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stanford muay thai

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Muay Thai Fitness is the ultimate training program for personal trainers, sports coaches, martial arts instructors and gym owners. Complete system includes comprehensive videos, sample workouts and programming for one-on-one training, small groups and large group fitness classes. This IS NOT your typical cardio kickboxing class. This is based on authentic Muay Thai and taught by 3x National Pro Muay Thai Champion Bryce Krause.

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