

The Fitness Challenge



500-yard swim using breast and/or sidestroke in less than 12 minutes and 30 seconds

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles wearing RUNNING SHOES and SHORTS in under 11 minutes



NRD Michigan

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US Navy SEAL David Goggins competing in the Badwater Ultra-Marathon



The Navy SEAL Fitness Challenge is a series of physical fitness events challenging athletes to maximize their performance in individual tests of strength and endurance. It closely mirrors the initial physical screening test given to anyone who desires to become a SEAL. The event consists of swimming, push-ups, sit-ups, pull-ups and running. If you ever wondered how you would stack up against America's elite operations team, take the Navy SEAL Fitness Challenge and see how fit you really are!

**East Kentwood High School
6230 Kalamazoo Ave.
Kentwood, MI 49508**

**March 20th, 2010
8:00 am – 12:00 pm**

**Open to male and female
athletes age 14 and up**

**All participants under the
age of 18 will be required to
provide parental or guardian
consent – NO EXCEPTIONS!**

**Team participation is
encouraged**

**For more information or to
PARTICIPATE in the Navy
SEAL Fitness Challenge
REGISTER at:**

www.facebook.com

**Search Name: Navy SEAL
Challenge Michigan**

**Phone: 313-670-7210
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RESERVE YOUR SPOT NOW!!!



**The Navy SEAL Fitness
Challenge is FREE!**

Participation awards

**Organized and Sponsored
by
Navy Recruiting District,
Michigan**

**See if you have what it
takes to compete in the
arena of physical
strength standards set by
the best of the best!**