



Navy SEAL Breakthrough to Master Level Fitness: The Ultimate Training System to Irresistible Strength & a Body-to-Die-For

Mark De Lisle

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Navy SEAL Breakthrough to Master Level Fitness™

BY MARK DE LISLE

The Ultimate Training System to Irresistible Strength and a Body-to-Die-For

Are you searching for the one exercise system that puts it all together? Fantastic health, superior fitness, off-the-chart strength, unlimited energy, and the most beautifully sculpted body you have ever imagined? Your search is over!

With the Navy SEAL Breakthrough to Master Level Fitness™, you will never wonder again whether you are following the best possible program to give yourself the results you've always dreamed of having. This is the one book that contains the exact same training strategies and technologies used to transform ordinary men into the world's most elite fight force, the U.S. Navy SEALs.

Inside Master Level Fitness are hundreds of unique and powerful tools to help everyone, male or female, reach the pinnacle of athletic achievement and potential. You'll discover:

- Special introductory programs for the "fit but frustrated."
- How to maximize muscular tension and get traffic-stopping definition.
- How to shape the ultimate "six pack" abs and skyrocket your athletic potential.
- How to develop an off-the-charts strength-to-body weight ratio that has to be seen to be believed.
- The secret of hacking into your "mind/muscle software" to magnify muscle and power.
- And much, much more!

If you'd like to feel as strong as a panther, confident, genuinely attractive, the real deal walking the streets with evident power and natural grace, the Navy SEAL Breakthrough to Master Level Fitness will make you the best you can be!

An Accompanying Daily Workout Guide Is Available—12 Weeks to Better Than Ever!

MARK DE LISLE was a member of Navy SEAL Team Three

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