



# Ultimate Fitness

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# Ultimate Fitness

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This is a one-stop reference for martial arts students, instructors and coaches that includes over 200 new and traditional martial arts exercises, games and drills for developing speed, power, flexibility, timing, co-ordination, agility, balance, and mental strength. It includes: variations for individuals, partners and groups; detailed explanations of fitness concepts; Injury prevention; diet and nutrition; beginner, intermediate and black belt workout plans; exercise cautions; Martial arts applications for all exercises; and, instructor guidelines. It is organised for easy reference.

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