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MARK DIVINE is a former Navy SEAL and has trained thousands of aspiring Navy SEALs. He owns and runs the SEALFIT Training Center in San Diego, California where he

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Today on The Art of Charm Mark Divine talks about his program Sealfit, an integrative warrior training program. All of that and more on episode 365.

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Mark divine - sealfit

Briefly About Mark Divine: Mark is a highly He is also the author of The Way of the SEAL published by Readers Digest and 8 Weeks to SEALFIT published by St

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