. Sustainable for less than a few minutes.
	VIGOROUS 70-85 High intensity. Improves speed endurance. Able to speak single word responses. Sustainable for less than an hour.
AEROBIC 50-69	MODERATE 60-70 Reasonable difficulty. Improves blood circulation and efficiency. Comfortable conversational pace. Sustainable for roughly 1-3 hours.
	EASY 50-60 Comfortable difficulty. Improves general endurance and fat burn. Easy conversational pace. Sustainable for long periods of time.
ACTIVE 0-49	RECOVERY 40-50 Little difficulty. Boosts heart and muscle recovery. No difficulties in conversing. Sustainable almost indefinitely.
	LIGHT 0-40 No difficulty. Used for meditating, stretching, easy yoga, etc. No difficulties in conversing. Sustainable indefinitely.

* Note: a heart rate monitor must be connected to PK Fitness in order to receive effort.

Refer to Appendix A for more details about heart rate monitors. For more information, visit www.pkfitness.com/faq.

Tips & Tricks

Recommendations

Effort Zones have been included throughout the program to maximize your workouts. If the workouts appear to be too easy and you are not achieving your desired effort, feel free to add weights such as kettlebells, sandbags, or a weighted vest to increase intensity.

Equipment suggested for this program includes a pull-up bar, pull-up ladder, & swimming pool.

Swims & Runs

Breaststroke/sidestroke should be used for those wanting to go to BUD/S. Freestyle is okay for non-SEAL candidates doing this program.

Fins can be used intermittently, but not for the PST.

Additional swimming can always be added at any point in the workout.

Rowing (stationary) can be substituted for swimming if you do not have access to a pool. Keep in mind the PST requires swimming.

Running can be completed on sand if you have access to it, however do not run on sand for the PST. If running on a treadmill, increase the incline/grade to 1-2. Adjust your speed/incline to maintain desired effort.

Workouts

Rounds should be completed at a continuous speed with proper form unless a designated rest time is assigned, taking short breaks only when necessary. Aim for an effort above 55 during the bodyweight exercises.

Rest for 2-10 mins between rounds unless otherwise specified, aiming for an effort below 45.

Cardio Aim for an effort of 70 or higher during cardio workouts unless otherwise specified.

Workout videos videos can be found on pages [18-19](#) for reference. Included in the video library are standard versions of exercises, advanced versions of exercises, and modified versions of exercises.

Physical Screening Tests (PST)

EXAMPLE PST

EXERCISE	TIME / AMOUNT
Swim: 500 yards	12 Minutes, 30 Seconds
Rest	10 Minutes
Max Push-Ups in 2 minutes	50 Push-Ups
Rest	2 Minutes
Max Sit-Ups in 2 minutes	50 Sit-Ups
Rest	2 Minutes
Max Pull-Ups in 2 minutes	10 Pull-Ups
Rest	2 Minutes
Run 1.5 Miles	10 Minutes, 30 Seconds

You will complete the PST a total of 3 times during this plan. Fill out the charts provided [on page 9](#) each time you do the PST in this training program. Use the chart above as an example as well as a reference point for the minimum requirements, though it's highly recommended you aim for higher scores due to the competitiveness of the SEAL program.

Strict requirements for the PST

Swim:

Must be done using either breaststroke or sidestroke.

Push-ups:

Your back must remain straight, hands and feet have to be on the ground at all time, and your chest must be within a fist length of the ground on the down portion.

Sit-ups:

Your legs will be bent approximately 90 degrees and anchored. Your arms will be crossed with your hands touching your shoulders. Your elbows will go over your knees at the top, and your shoulder blades will touch at the bottom.

Pull-ups:

Done with a pronated grip (palms facing away). Full arm extension on the down, and chin over the bar at the top with no kipping or kicking.

SEAL PREP PROGRAM

Week 1 PST

EXERCISE	TIME / AMOUNT
Swim: 500 yards	
Rest	10 Minutes
Max Push-Ups in 2 minutes	
Rest	2 Minutes
Max Sit-Ups in 2 minutes	
Rest	2 Minutes
Max Pull-Ups in 2 minutes	
Rest	2 Minutes
Run: 1.5 Miles	

Week 3 PST

EXERCISE	TIME / AMOUNT
Swim: 500 yards	
Rest	10 Minutes
Max Push-Ups in 2 minutes	
Rest	2 Minutes
Max Sit-Ups in 2 minutes	
Rest	2 Minutes
Max Pull-Ups in 2 minutes	
Rest	2 Minutes
Run: 1.5 Miles	

