

SUGGESTED ROUTINES for the SEAL Gear™ Flow Bar:

Once you have the basic movements down for the SEAL gear™ Flow Bar, you can start to perform some short, high intensity workouts.

Please view the video at www.NavySEALs.com/Flowbar

Remember the theme “constantly varied, functional movements, done at high intensity.” This our mantra and we are applying it here using a small sub-set of the functional movements and assisted with your own body. The squat, squat-assisted pull-up, knees-to-elbow, row, squat assisted dip, jumping squat, and push-up are comprehensive in the adaptive response the body will make towards total fitness. As you improve, you will use less of an assist from your legs (the squat) for the pull-ups and dips.

Note: It is imperative that when putting the Flowbar strap over the door, that the door closes TOWARDS you!

For the squat-assisted pull-ups, the bar should be about the height of your chin. For all others, the bar is about the height of your hips, flipped over so the open end faces you.

Beginners:

Following the exact succession of exercises in the video, do 10 to 15 repetitions of each exercise, one right after the other. Breathe deeply on each movement – inhaling down and exhaling up – every time. As you get stronger, work your way up 20 reps of each in rapid succession. On the rows, start with your feet several feet from the wall – as it gets easier, move your feet closer to the wall. On the push-up, rather than stop if you can't get to 20, drop your knees to the floor at whatever number you need to and finish to 20.

Intermediate:

Once you've mastered 20 reps of each exercise, it's time to add a second round. Start by adding 5 reps of each, then 10, then 15 until you work your way up to 2 rounds of 20 reps of each exercise in rapid succession.

Advanced:

Following the same principles used to in the intermediate stage, work your way up to 3 rounds of 20 reps each in rapid succession. When accomplished, this should only take around 8 minutes. This will lead to an excellent level of fitness in a short amount of time, both in achievement and performance.

For optimal results, add 100-200 revolutions on a jump rope between sets to keep your heart rate up. You can also do 400 yard sprints, jumping jacks, squat thrusts or any exercise that will provide a metabolic conditioning (aerobic zone) overtone to the functional strength exercises.

Other Advanced Techniques:

At this point, the key to increasing your fitness level is simply to add more gravity to your movement. This is done easily with several actions; on the pull-ups and dips, start on your toes. This will increase gravity slightly. When that gets easier, use one foot on your toes. These techniques help you get stronger quickly. Then start doing full weight pull-ups by keeping your knees bent through the entire movement. Do as many as possible then continue as before, always going to 20 reps. With the dips, you can put your feet on a stool or chair to increase gravity. For rows, just keep moving your feet closer the wall to increase gravity. For increasing gravity with the squats; from the bottom position jump into the air and when you land go straight back to the bottom in one continuous move. When done right, there is not impact or noise when hitting the ground. As you can see, we don't need to spend more time, just to increase the level of intensity in the same amount of time. These techniques are proven to give guaranteed results. The most important ingredient being consistency. This is a small investment of time, that brings huge returns in your personal health and fitness.

Please combine proper nutritional intake with your exercise regimen. Nutrition and exercise work together like a hand and glove. You can not reach optimal fitness without proper nutritional balance. For most this means eating more protein, less starch and simple carbohydrates. Supplement your protein with the NavySEALs.com protein supplements found in the NavySEALs.com store.

For an outstanding training regimen and online support, try our [**SEAL Fit Coaching**](#)

Where you receive direct access to the NavySEALs.com coaching staff in dedicated forums, a two-a-day training regimen focused on building endurance, speed, power and mental toughness, and online tracking/ranking tools

Please contact us with any questions.

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