

THE HIGHLY ACCLAIMED TRAINING PROGRAM— REVISED WITH BRAND-NEW CONTENT!

“The best program I’ve come to know outside of someone actually going through SEAL training.”

—BRANDON WEBB, Navy SEAL and *New York Times* bestselling author

“Will appeal to readers looking to be pushed beyond their limits.” —
PUBLISHERS WEEKLY

“I will not only ‘TRY,’ I will continue to work to accomplish every goal I have and also continue to imagine the feelings and actual accomplishment of that goal.”

—LINDSEY VALENZUELA, Champion, 2nd Place in Women’s Division,
2013 CrossFit Games, and SEALFIT Kokoro graduate

SEALFIT™ was developed by retired Navy SEAL Commander Mark Divine for the unique and specialized needs of professionals seeking to reach their fullest potential. To be SEALFIT means you embody the character traits of discipline, drive, determination, self-mastery, honor, integrity, courage, and authentic leadership. The SEALFIT athlete is different from the sport athlete. He or she demonstrates great endurance, the ability to train without equipment, preparation for the known and the unknown, and intense work capacity. These qualities allow strong individuals to thrive in life and lead by example.

With 8 Weeks to SEALFIT the athlete will:

- Master the unbeatable mind
- Get the best workout available with the least amount of equipment
 - Take a level-headed approach to nutrition
 - Develop exceptional overall functional strength, fitness, and mental toughness—the qualities that make a Navy SEAL

Through teamwork, mental and physical preparation, and proper nutrition, the SEALFIT athlete can cultivate the “Kokoro” (warrior) spirit, helping them be unbeatable in life. Join the thousands of other SEALFIT athletes who have improved their well-being through these tried-and-true methods presented by retired Commander Mark Divine.

**READ BY THE AUTHOR;
FOREWORD READ BY JOE STUMPF**



Running Time: Approx. 6 Hours • Unabridged

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LIGHT

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8 WEEKS TO SEALFIT
MARK DIVINE



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THE ALL-IN-ONE AUDIOBOOK



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