

8 Weeks to

MARK DIVINE



ST. MARTIN'S GRIFFIN



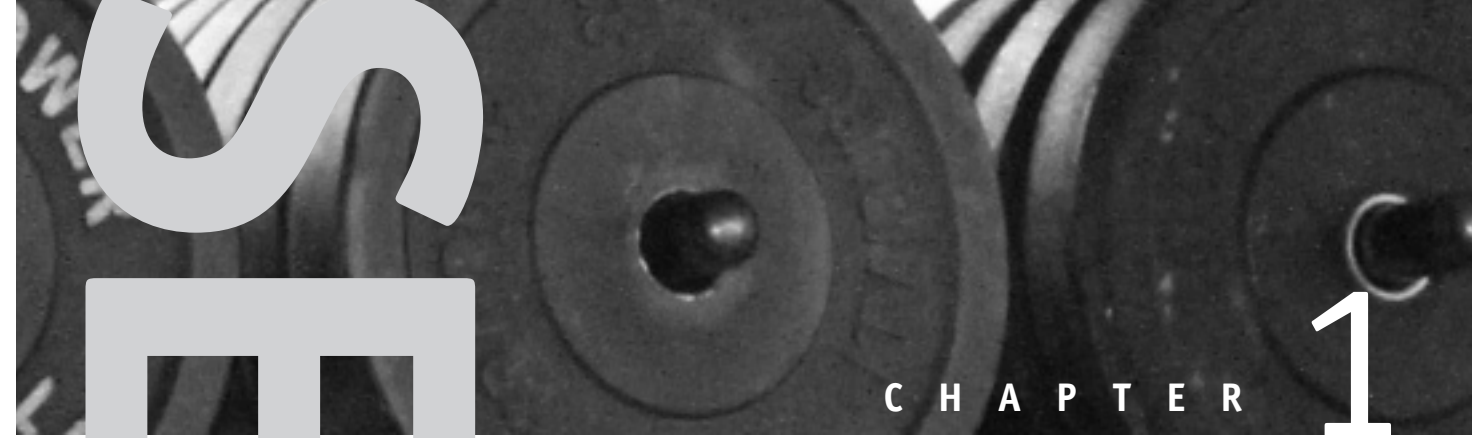
NEW YORK

8 WEEKS
TO
FAT
BURN



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C H A P T E R

1

EMBRACE THE SUCK

YOU JUST SET FOOT ONTO THE NAVY SEAL'S BASIC UNDERWATER DEMOLITION/SEAL (BUD/S) TRAINING COMPOUND. THE SUN'S BEATING DOWN. THE OCEAN BOOMS IN THE DISTANCE. YOU ARE STANDING IN YOUR WORKOUT SHORTS, WHITE T-SHIRT, AND COMBAT BOOTS, AND NERVOUS ENERGY TINGLES UNDER YOUR SKIN. TAKING A FEW DEEP BREATHS, YOU PREPARE TO DEMONSTRATE THAT YOU HAVE WHAT IT TAKES TO BE A SEAL.

The instructor eyes you like a piece of fresh meat and says, “Your first exercise is push-ups. Perform as many perfect, Navy SEAL–style push-ups as you can in two minutes. I will demonstrate.”

He assumes the plank position, then lowers himself like a board until his chest touches the ground, then rises back up to full arm extension. The instructor then demonstrates the what-not-to-dos—no chicken dip, hip drops, or resting on your knees. You pair up with a swim buddy and hear, “Three, two, one, go!”

You complete your set, then rest 10 minutes. Next up is maximum repetitions of sit-ups in 2 minutes. Hands touching shoulders, elbows touch knees in the up position. Easy day, so far! Until you hit 50.

After sit-ups, another 10-minute break, then come the pull-ups. Do as many as you can before you gas out. You must get your chin over the bar in a strict dead-hang pull-up. No *kip*—manipulating your hips to gain upward momentum.

Another 10-minute rest separates the pull-ups from the pool, where you complete a 500-meter swim using the combat sidestroke. Finally, a 1.5-mile run caps off the test. *Hooyah!* The first workout of BUD/S is in the bag. You realize, however, that this is just the beginning; there’s a long road ahead. But you’re up for the challenge, because you’ve trained in SEALFIT to prepare.

Welcome to 8 Weeks to SEALFIT!

You’ve chosen to show your instructor (me) that you have the stuff to be SEALFIT. Now suit up and get the baseline screening test done! That’s right. You’re doing what you just read. If you can’t or won’t do this, don’t bother with the rest of the book. Put it down and walk away. I don’t work with people who aren’t ready to commit. When you’re ready to continue, complete:

1. as many perfect, Navy SEAL–style push-ups as you can in 2 minutes
2. 10-minute rest
3. as many sit-ups as you can in 2 minutes
4. 10-minute rest
5. as many pull-ups as you can before you gas out

6. 10-minute rest
7. a 500-meter swim (or substitute a 2,000-meter row if you don't have access to a pool)
8. 10-minute rest
9. a 1.5-mile run
10. Record your repetitions and times in a journal!

