

Everything Krav Maga For Fitness Book - Nathan Brown

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What can an ancient Israeli self-defense system can do for your body? Just ask J-Lo, who thanks Krav Maga for her celebrated derriere. But you don't have to be a movie star to have bootylicious behind-all you need is this book! The Everything fitness dream team has developed workouts that will transform your body into a lean, mean fighting machine-Krav Maga style! With more than 100 instructional photographs, this step-by-step guide shows you how to: Jab your way to a strong core; Power up your calves and quads; Amp your abs with power training; Maximize muscles with weight training; Start-and stick!-to a training regimen. Master these original, kick-ass work outs, and you'll have the body-and the defense moves-you've always wanted! With The Everything Krav Maga for Fitness Book, sweating has never been so much fun!Author: Brown, Nathan Publisher: Adams Media Illustration: N Language: ENG Title: Everything Krav Maga for Fitness Book Pages: 00288 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781598694246 Category: Health & Fitness : Exercise

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