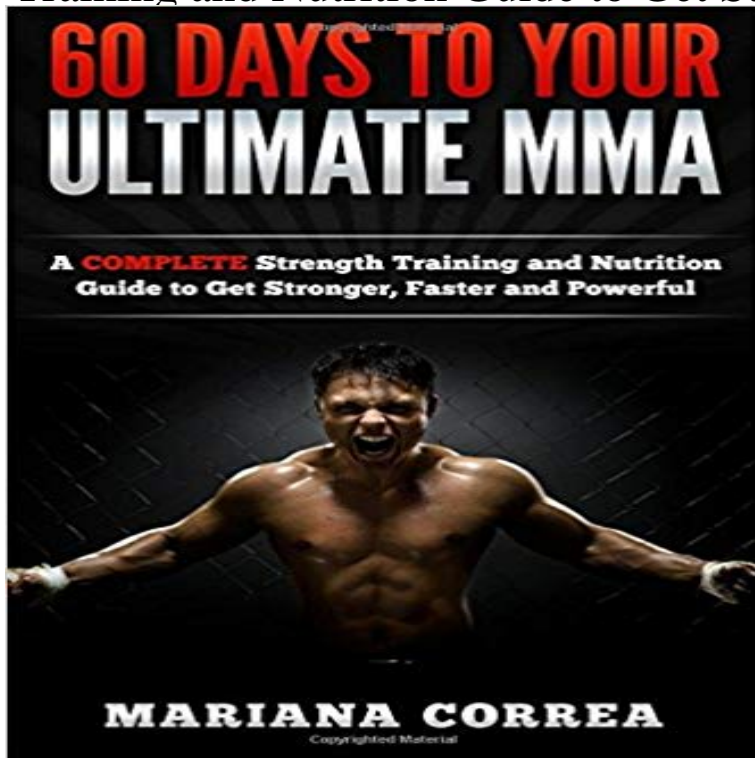


60 DAYS To YOUR ULTIMATE MMA: A COMPLETE Strength Training and Nutrition Guide to Get Stronger, Faster and Powerful



60 Days to your Ultimate MMA is the best book to improve your speed, strength, confidence and nutrition in only two months. With a detailed day by day training session you will fight and look better. Anyone can be their best it will take hard work and dedication, and the right training program. This strength training guide is complete with hard core warm ups, body specific workouts, plyometric exercises, ab training, cool downs, and tips for your best MMA yet. Keeping your body strong and injury free. Nutrition is a big part of any training program, remember when you think youre done training, youre not done training, at least not until youve put some nutrients back into your body. You will find included a full chapter with 50 Paleo recipes for any time of day, allowing your body to fully replenish you for your following workout. After completing these 60 days you will be able to: move faster, lose unwanted body fat, fight stronger, increase muscle growth, strike with power, increase your endurance, improve your health and nutrition and much more.

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