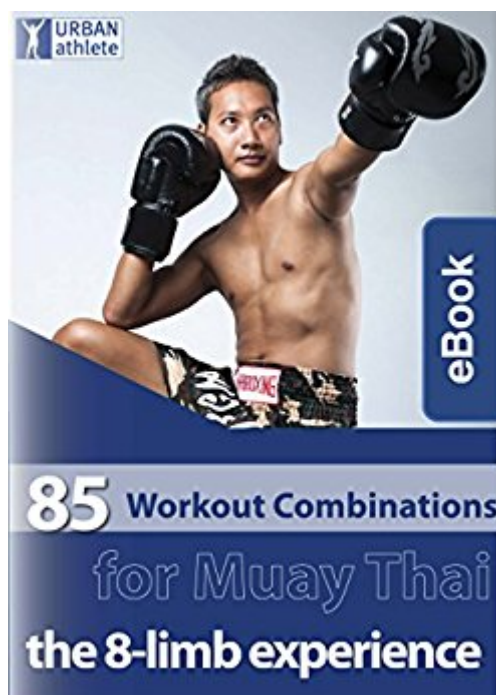


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# 85 Workout Combinations For Muay Thai (MMA Pad Training Concepts Book 2)



## 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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