



Train for the Title (Paperback)

By Robert Corapi

Northyard Publishing, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The world's fastest growing sport just turned 20. What started with events being held in small town markets now boasts 7 of the top 10 Pay-Per-View buys every year. But just like with any new sport, there was no set way to train for it.until now! Train for the Title: Superhero Training Methods for M.M.A. is the first complete method manual on how the top names in mixed martial arts train. Whether you seek Speed, Explosiveness, Strength, Muscle, Agility or Conditioning this is the book for you. The book's author leaves no stone unturned as he breaks down the methods of Training, Nutrition, and Supplementation giving you detailed training cycles that build muscle, raise strength and bring you right into the cage for your shot to be the world's champ.



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