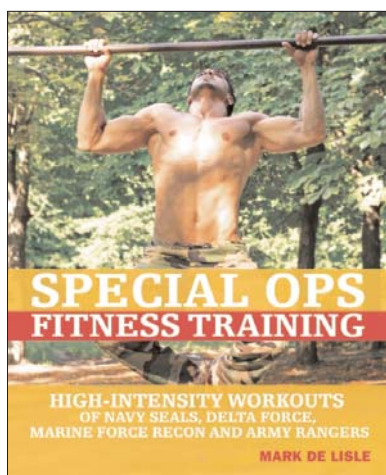


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About the Author

Mark De Lisle is a recognized fitness expert, author and ex-Navy SEAL. He served in Somalia in the early 1990s before becoming a fitness trainer. De Lisle's book *The Navy SEAL Workout* sold over 25,000 copies. He lives in Loa, UT.

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