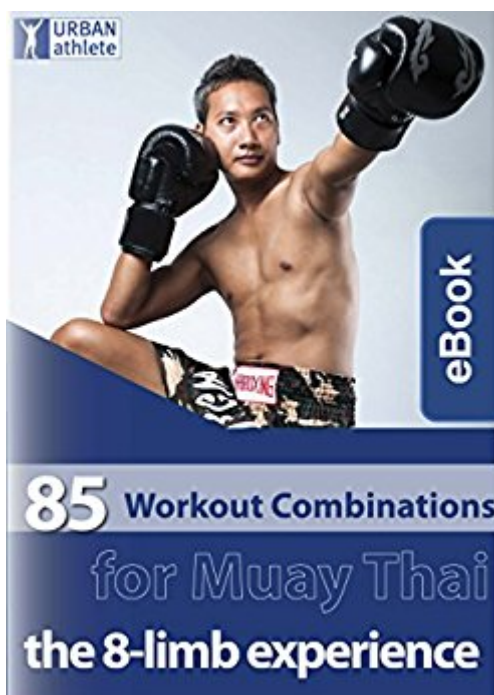


The book was found

85 Workout Combinations For Muay Thai (MMA Pad Training Concepts Book 2)



Synopsis

Create authentic, dynamic Muay Thai workouts with 85 Muay Thai pad combinations from the team at Urban Athlete Training. This book includes: - descriptions of Muay Thai hand and leg strikes, including Elbows, Knees and more- tips on how to move more effectively and safely to maximise your workout time- tips on group training to make the most of available time - a summary of the best stretches to use at the end of training for recovery - PLUS 85 of our best combinations from authentic Muay Thai fight training to take you from Warm-up, through creative, easy to follow Combination Rounds and into Circuit Style Blitz Rounds to finish your workout This book is suitable for: - trainers looking for inspiration for clients and classes - Urban Athletes looking for guidance on effective training combinations that utilise the elbow and knee strikes Muay Thai is known for

Book Information

File Size: 579 KB

Print Length: 37 pages

Publisher: Urban Athlete; 1 edition (June 1, 2015)

Publication Date: June 1, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00YPV0IES

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #137,819 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Boxing #31 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #47 inÂ Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Sports & Outdoors

Customer Reviews

This is a really good book with some really good combinations. Price is Right I would highly recommend it!

Pretty good for the seasoned martial artist.

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