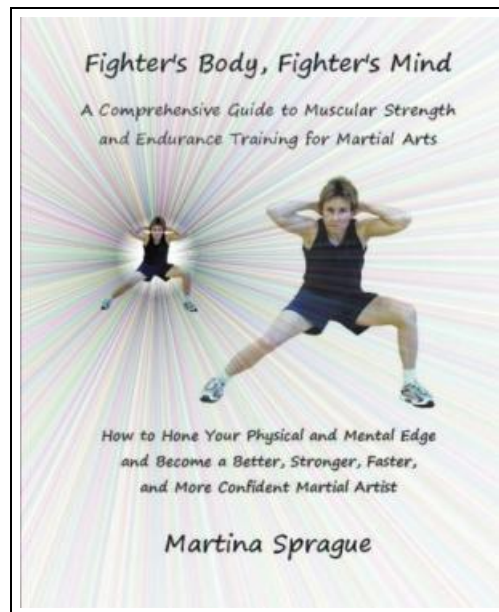


## Fighter s Body, Fighter s Mind: A Comprehensive Guide to Muscular Strength and Endurance Training for Martial Arts (Paperback)



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*(Prof. Mattie Beatty)*

## FIGHTER S BODY, FIGHTER S MIND: A COMPREHENSIVE GUIDE TO MUSCULAR STRENGTH AND ENDURANCE TRAINING FOR MARTIAL ARTS (PAPERBACK)



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