



## Fighter s Codex: 30-Day at Home Martial Arts Training Program (Paperback)

By D. Amerland

Cool Publications, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fighter s Codex is a forge. It will take the raw power that is you and, over 30 days, turn it into a highly efficient, potentially lethal, kick-ass, fighting machine. You could be new to this or you may already be doing some martial art, it s designed to benefit you regardless. Go through each day, pick a level (where appropriate) and follow through the exercises. If you re not sure about the execution of any of them check out the videos in the Darebee, online exercise library. There are performance, practice and recuperation days all built into this. It is designed to increase your speed, stamina, strength, flexibility, tendon strength and motor-coordination skills. You will perform some of the training routines practiced by world class martial artists. It will make you aware of your body and the way it moves in a way you have never quite been before. There are also handy, instructional videos you can access on the YouTube channel that better illustrate some of the techniques. Here s what it will do for you: Improve your balance...



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