



# Combat Conditioning Functional Exercises

*Matt Furey*

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## **Combat Conditioning Functional Exercises** Matt Furey

From Introduction - This book is for anyone who wants to improve upon his or her current level of fitness. It's for men, women and children. It's for business people and regular folks who simply want to get in shape. It's for combat athletes who want to improve their performance. It's for anyone who wants to follow the road to functional fitness. (Description by http-mart, Roy Schoenbeck)

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