

Fighter's Mind / Fighter's Body

Stronger * Faster * Tougher

As Featured in BLACK BELT Magazine's Essential Gear!

"Should be a prerequisite for anyone, regardless of their discipline, looking to edge out the competition. Students and instructors alike will benefit from this book. No other book comes close to the breadth of concepts, techniques, and programs; a must-have for all martial artists."

— Joaquin Beltran

Martial Arts Instructor

Gain the Advantage with this Complete Mental and Physical Conditioning System

Fighter's Mind/Fighter's Body is designed specifically for fighters and martial artists, packed with information, exercises, and training programs designed for all levels, from beginners to elite athletes.

Whether you practice mixed martial arts, kickboxing, jujutsu, boxing, or any other fighting art, Fighter's Mind/Fighter's Body contains the keys to bring you to the top of your game.

Learn how to:

- Develop knockout power and lightning-fast throws

- Go the distance — and stay strong the whole way.
- Shrug off damage like you're indestructible

- Cultivate an unconquerable spirit

- Eat, sleep, and recovery properly for maximum energy and sustainability

"Walks you through a step-by-step process for success. I highly recommend this book to all my students and have seen the incredible improvements made using this system."

— Alex Sanchez

Mixed Martial Arts Fighter and Coach

Generic Programs Can't Get You Ready

Martial arts and fighting are unique. Athletes in other sports don't train to destroy your opponent; they don't train to withstand blows and throws. You do.

General-purpose training programs leave a gaping hole in your conditioning. Fighter's Mind/Fighter's Body fills the gap by catering specifically to unique conditioning needs as a fighter and martial artist. 7 training programs, 500 photos, tons of exercises!

Get the Best of Both Worlds: Traditional Techniques Meet Cutting Edge Sports Science

There are no secrets to conditioning, but it takes science and experience to know what really works -- and how it applies to fighters! Gain the upper hand by taking advantage of this system.

Fighter's Mind/Fighter's Body presents the best, most effective techniques encompassing everything from old-school

drills to cutting-edge sports science.

Inside, you'll find traditional Chinese and Vietnamese chi kung and internal force exercises as well as old-school judo, boxing, and wrestling drills.

But you'll also learn the latest reciprocal inhibition stretching exercises to take your flexibility to the next level, neurolinguistic programming techniques to "brainwash" yourself to be tougher and more determined, and effective, scientifically-proven methods of speeding up recovery, cutting down to your ideal weight, and getting into your best shape in the fastest time possible.

Fighter's Mind/Fighter's Body is packed with over 300 pages of information and over 500 high-quality photos demonstrating all the exercises.

It also includes 7 conditioning programs, tailored specifically for kickers, boxers, grapplers, and mixed martial artists from beginner to elite levels. To see more, [Browse Inside the Book](#).

"One of the best resources for any martial artist from beginner to advanced to improve his or her training, from mental focus and strength, to flexibility and endurance."

— Sean Allen

Reality-Based Self Defense Instructor

Get The Complete System

The Fighter's Mind/Fighter's Body System is available for purchase right now!

It includes:

- Fighter's Mind/Fighter's Body: the authoritative fight-conditioning resource, a 329-page book filled with photos, exercises, and information
- Fighter's Mind/Fighter's Body Goal Journal: your "best friend" and most loyal training partner, the Goal Journal will help you set your conditioning goals and achieve them quickly and efficiently
- Order both books and save!

The complete Fighter's Mind/Fighter's Body System is available for instant download as a set of e-books! "If you want to be the top dog in the yard, you need to get this book. The conditioning techniques, training program, and mind-developing strategies shown in it will not only take you to the top of the pile, but guarantee to keep you there."

— Alex Sanchez,

Mixed Martial Arts Fighter & Coach Risk-Free 100% Guarantee

Order risk-free with our 100% money-back guarantee. If you're not satisfied, simply return it to us for a prompt and courteous 100% refund of your full purchase price. Don't take our word for it:

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