



Warrior Fitness: Conditioning for Martial Arts

Jonathan Haas

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Since ancient times, stories have abounded about the legendary physical prowess of martial artists. Today's lifestyle, coupled with a lack of knowledge about how to combine fitness and budo, has led to a rapid decline in martial artists levels of strength and conditioning. Warrior Fitness will help you and your students attain a new level of strength, flexibility and endurance -- quickly and with little chance of injury. Warrior Fitness combines old school fitness with modern exercise science. Warrior Fitness covers: Flexibility, Joint mobility, Flow drills, Breathing exercises, Strength exercises, Conditioning exercises, Recovery, And much more...

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