Week 5 PST

EXERCISE	TIME / AMOUNT
Swim: 500 yards	
Rest	10 Minutes
Max Push-Ups in 2 minutes	
Rest	2 Minutes
Max Sit-Ups in 2 minutes	
Rest	2 Minutes
Max Pull-Ups in 2 minutes	
Rest	2 Minutes
Run: 1.5 Miles	

Week 9 (Optional) PST

EXERCISE	TIME / AMOUNT
Swim: 500 yards	
Rest	10 Minutes
Max Push-Ups in 2 minutes	
Rest	2 Minutes
Max Sit-Ups in 2 minutes	
Rest	2 Minutes
Max Pull-Ups in 2 minutes	
Rest	2 Minutes
Run: 1.5 Miles	

SEAL PREP PROGRAM WORKOUTS

WEEK #1

MONDAY	TUESDAY
Physical Screening Test Record Scores	Swim 30 minutes aerobic zone
WEDNESDAY	THURSDAY
Run 0.5 miles easy 2 x 1 mile vigorous 1 min rest between each mile 0.5 miles easy	8 rounds 4 pull-ups 10 push-ups 10 sit-ups 15 squats Swim 20 minutes aerobic zone
FRIDAY	SATURDAY/SUNDAY
Run 10 minutes easy 6 x 400m vigorous 1 min rest between each set 10 minutes easy	REST DAYS



SEAL PREP PROGRAM WORKOUTS

WEEK #2

MONDAY	TUESDAY
<p>7 rounds</p> <ul style="list-style-type: none"> 10 push-ups 10 sit-ups 10 dive bomber push-ups 10 sit-ups <p>7 rounds</p> <ul style="list-style-type: none"> 5 pull-ups 10 leg levers 5 chin-ups 10 reverse crunches <p>Run</p> <p>30 minutes aerobic zone</p>	<p>7 rounds</p> <ul style="list-style-type: none"> 10 diamond push-ups 20 arm haulers 30 flutter kicks <p>6 rounds</p> <ul style="list-style-type: none"> 10 squats 10 jumping squats 10 lunges 10 jumping lunges <p>Swim</p> <ul style="list-style-type: none"> 200m aerobic zone 2 x 100m max 20 sec rest between sets 2 x 300m vigorous 30 sec rest between sets 2 x 100m max 20 sec rest between sets 200m aerobic zone <p><small>*If Rowing instead of Swimming</small></p> <ul style="list-style-type: none"> 500m aerobic zone 2 x 250m max - w/ 20 sec rest between sets 2 x 500m vigorous - w/ 30 sec rest between sets 2 x 250m max - w/ 20 sec rest between sets 500m easy
WEDNESDAY	THURSDAY
<p>Run</p> <ul style="list-style-type: none"> 10 minutes easy 2 x 1 mile vigorous 1 min rest between each mile 10 minutes easy 	<p>8 rounds</p> <ul style="list-style-type: none"> 5 pull-ups 10 push-ups 15 atomic sit-ups 20 squats <p>5 rounds</p> <ul style="list-style-type: none"> 30 seconds jump rope 30 seconds rest
FRIDAY	SATURDAY/SUNDAY
<p>Run</p> <ul style="list-style-type: none"> 10 minutes easy 6 x 400m vigorous 1 min rest between each mile 10 minutes easy 	<p>REST DAYS</p> <p><i>Optional Saturday:</i></p> <p>Run</p> <ul style="list-style-type: none"> 30 minutes aerobic zone

SEAL PREP PROGRAM WORKOUTS

WEEK #3

MONDAY	TUESDAY
<p>Physical Screening Test Record Scores</p> <p>OPTIONAL (after 10 min rest): max push-ups in 1 minute rest 1 minute max sit-ups in 1 minute rest 1 minute max pull-ups 800m run</p>	<p>Swim 40 minutes aerobic zone</p>
WEDNESDAY	THURSDAY
<p>Run 10 min easy 3 x 1 mile vigorous 1 min rest between each mile 10 min easy</p>	<p>10 Rounds 5 pull-ups 12 push-ups 15 sit-ups 20 squats</p> <p>Swim 30 minutes aerobic zone</p>
FRIDAY	SATURDAY/SUNDAY
<p>Run 10 minutes easy 6 x 400m vigorous 1 min rest between each mile 10 min easy</p>	<p>REST DAYS</p> <p>Optional Saturday:</p> <p>5 Rounds 30 flutter kicks 20 arm haulers</p> <p>Cardio 30-40 minutes aerobic zone 4 x 15 seconds max 15 sec rest between each set</p>



