



Weight Training for Martial Arts: The Ultimate Guide

Katalin Rodriguez-Ogren

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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 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. This book provides martial arts 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.

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