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Randy Couture's "Xtreme Training: The Fighter's Ultimate Fitness Manual" offers a large number of drills and exercises. There are drills upon drills for conditioning training or for improving your general health and being fit. There's also a small section covering fighting techniques. Color photos amply illustrate the moves.

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Ultimate Scoring Workout Manual

A must have for any DC Comics fan, the Batman Handbook is the ultimate guide to becoming the ultimate crimefighter. Topics covered include building armor for the Batmobile, recruiting/training a sidekick, performing backflips, swinging using flagpoles, and most importantly how to take a blow to the head. Great for kids but some older types too.

The Batman Handbook: The Ultimate Training Manual: Beatty ...

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preferences may include the time of day to workout, how much time is available each day to workout, individual or team sports, and finally the goal of the fitness program. The questionnaire attached (FORM 1-1) is intended to give a fitness trainer the basics they need to personalize a fitness program that will works.

THE COMPLETE FITNESS - Clemson University

The GoFit Ultimate ProGym is the go anywhere, train anytime home gym that comes complete with its own personal trainer on DVD. Whether you are building size and strength, or increasing muscle definition, the key to the ProGym is the ability to add or subtract resistance.

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