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### local mma coach

<https://mmaworkout.com>

Mixed martial arts or MMA athletes are some of the fittest in all the martial arts. A full-contact combat sport that can include boxing, wrestling, Muay Thai, karate, kung fu, kickboxing and other martial arts techniques and disciplines, MMA originated in the ancient Olympics, yet it is more popular than ever today. Once mostly a cult phenomenon, recent mixed martial arts fights have been featured on ESPN, Fox Sports and more, creating interest by more MMA fans, fighters and coaches worldwide.

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