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The big three were all in the top ten of the toughest sports - football at third, basketball at fourth, and baseball at ninth. But boxing took the cake with high scores across the board. From power to durability, boxing is one tough sport according to the experts. However, it isn't just the typical athletic variables that make boxing hard.

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Living with a SEAL: 31 Days Training with the Toughest Man on the Planet [Jesse Itzler] on Amazon.com. *FREE* shipping on qualifying offers. Entrepreneur Jesse Itzler chronicles his month of living and extreme fitness training with a Navy SEAL in the New York Times and #1 LA Times bestseller LIVING WITH A SEAL

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Atlanta Hawks owner Jesse Itzler invited Navy SEAL David Goggins to live with his family for a month as his personal trainer. That is the subject of Itzler's new book, "Living with a SEAL: 31 Days...

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So when Jesse felt himself drifting on autopilot, he hired a rather unconventional trainer to live with him for a month-an accomplished Navy SEAL widely considered to be "the toughest man on the planet"! Living with a SEAL is like a buddy movie if it starred the Fresh Prince of Bel-Air... and Rambo. Jesse is about as easy-going as you can get.

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The Paperback of the Living with a SEAL: 31 Days Training with the Toughest Man on the Planet by Jesse Itzler at Barnes & Noble. FREE Shipping on \$35.0 B&N Outlet Membership Educators Gift Cards Stores & Events Help

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Entrepreneur Jesse Itzler chronicles his month of living and extreme fitness training with a Navy SEAL in the New York Times and #1 LA Times bestseller LIVING WITH A SEAL, now with two bonus chapters. Entrepreneur Jesse Itzler will try almost anything.

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