

Do you want to have endless endurance in any athletic activity you might want to pursue? Then this book is for you! In contrast to strength training, which is primarily aimed at increasing the ability to produce force, endurance training is aimed at improving the ability to sustain a given amount of force or power for an extended period of time. If your goal is to be able to compete in sports or martial arts, you have to at least be able to sustain the force or power that the activity requires. For instance, it doesn't matter if your technique and mental make-up are developed adequately if you don't have the sufficient endurance to, train, spar or compete in competitions. Also, if you get tired, your technique and concentration will suffer as a consequence.??? Do you want to lose unwanted fat and significantly slow down the body's natural aging process? Feel supremely energetic and youthful with the methods contained in this book. Use that energy and vitality to develop quickness and agility, through methods also contained in this book. There are no secrets to fitness and Martial Arts training. Only hard work and the true time tested methods contained in this book will get you where you want to be. Get to work and see yourself improving today! Buy now!

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