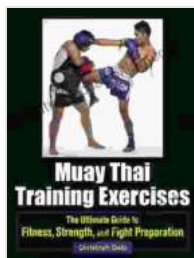


# The Ultimate Guide to Fitness, Strength, and Fight Preparation



## Muay Thai Training Exercises: The Ultimate Guide to Fitness, Strength, and Fight Preparation by Christoph Delp

★★★★☆ 4.6 out of 5

Language : English  
File size : 30147 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 201 pages



Are you ready to take your fitness, strength, and fight preparation to the next level? If so, then this is the book for you.

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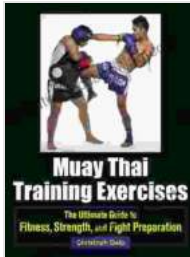
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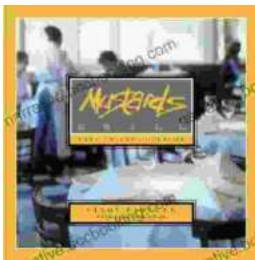
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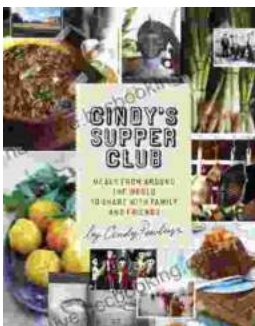


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