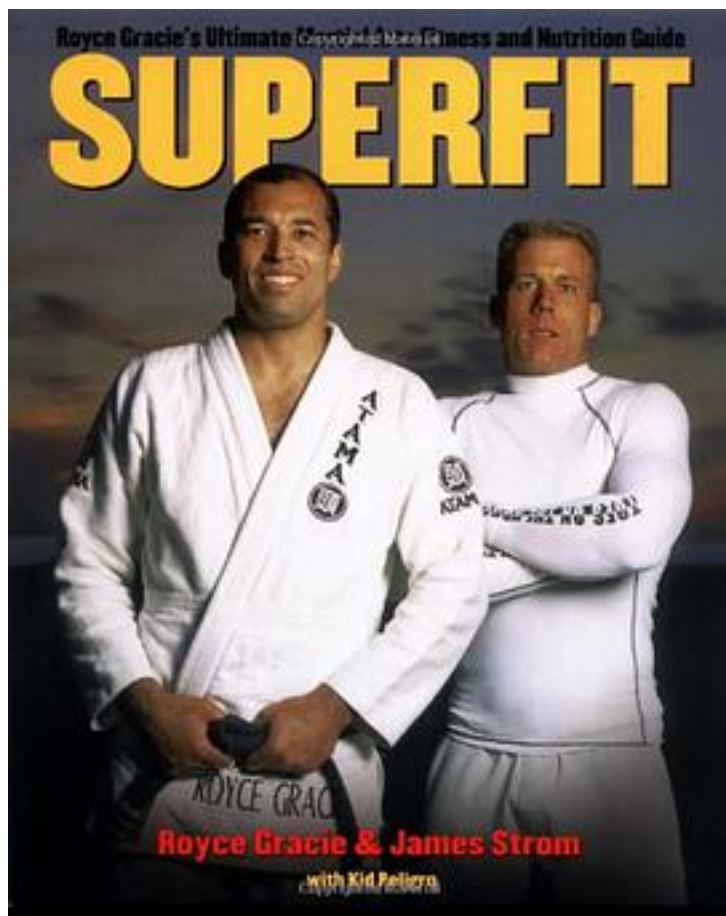


# Superfit



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著者: Peligro, Kid

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Royce Gracie has teamed up with James Strom, fitness coach for Keyshawn Johnson, Serena Williams, and the University of Southern California Trojans, to create a customized program for martial artists. This program of strength training, cardiovascular routines, flexibility exercises, and nutrition includes step-by-step

workout plans for beginner, intermediate, and black-belt practitioners. Guidelines are provided for working out solo or with a partner, and information on complete nutritional programs for different body types and martial art styles is included. This book is appropriate for beginning martial artists wanting to sharpen their bodies and minds and black-belt instructors looking for ways to motivate their students.

作者介绍:

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