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The Martial Arts/Kettlebell Connection: Strength-Building Exercises for Superior Results

John Spezzano

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Giving martial artists specific methods for improving their combative training, this exercise manual delivers high-detail instruction on foundational, essential, and advanced conditioning through the use of the kettlebell along with hybrid training that combines such exercises with footwork, striking, grappling, and weaponry techniques. Since every martial art requires strength, endurance, and flexibility—and all three attributes are developed through included exercises—it is an ideal addition to any martial artist's library. Specific tips on the appropriately determined mindset for training, proper nutrition, hydration, and recovery methods for optimal performance are also included.

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