SEAL PREP PROGRAM WORKOUTS

WEEK #4

MONDAY	TUESDAY
<p>8 rounds 15 push-ups 15 sit-ups 15 dive bomber push-ups 15 sit-ups</p> <p>8 rounds 6 pull-ups 15 leg levers 6 chin-ups 15 reverse crunches</p> <p>Run 30 minutes aerobic zone</p>	<p>8 rounds 15 diamond push-ups 30 arm haulers 40 flutter kicks</p> <p>7 rounds 15 squats 15 jumping squats 15 lunges 15 jumping lunges</p> <p>Swim 400m easy 4 x 100m max w/ 20 sec rest between sets 4 x 300m vigorous w/ 30 sec rest between sets 4 100m max w/ 20 sec rest between sets 200m easy</p> <p>*If Rowing instead of Swimming: 500m easy 2 x 500m max w/ 20 sec rest between sets 2 x 1000m vigorous w/ 30 sec rest between sets 2 x 500m max w/ 20 sec rest between sets 500m easy</p>
WEDNESDAY	THURSDAY
<p>Run 10 minutes easy 2 x 1 mile vigorous 1 min rest between each mile 10 minutes easy</p>	<p>8 rounds 6 alternate pull-ups 15 alternate push-ups 15 atomic sit-ups 25 squats</p> <p>5 rounds 30 seconds jump rope 30 seconds rest</p> <p>5 rounds 30 minutes aerobic zone</p>
FRIDAY	SATURDAY/SUNDAY
<p>Run 10 minutes easy 6 x 400m vigorous 1 min rest between each set 10 minutes easy</p>	<p>REST DAYS</p> <p>Optional Saturday</p> <p>5 rounds 10 burpees 20 arm haulers 30 flutter kicks</p> <p>Cardio 35-45 minutes aerobic zone 4 x 15 seconds max w/ 15 sec rest between each set</p>

SEAL PREP PROGRAM WORKOUTS

PK Fitness®

WEEK #5

MONDAY	TUESDAY
<p>Physical Screening Test Record Scores</p> <p>1 round (after 10 min rest) max push-ups in 1 minute rest 1 minute max sit-ups in 1 minute rest 1 minute max pull-ups 800m run</p>	<p>Swim 40 minutes aerobic zone</p>
WEDNESDAY	THURSDAY
<p>Run 10 minutes easy 4 x 200m* 200m recovery between sets 2 x 400m* 400m recovery between sets 1 x 800m* 800m recovery between sets 2 x 400m* 400m recovery between sets 4 x 200m* 200m recovery between sets 10 minutes easy</p> <p>* Should be done slightly faster than your 1.5 mi PST goal pace.</p>	<p>Pull-up ladder 1-10 up and down, or as high as you can go</p> <p>10 Rounds 5 pull-ups 12 push-ups 15 sit-ups 20 squats</p> <p>Swim 30 minutes aerobic zone</p>
FRIDAY	SATURDAY/SUNDAY
<p>Run 10 minutes easy 5 x 3 minutes vigorous 1 min rest between each set 10 minutes easy</p>	<p>REST DAYS</p> <p>Optional Saturday 5 Rounds 10 burpees 20 arm haulers 30 flutter kicks</p> <p>Run 30-40 minutes aerobic zone 4 x 15 seconds max w/ 15 sec rest between each set</p>



