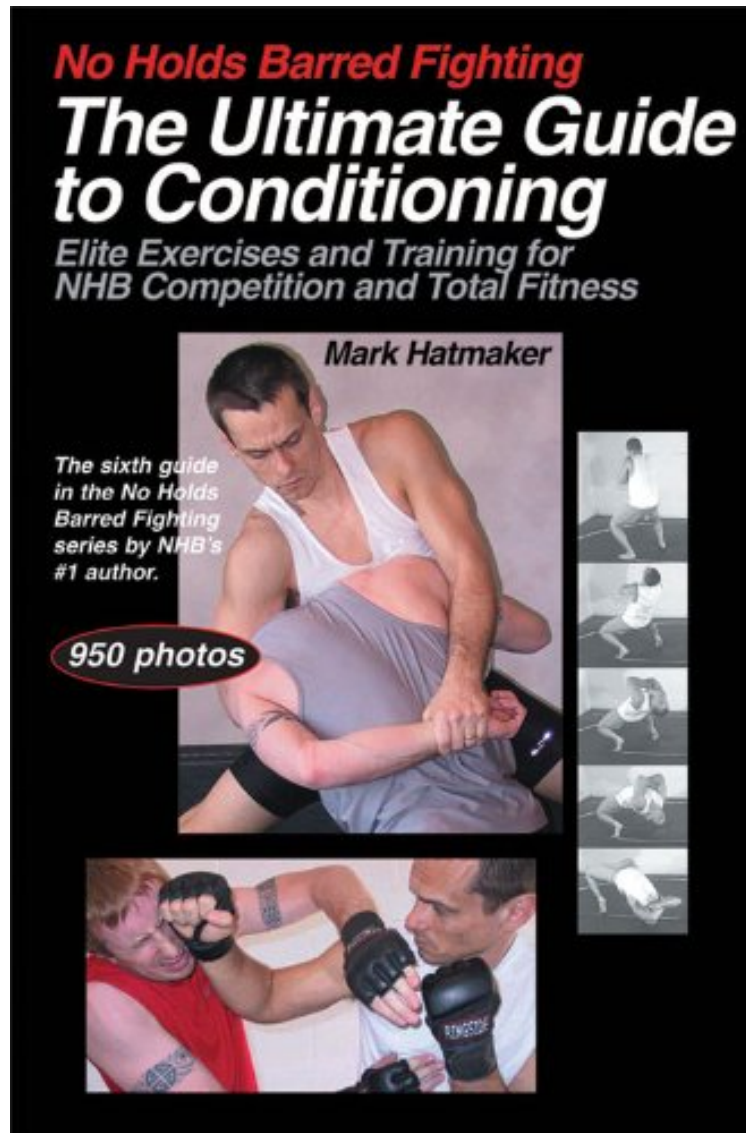


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No Holds Barred Fighting: The Ultimate Guide to Conditioning: Elite Exercises and Training for NHB Competition and Total Fitness (No Holds Barred Fighting series)

Von Mark Hatmaker

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.

Hatmaker - Exercises and TrainingVon FerronimoHabe nun alle Hatmker Instructionals der NHB Serie und kann sie jedem Kampfkunstler empfehlen.Die Texte sind klar und deutlich und die Bilder sind gelungen. Die gezeigten bungen und Drills sind klassisch, effektiv, unkompliziert und schn erklrt.Kann es wrmstens jedem Athleten empfehlen.Euer Ferronimo

KurzbeschreibungIdeal for aspiring or practicing no-holds-barred (NHB) athletes or for anyone seeking an elite fitness routine, this manual employs the regimens of top NHB athletes. Explaining how to apply the scientific concepts of specificity and synergy to create tailored workout routines, this manual features scores of exercisesfrom old standbys to modern training techniquesfor any type of athlete. Requiring minimal time and equipment, the programs in this resource add excitement to routines and keep readers stimulated while providing fundamental training information for all skill levels.