# FIGHER

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10combo push-up + jab + cross



3

10combo push-up + hook

20combo squat + hook kick



40 side-to-side lunges



20combo lunge + turning kick



10combo jab + jab + turning kick



5combo jump squat + push-up

# **Mma Manual Exercise**

**M Carnoy** 



Unveiling the Power of Verbal Art: An Psychological Sojourn through **Mma Manual Exercise** 

In some sort of inundated with monitors and the cacophony of instantaneous conversation, the profound power and psychological resonance of verbal artistry frequently disappear into obscurity, eclipsed by the constant assault of sound and distractions. Yet, nestled within the lyrical pages of **Mma Manual Exercise**, a captivating function of fictional brilliance that impulses with fresh thoughts, lies an remarkable trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, this interesting opus guides viewers on a mental odyssey, delicately revealing the latent potential and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect its fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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