SEAL PREP PROGRAM WORKOUTS

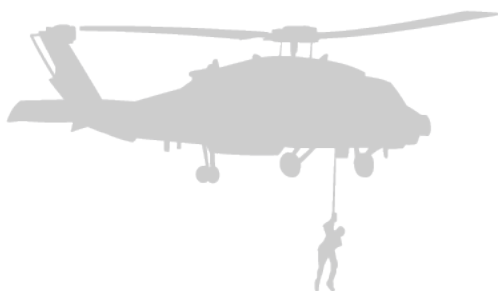
WEEK #6

MONDAY	TUESDAY
<p>8 rounds 15 push-ups 15 sit-ups 15 dive bomber push-ups 15 sit-ups</p> <p>8 rounds 6 pull-ups 15 leg levers 6 chin-ups 15 reverse crunches</p> <p>Run 30 minutes aerobic zone</p>	<p>8 rounds 15 diamond push-ups 30 arm haulers 40 flutter kicks</p> <p>7 rounds 15 lunges 15 jumping lunges 15 squats 15 jumping squats</p> <p>Swim 400m easy 4 x 100m max w/ 20 sec rest between sets 4 x 300m vigorous w/ 30 sec rest between sets 4 x 100m max w/ 20 sec rest between sets 400m easy</p> <p>*If Rowing instead of Swimming: 500m easy 2 x 500m max w/ 20 sec rest 2 x 1000m vigorous w/ 30 sec rest 2 x 500m max w/ 20 sec rest 500m easy</p>
WEDNESDAY	THURSDAY
<p>Run 10 minutes easy 4 x 200m* w/ 200m recovery between sets 2 x 400m* w/ 400m recovery between sets 1 x 800m* w/ 800m recovery between sets 2 x 400m* w/ 400m recovery between sets 4 x 200m* w/ 200m recovery between sets 10 minutes easy</p> <p>* Should be done slightly faster than your 1.5 mi PST goal pace.</p>	<p>10 rounds 6 pull-ups 15 push-ups 15 atomic sit-ups 25 squats</p> <p>7 rounds 30 second jump rope 30 seconds rest 30 seconds jumping jacks 30 seconds rest</p> <p>Swim 30 minutes aerobic zone</p>
FRIDAY	SATURDAY/SUNDAY
<p>Run 10 minutes aerobic zone 5 x 3 minutes max 2 min rest between each set 10 minutes easy</p>	<p>REST DAYS</p> <p>Optional Saturday 6 rounds 10 burpees 20 arm haulers 30 flutter kicks</p> <p>Run 35-45 minutes aerobic zone 5 x 15 max w/ 15 sec rest between each set</p>

SEAL PREP PROGRAM WORKOUTS

WEEK #7

MONDAY	TUESDAY
<p>Pull-up ladder 1-10 up and down, or as high as you can go</p> <p>10 rounds 10 clapping push-ups 20 sit-ups 25 squats</p> <p>Swim 30 minutes aerobic zone</p>	<p>Cardio 45 minutes aerobic zone</p>
WEDNESDAY	THURSDAY
<p>Run 10 minutes easy 4 x 200m* 200m recovery between sets 2 x 400m* 400m recovery between sets 1 x 800m* 800m recovery between sets 2 x 400m* 400m recovery between sets 4 x 200m* 200m recovery between sets 10 minutes easy</p> <p>* Should be done slightly faster than your 1.5 mi PST goal pace.</p>	<p>10 rounds 20 squats 20 push-ups 5 burpees</p> <p>100 pull-ups break as needed, but with little rest as possible</p> <p>Swim 30 minutes aerobic zone</p>
FRIDAY	SATURDAY/SUNDAY
<p>Run 10 minutes aerobic zone 5 x 3 minutes max 2 min rest between each set 10 minutes easy</p>	<p>REST DAYS</p> <p>Optional Saturday Cardio 60 minutes easy</p>



SEAL PREP PROGRAM WORKOUTS

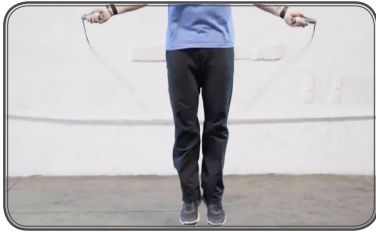
WEEK #8

MONDAY	TUESDAY
<p>7 rounds</p> <ul style="list-style-type: none">10 push-ups10 sit-ups10 dive bomber push-ups10 sit-ups <p>7 rounds</p> <ul style="list-style-type: none">5 pull-ups10 leg levers5 chin-ups10 reverse crunches <p>Run</p> <p>30 minutes easy</p>	<p>Cardio</p> <p>30 minutes aerobic zone</p>
WEDNESDAY	THURSDAY
<p>8 rounds</p> <ul style="list-style-type: none">4 pull-ups10 push-ups10 sit-ups15 squats <p>Swim</p> <p>30 minutes aerobic zone</p>	<p>REST DAY</p>
FRIDAY	SATURDAY/SUNDAY
<p>4 rounds</p> <ul style="list-style-type: none">8 alternate pull-ups15 alternate push-ups20 atomic sit-ups25 squats <p>6 rounds</p> <ul style="list-style-type: none">30 seconds jump rope30 seconds rest <p>Swim</p> <p>25 minutes aerobic zone</p>	<p>Saturday</p> <p>Cardio</p> <p>35-45 minutes aerobic zone</p> <p>5 x 15 max w/ 15 sec rest between each set</p> <p>Sunday REST DAY</p>

