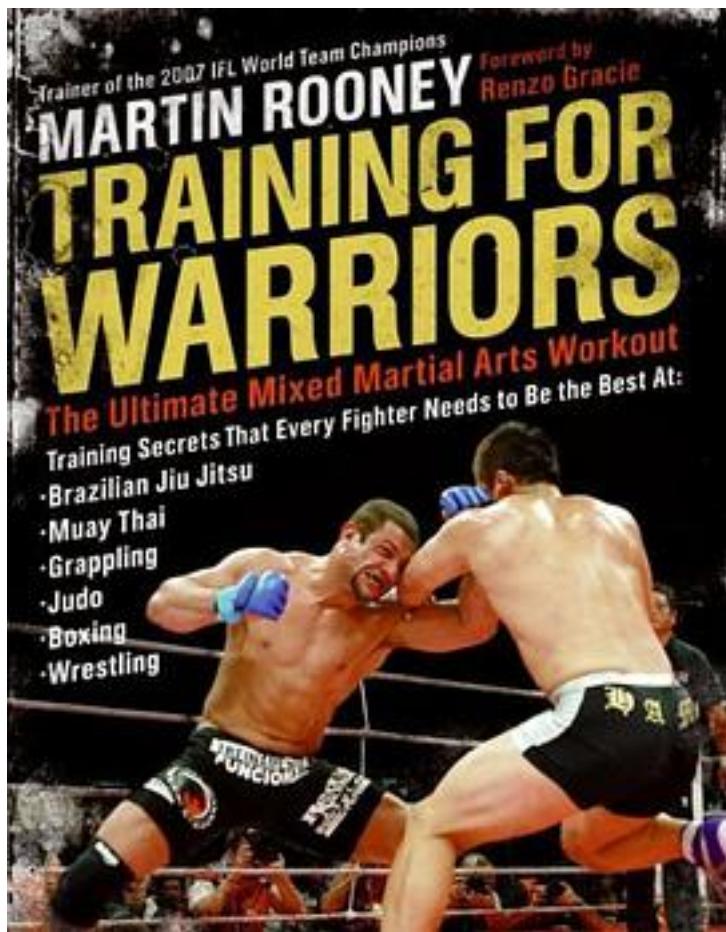


Training for Warriors



[Training for Warriors 下载链接1](#)

著者:Martin Rooney

出版者:Collins

出版时间:2008-03-01

装帧:Paperback

isbn:9780061374333

To be a warrior, you must train like a warrior Discover the training secrets that have produced World Champions in MMA, Submission Grappling, Brazilian Jiu Jitsu, and Judo. More than 750 color photos will show you how to perform hundreds of exercises

designed to specifically target each area of your body. You'll also learn: Nutrition and safe weight-cutting tips Information on dealing with injuries Advice on the warrior mind and mental game The ultimate 8-week warrior workout plan Whether you are a fighter or just want to look like one, Training for Warriors is a proven, comprehensive system to get you fit for whatever battle life throws at you.

作者介绍:

目录:

[Training for Warriors 下载链接1](#)

标签

健身

评论

[Training for Warriors 下载链接1](#)

书评

[Training for Warriors 下载链接1](#)