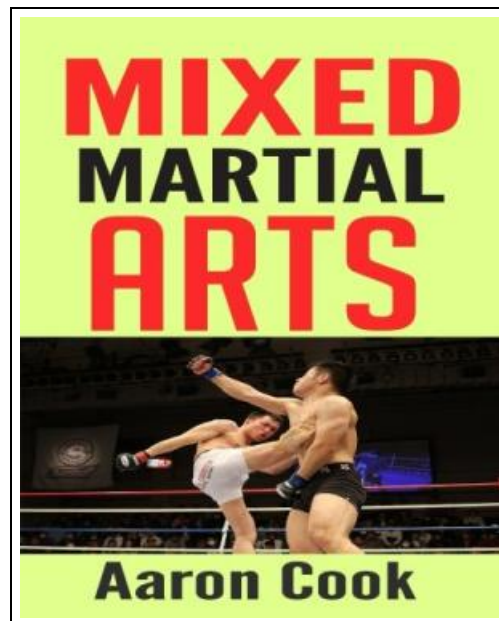


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(Ms. Ora Buckridge)

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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn How to Use Mixed Martial Arts SAFELY and Effectively and get MAXIMUM Results in the Shortest Possible Time Is Your Belly Taking a Trip South? Feeling Like the Years Are Catching Up With You? Could You Use a Few Self-Defense Moves? Catapult Your Confidence To A New Level With The Inside Scoop! Are you ready to move beyond simple karate? Or, are you just getting started with martial arts? Regardless of your answer this is your chance to finally get the inside story of what it really takes to succeed with mixed martial arts. Before you get started you need to learn everything possible about MMA. Have you got a clue about exactly what you must do to set your body on fire and start turning meaningless muscle into a MMA machine? We thought not! Sadly that is the way most people begin a new endeavor. Unfortunately, that also sets the tone for failure right from the get-go. It is also the reason why more people don t succeed. The term just do it is a prime example. Yes, just do it but do it AFTER you ve prepared. And you can get prepared in no time with Mixing it Up With MMA. Inside the digital pages you will learn everything you need to know about MMA. In fact, you ll get the low down on every training method known to man! It s pretty well known that while home study is great, working out a gym gives you that extra push. But how do you select a gym that specializes in mixed martial arts? This is so important that we devote an entire chapter to finding the right...



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