



Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts by Rooney, Martin [Paperback(2010/5/4)]

Martin Rooney

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A world-renowned fitness instructor travels to the top martial arts designations around the globe to bring back the training secrets of the world's best fighters in Jiu Jitsu, Karate, Muay Thai, Sambo, Judo, and more.

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