



Warrior Fitness: Conditioning for Martial Arts

Jonathan Haas

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Since ancient times, stories have abounded about the legendary physical prowess of martial artists. Today's lifestyle, coupled with a lack of knowledge about how to combine fitness and budo, has led to a rapid decline in martial artists levels of strength and conditioning. Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance -- quickly and with little chance of injury. Warrior Fitness combines old school fitness with modern exercise science. Warrior Fitness covers: Flexibility, Joint mobility, Flow drills, Breathing exercises, Strength exercises, Conditioning exercises, Recovery, And much more...

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From reader reviews:

Richard Reardon:

Playing with family inside a park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Warrior Fitness: Conditioning for Martial Arts, you could enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't buy it, oh come on its named reading friends.

Thomas Rinaldi:

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