



Training for Warriors: The Ultimate Mixed Martial Arts Workout

Martin Rooney

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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.

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