



Ultimate Guide to Weight Training for Martial Arts

Rob Price

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The Ultimate Guide to Weight Training for Martial Arts is the most comprehensive and up-to-date martial arts-specific training guide in the world today. It contains descriptions and photographs of over 80 of the most effective weight training, flexibility, and abdominal exercises used by athletes worldwide. This book features year-round martial arts-specific weight-training programs **guaranteed to improve your performance and get you results.**

No other martial arts book to date has been so well designed, so easy to use, and so committed to weight training. This book is the most informative and complete resource for building muscles, speed, and stamina **to enable the body to excel in judo, karate, aikido, kung fu, jujitsu, taekwondo, kempo, muay thai, and all other martial arts forms.** The book provides martial artists with an abundance of easy to follow training techniques needed to be effective in the martial arts, such as flexibility, joint stabilization, balance, and muscle development.

Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques, and now you can too!

As an added bonus, this book also contains links to free record keeping charts which normally sell separately for \$20.

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