

SpecOps Military Training/Preparation

www.SEALStrongNation.com

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SEAL STRONG

36-HOUR CHALLENGE AND TACTICAL ATHLETE WORKSHOP



PHASE 1 - HELLNIGHT



PHASE 2 - TACTICAL TRAINING

FRIDAY, MARCH 2 – SUNDAY, MARCH 4

CLASS 312

PHASE 1 AND 2

PHASE 1 = HELLNIGHT

PHASE 2 = Tactical Athlete Workshop
a frogman swim clinic, a human performance training session and open water confidence training.

ONLY \$199

36-HOUR GEAR LIST

Wear:

- Camo pants
- Tennis shoes
- 1 White Stenciled T-shirt
(w/ name of choice on front and back)

Ruck sack to include:

- Mask, fins
- 1 MRE
- 1 water bottle
- PT Gear; shorts, shoes, shirt

PHASE 2 ONLY

Skip HELLNIGHT and come to our:

Tactical Athlete Workshop

- Sat 1200-1800
- Sun 0730-1200

ONLY \$99

TACTICAL TRAINING GEAR LIST

- PT Gear; shorts, shoes, shirt
- Mask, fins
- 1 water bottle

Coming soon...**PHASE 3** Basic Shooting/ Weapons Classes and Introduction to SCUBA