



# Navy SEAL Upper Body Beast

*Barrett McMillan, Mary Joseph*

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Barrett McMillan was initially rejected by the Navy SEALs due to poor physical screening test results in push-ups and pull-ups. He began an intensive bodyweight training program that ultimately enabled him to complete BUD/S and serve as an officer in the SEAL teams.

This 38-page guide covers bodyweight training fundamentals, with focus on;

- The Eleven Main Benefits of Bodyweight Training
- Proper Execution of Pull-Ups, Push-Ups, Dips and Grip Strength Exercises
- How Your Genetics Can Affect Your Body's Response To Intense Bodyweight Training
- How To Use Maximal and Sub-Maximal Training Days (Not doing so is setting yourself up to fail!)
- The Importance Of Rest For Maximal Strength Gains
- The "Secret Weapon" of Bodyweight Training
- How The Pyramid Technique Can Help You Smash Through Max-Rep Plateaus

The main feature of this guide is the 37-week Training Diary that depicts the day-by-day schedule of bodyweight exercises, sets and repetitions used by the author to increase his test scores as shown below;

- Dead-hang Pull-ups: 7 reps to 33 reps
- Perfect Form Push-ups: 34 reps to 98 reps
- Dips: 9 reps to 37 reps

This guide is a must-read if you desire to become a Navy SEAL or a member of any elite military unit. It provides an eye-opening look at the level of intensity associated with physical training in the special operations community.

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