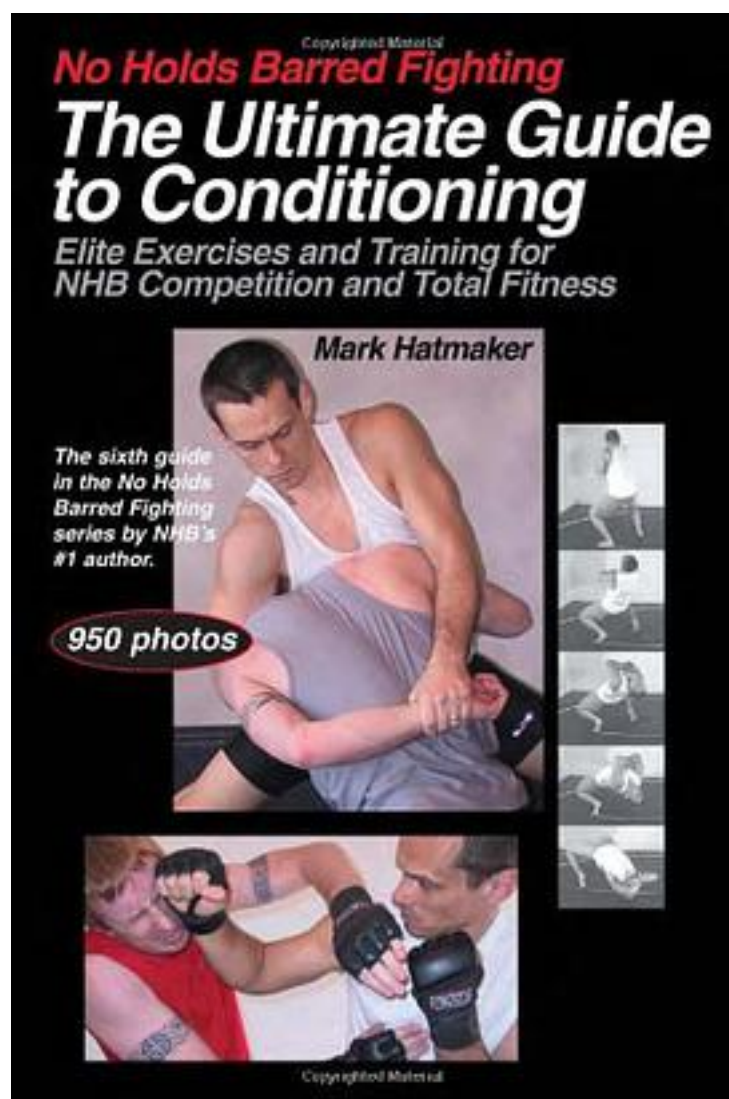


No Holds Barred Fighting



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Ideal for aspiring or practising no-holds-barred (NHB) athletes or for anyone seeking an elite fitness routine, this manual employs the regimens of top NHB athletes. Explaining how to apply the scientific concepts of specificity and synergy to create tailored workout routines, this manual features scores of exercises -- from old standbys to modern training techniques -- for any type of athlete. Requiring minimal time and equipment, the programs in this resource add excitement to routines and keep readers stimulated while providing fundamental training information for all skill levels.

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