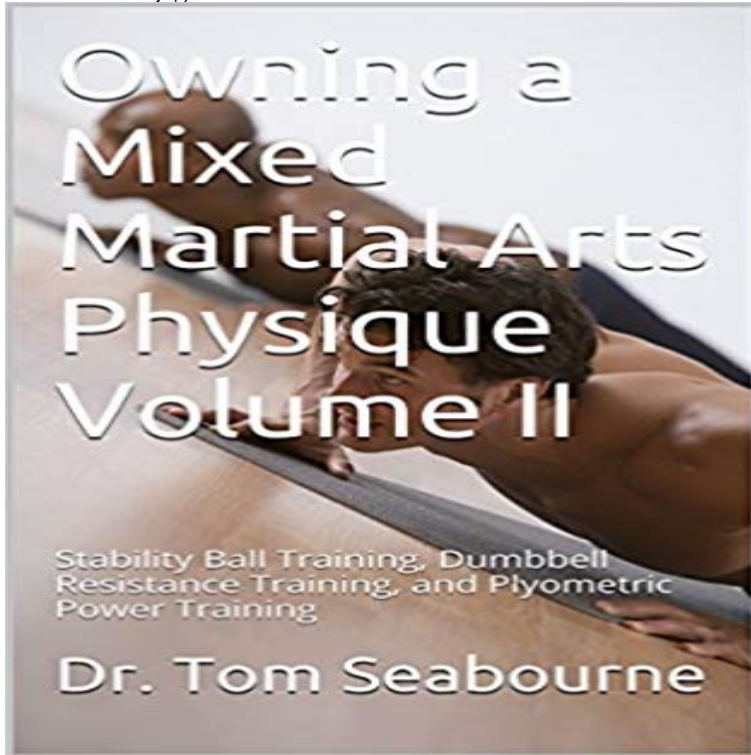


Owning a Mixed Martial Arts Physique Volume II: Stability Ball Training, Dumbbell Resistance Training, and Plyometric Power Training



Volume II moves into three different areas of physical training to get you lean and tight: Stability Ball Training, Dumbbell Resistance Training, and Plyometric Power Training. Each of these programs will provide you with the variability that your body needs to improve. By training your muscle groups at different angles, motor units are recruited differentially so that your strength, power, and balance will be enhanced. Furthermore, you will look forward to the variety of exercises that these new programs will provide. And most importantly, you will feel the difference and notice a new more powerful look that you have been searching for. If you missed Volume one of OWNING A MIXED MARTIAL ARTS PHYSIQUE topics included Jumping Rope, Bag Work, and Resistance Band Training. Both volumes are chock-full of photographs so that you can see exactly how to perform all of the different exercises presented. Using an exercise or stability ball will help you develop better balance and stability hence the name! Its round shape provides an unstable base from which to perform various exercises. As a result, stabilizer muscles strengthen and balance improves. MMA fighters know that a stronger athlete is a better athlete. Strength training increases your explosive power and short-term endurance. There is also no better way to tone and sculpt your muscles than by weight training. Plyometrics are the key to developing that combination of power and speed. They're great for the octagon, obviously, but the drills can do great things for your body, too. If you've ever admired the physique of a sprinter or a long jumper especially their powerful, well-defined leg muscles plyometrics can help you achieve them.

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