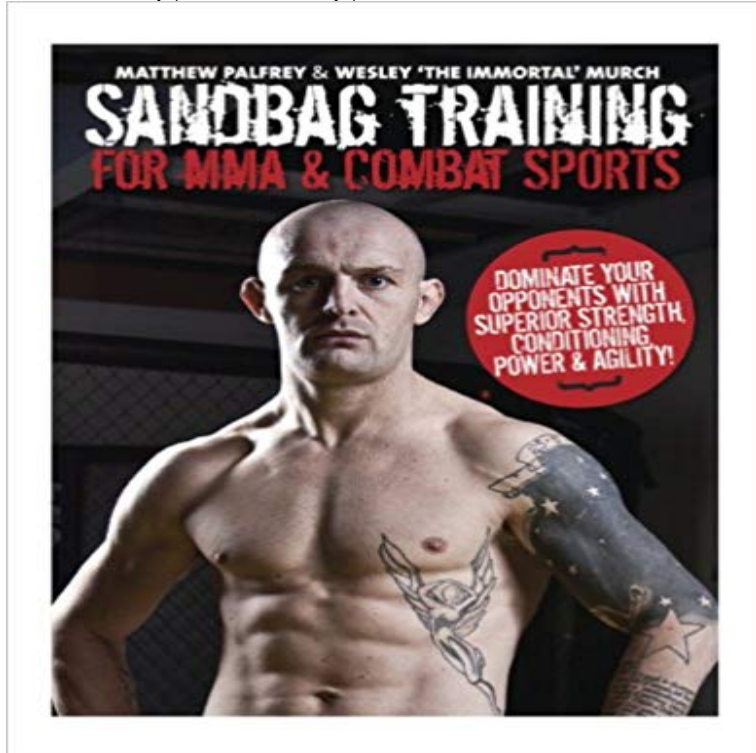


Sandbag Training for MMA & Combat Sports



Sandbag Training For MMA & Combat Sports is the indispensable guide for anyone who wants to improve their strength and conditioning for combat. You'll learn: Why sandbag training is perfect for MMA & Combat Sport Athletes, How to construct your own sandbag, How to master over 60 of the most effective sandbag training exercises for MMA & Combat Sports. This book is ideal for anyone who wants to: Build devastating strength and conditioning, Dominate their opponents in training and competition, Develop a practical, effective and straight-forward fitness programme for MMA or any Combat Sport/Martial Art, The book comes complete with a range of follow along training programmes that will get you in the best shape of your life.

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