



The Everything Krav Maga for Fitness Book: Get fit fast with this high-intensity martial arts workout

By Jeff Levine, Tina Angelotti, Nathan Robert Brown

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What can an ancient Israeli self-defense system do for your body? Just ask J-Lo, who thanks Krav Maga for her celebrated derriere. But you don't have to be a movie star to have bootylicious behind-all you need is this book! The Everything fitness dream team has developed workouts that will transform your body into a lean, mean fighting machine-Krav Maga style! With more than 100 instructional photographs, this step-by-step guide shows you how to: Jab your way to a strong core; Power up your calves and quads; Amp your abs with power training; Maximize muscles with weight training; Start-and stick!-to a training regimen. Master these original, kick-ass work outs, and you'll have the body-and the defense moves-you've always wanted! With The Everything Krav Maga for Fitness Book, sweating has never been so much fun!

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Editorial Review

About the Author

Nathan Brown is a martial arts instructor and has written numerous freelance articles for publications such as Black Belt Magazine, Combat Sports Magazine and others. Jeff Levine is the Lead Instructor of Krav Maga at the 'Fit and Fearless' Krav Maga Gym and Studio in Austin, TX. Tina Angelotti is the Head Fitness Instructor for The Krav Maga National Training Center and Krav Maga Worldwide. She developed the Krav Maga fitness program.

Users Review

From reader reviews:

Ray Davis:

Spent a free the perfect time to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled The Everything Krav Maga for Fitness Book: Get fit fast with this high-intensity martial arts workout can be fine book to read. May be it is usually best activity to you.

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Calvin Cline:

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