



Fighter's Mind/Fighter's Body, Second Edition

By Tony Li

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Fighter's Mind/Fighter's Body, Second Edition By Tony Li

STRONGER - FASTER - TOUGHER! Fighter's Mind / Fighter's Body is the complete and authoritative guide for peak mental and physical conditioning written specifically for fighters, packed with exercises and training programs designed for beginners to elite competitors. You will discover: * The five essential attributes that fighters must condition * How to develop knockout power and lightning-fast throws * How to go the distance and stay strong the whole way * How to cultivate an unconquerable spirit * Everything from old-school drills to cutting-edge sports science Fighter's Mind / Fighter's Body is packed with over 500 high-quality photos demonstrating all the exercises. It contains seven conditioning programs tailored specifically for kickers, boxers, grapplers, and mixed martial artists from beginner to elite levels.

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About the Author

Tony Li is an instructor of Hiep-Tinh-Mon World Martial Arts, certified personal trainer, certified fitness nutritionist, and speed-agility-quickness trainer.

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