



MMA STRONG, FAST And FIERCE: A 30 DAY STRENGTH AND NUTRITION GUIDE TO TRANSFORM ANY FIGHTER INTO An ULTIMATE FIGHTER

Mariana Correa

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MMA STRONG, FAST AND FIERCE will change the way you fight forever. You will reach your peak performance in just 30 days with an intense high performance training guide that includes a grueling day by day strength and condition guide complete with warm ups, body specific workouts, plyometric exercises, ab training, endurance training cool downs, and tips for your Best MMA Fighting yet. After completing this program you will look and feel amazing! You will lose unwanted fat, gain muscle definition, chisel your abs, increase your endurance, and redefine your body and training forever. Training hard is half of your success the other half is nutrition. Remember when you think you're done training, you're not done training, at least not until you've put some nutrients back into your body. Included in this book are expert secrets to nutrition and 50 Paleo Recipes with easy and delicious meals you will love. Allowing you to properly nourish your body with the best ingredients to achieve your peak performance. Get started now and in just 30 days you will be tougher, fitter and healthier.

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