

ABSOLUTE MMA CALISTHENICS TRAiNING: ACHIEVE YOUR ULTIMATE MMA FIGHTING WITH The BEST BODYWEIGHT EXERCISES AND BODYWEIGHT WORKOUTS

By Mariana Correa

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ABSOLUTE MMA CALISTHENICS TRAINING is a great, effective and impressive way to work out your entire body. From legs, back and chest, to abs and arms, we've covered everything with body weight exercises and body weight workouts. Using no machinery, just your own bodyweight you will achieve an incredible physique, boost your metabolism and become an Amazing MMA Fighter. Whether you're into Muay Thai, Karate, Kickboxing, Jiu Jitsu, Boxing or Taekwondo body weight training will allow you become stronger and all around a better fighter. Calisthenics are currently the latest trend in fitness training and for obvious reasons: - Affordable: No need to spend on gyms or machinery - Convenient: You have the flexibility to train anywhere and anytime - Privacy: No crowds, and no one to interrupt your training - Guaranteed Results: Every exercise uses multiple muscle groups, gets your heart rate pumping and burns heaps of calories If your goal is to stay healthy and lean, training and the proper diet are essential to succeed. In this book you will find included 50 High Protein Recipes designed to strengthen your muscles and help you accomplish your goals.

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Users Review

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