Workout Reference Videos

click the thumbnail to see how each exercise is performed

CARDIO



[Jump Rope](#)



[Burpees](#)

CORE



[Reverse Crunches](#)



[Leg Levers](#)



[Arm Haulers](#)



[Atomic Sit-Ups](#)

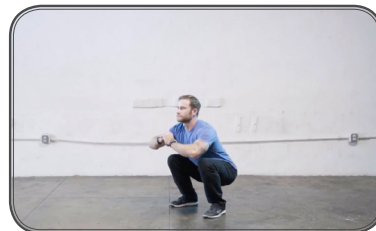


[Sit-Ups](#)

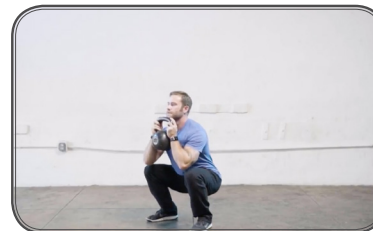


[Flutter Kicks](#)

LOWER BODY



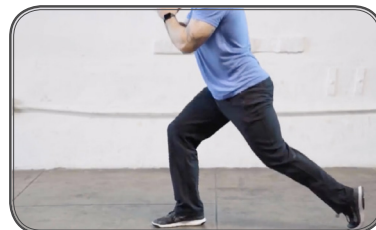
[Squats](#)



[Goblet Squats](#)
(harder squat alternative)



[Jumping Squats](#)



[Jumping Lunges](#)



[Lunges](#)

SEAL PREP PROGRAM

Workout Reference Videos

click the thumbnail to see how each exercise is performed

UPPER BODY



Push-Ups



Dive Bomb Push-Ups



Clapping Push-Ups



Diamond Push-Ups



Med Ball Diamond Push-Ups

(harder alternative)

MODIFIED EXERCISES (lower impact)



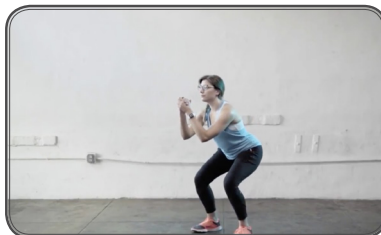
Push-Ups (on knees)



Dive Bomb Push-Ups (on knees)



Lunges



Squats

Appendix A - Heart Rate Monitors

To receive real-time effort tracking, connect a Bluetooth heart rate monitor or Apple Watch to PK Fitness. Keep in mind, a wrist heart rate monitor will not be as accurate as a chest strap heart rate monitors, especially during arm workouts. Also, if you wish to receive effort during your swims you'll need either a waterproof heart rate monitor or an Apple Watch series 2 or 3.

It's important to note that the heart rate monitor you use must be Bluetooth compatible AND not restricted by the manufacturer to run on other apps. For example, Wahoo, Polar, and Mio all make Bluetooth devices that allow you to connect to PK Fitness. FitBit and Garmin make Bluetooth devices, however, they have a closed API which means these devices can only connect to their own apps. To purchase a heart rate monitor, visit pkfitness.com/shop.



The PK Heart Rate Monitor

The PK Fitness monitor consists of two parts, the strap and the monitor itself. The monitor cannot be washed and should avoid water altogether. However, the strap can be hand washed.

If your monitor has trouble reading heart rate, try wetting the electrode pads on the strap lightly. Also verify that the monitor is facing the right direction (an "L" and "R" are located on the back of the monitor for easy connection).

Each heart rate monitor has a unique ID located on the back of the monitor itself. You can rename your heart rate monitor in the app by going to the menu, clicking Sensors, and selecting the information button on the right of the monitor's ID number.

A Final Note From Chris Ring

I hope this program challenged you to push yourself to new heights. My sincere desire is that you were able to gain some insight into your current fitness level, that this program inspired you to push beyond your previous boundaries, and to move you closer to your ultimate fitness goals.

Remember, this program is a tool. Tweak it to meet your needs. If you were able to breeze through it fully and without a sweat, make it more difficult. If it was too difficult, don't get discouraged but instead tailor it to be within reach. There is a thin line between challenge and frustration. Keep your eyes focused on always challenging yourself to achieve that next level of fitness and you will succeed with time.

Finally, remember these important tips that have and continue to guide my life. Never stop pushing your limits. Always strive to be better. Never settle. And always remember, when faced with adversity, don't just plan to survive, but perform.



Chris Ring,
Former Navy SEAL



PK Fitness®

For other programs and to learn more about
PK Fitness, visit PKFitness.com

