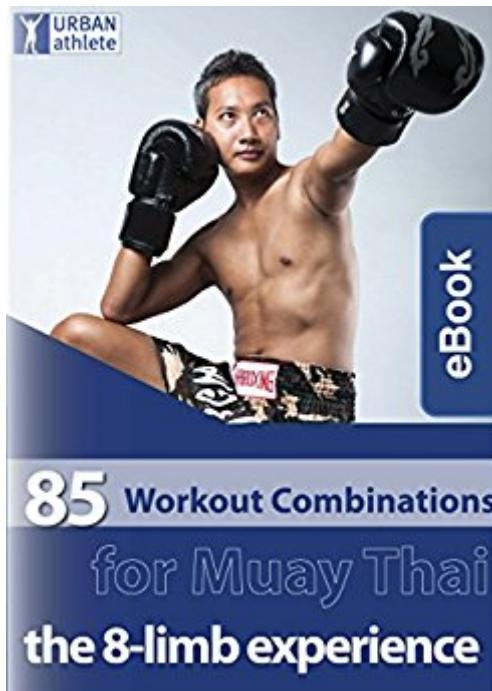


The book was found

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

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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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