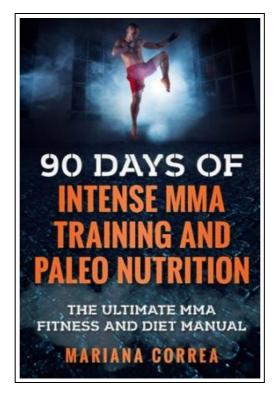
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Reviews

It is fantastic and great. This is for those who statte there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

(Barry O'Reilly)

90 DAYS OF INTENSE MMA TRAINING AND PALEO NUTRITION: THE ULTIMATE MMA FITNESS AND DIET MANUAL (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 90 DAYS OF INTENSE MMA TRAINING AND PALEO NUTRITION will improve your fighting, health and chisel your body. This book is complete with 90 days of workouts that will work your entire body and push you to the limits. If you have the desire, you can achieve your ultimate fighter body in only 90 days. These MMA workouts will include a complete, smarter training method including everything from plyometrics, calisthenics, and strength training to sparring to become the ultimate Mixed Martial Arts combatant. -Achieve results quicker -Increase your speed -Boost your confidence -Build lean muscle -Burn unwanted fat -Carve your six pack abs To complement each workout you will have 90 days of Paleo breakfast, lunch, dinner and snacks. Each meal includes a nutritional breakdown with total amount of consumed calories, fat, fiber, carbs and protein. Train smarter to get results quicker, get started today and your body will thank you. Remember the best project you Il ever work on is yourself.

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