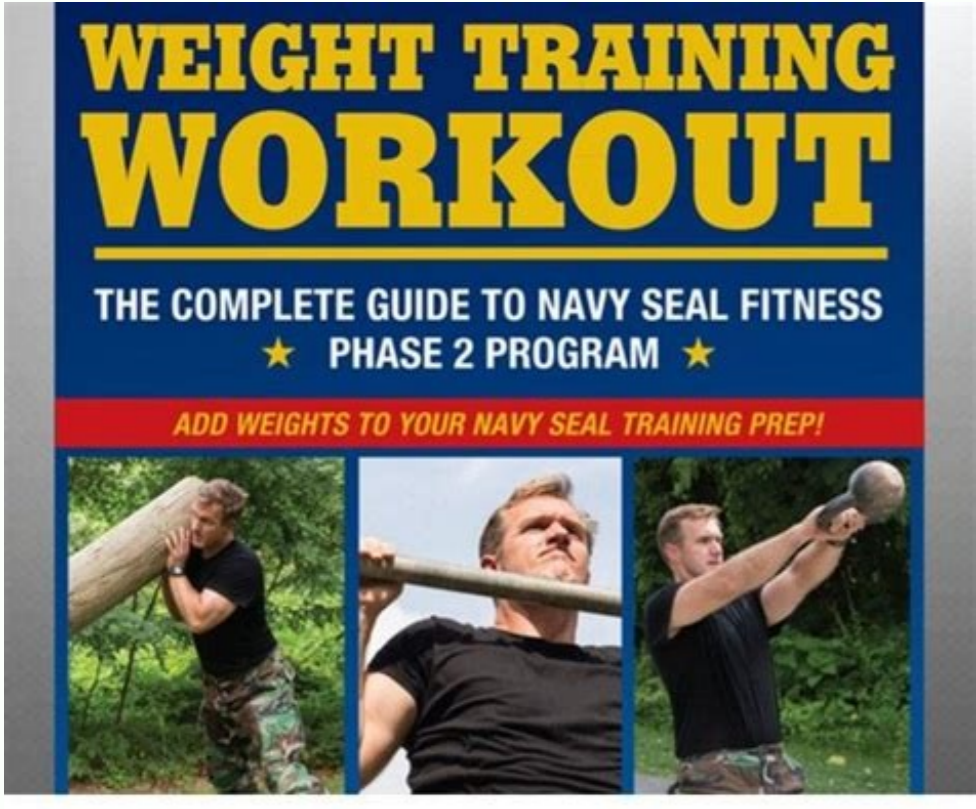
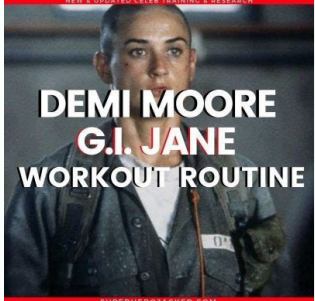


I'm not robot!



The navy seal weight training workout (ebook)



04:30 am	:	Wake Up/ Reveille
5:00 am	:	Muster
5:30 to 7:00 am	:	Physical Training & Drill
7:00 to 8:20 am	:	Breakfast Break
8:20 to 12:30 pm	:	Training/ Classes
12:30 to 13:30 pm	:	Lunch
13:30 to 16:00 pm	:	Quiet Period/ Break
16:00 to 17:00 pm	:	Clubs (Wed & Sat)/ Training/ Classes
17:00 to 18:00 pm	:	Games
18:00 to 19:00 pm	:	Evening Tea/ Break
19:00 to 19:40 pm	:	Study Period
19:40 to 20:00 pm	:	Ante Room Procedure
20:00 to 21:00 pm	:	Dinner
21:00 to 21:30 pm	:	Break/ Leisure Time
21:30 pm	:	Lights Out