Check online at www.sealfit.com/screeningtest to compare your results to the SEAL standards. Get it done. Then come back and read the end of this chapter. Good luck!



SEALFIT Training

S SEALFIT TRAINING INVOLVES MORE THAN push-ups, sit-ups, pull-ups, running, and swimming. However, you'll use these key functional movements and a few others every day. If you hope to be SEALFIT, you have to be able to do the basics. No excuses. No quitting.

Navy SEALs do nothing unless it's critical. Everything they do in the gym or on the grinder (the large open space in the SEAL compound where the bodies, minds, and spirits of the candidates are ground down and then rebuilt) supports actual SEAL missions later on. You don't see SEALs working dumbbell curls, leg extensions, or any funky machines. All that they need is a body and a few simple tools: pull-up bar, rope, dip bar, set of free weights, kettlebell, sandbag, jump rope, and a few other odds and ends. They keep it simple. So do I. The screening test described on the previous page works because all the movements are functionally oriented toward key SEAL physical needs—pushing, pulling, running, swimming, and a strong core.

The baseline will smoke you if you put 100 percent into each evolution. It tests your capacity to do a lot of work in a short period of time—what I call *work capacity*. It reveals the efficiency of your muscles, or stamina. And it proves your endurance. Going full-out challenges your mental fortitude. You've tasted only a few of the domains that SEALFIT will develop to an entirely new level. As you progress, you'll be astounded at what I ask you to do, and what you find that you can do.

As in the actual Navy SEAL program, I aim to shock your system. I need to break you down so I can build you back up the SEALFIT way. In the meantime I need you to set aside any beliefs about what should and shouldn't be done, or what you can and can't do. I don't care whether you're a strongman or a skinny weakling; I've trained all types. If you commit to SEALFIT, we will transform you into a lifetime functional athlete. The secret is embracing the suck, every training session, day in and day out. As you habituate discipline and courage, SEALFIT will stop being hard. The suck will be fun. You won't want to live without it.

An “Average” 40-Year-Old Business Owner

Bobby spends most of his time riding a desk. After training in CrossFit for a year, he enrolled in my Unbeatable Mind Academy (UMA). UMA is an online mental toughness program that introduces SEALFIT training in a progressive manner, after some foundational mental skills are developed. Bobby jumped right into the SEALFIT Advanced Operator Training workouts after resolving to get serious.

Every workout crushed him. He would cuss at SEALFIT and me as he struggled with the 2-hour sessions—which made his former workouts seem like a warm-up. Most days he had to scale the loads and substitute for things he couldn’t do. But Bobby embraced the suck. After 3 months a dramatic shift occurred.

The phone rang . . .

“Coach Divine,” I said as I picked up the call.

“Coach . . . Bobby Yates here. . . . I called to tell you about a breakthrough!” He was clearly excited.

“For the last three weeks I have finally been able to complete the Advanced Operator Training workouts as prescribed. I didn’t care if it took me three hours.”

“Sounds like a great milestone, Bobby.”

“But something amazing happened. My strength and performance suddenly improved dramatically. I’ve got this new sense of confidence I’ve never had. I went from dragging myself to workouts to now really looking forward to them.” He was practically beaming into the phone.

“I got this swagger as I go about my day. I’m a machine at work and have tons of energy to spend with the family.”

He finished with: “My friends think I’m crazy, but I feel stronger—physically and mentally—than I have in years. . . . I feel like I’m twenty again!”

Bobby had tapped into a secret of SEALFIT training. When we establish a new norm for the human experience, we step up to meet the challenge. Our bodies, minds, and spirits adapt. Bobby’s new normal is very uncommon in the world today. That makes Bobby uncommon. He’s no longer an average guy. He’s someone special.

More Than a Workout Program

After 8 weeks of the SEALFIT training program, you will begin to:

- Work at near peak output for extended periods of time, with unknown rest periods.
- Prepare for the known and the unknown.
- Find a way to work out, whether or not you have access to a gym or the so-called proper training tools.
- Compete not only to win, but also to survive and accomplish a mission that has life, death, or strategic consequences well beyond your own pay grade.
- Be strong without being concerned about shows or competitions of strength.
- Possess stamina to move heavy objects around.
- Utilize exceptional endurance for completing long distances.
- Demonstrate an intense capacity for working in explosive, short bursts such as a firefight or other crises.
- Retain durability and powerful core strength, without as many injuries. You'll be knowledgeable about sustaining the body at high levels of readiness over a long haul.
- Profess mental toughness, understanding that training is required for that toughness.

See, SEALFIT is far more than a workout program. It's a way of life. It will change the way you see yourself. You'll become more confident and capable, demonstrating a mental fortitude that will allow you to dominate any challenge. You'll soon tell me what I heard the other day from Bobby Yates—"Coach Divine, I've changed."

It's your turn. Be someone special. Now get some rest. Tomorrow's gonna kick your ass.