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martial arts personal trainer workouts

<https://www.mma-mixed-martial-arts.info>

As the sport of Mixed Martial Arts continues to explode and becomes more popular globally, the specifics of MMA fighters' fitness, strength and conditioning training continues to morph and evolve. MMA fitness conditioning and training workouts need to be more refined and sport specific then ever. If not, picking the winner of a match will be much easier. Traditional circuit training has the athlete completing typical old school exercises staples such as jumping jacks, push-ups, crunches and pull-ups. Although these will continue to be basic exercises for any athlete, fighters and elite combat athletes need more sport specific Mixed Martial Arts fitness and conditioning workouts and exercise drills.

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