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mma training dvds

https://www.mixed-martial-arts-mma.org/martial-arts-coaching-training-conditioning-colorado

The MMA Conditioning Association highly recommends this program from standout Certified MMA Conditioning Coach Funk Roberts. We are happy to introduce the new Heavy Bag Workout Circuits for MMA Athletes, Muay Thai Fighters, Kickboxers, Boxers and people that want to build the body of a fighter. These HIIT circuits will become a regular workout in your overall training program to help you improve all attributes of your striking, while developing combos that can transfer into throwing knockout blows.

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