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Delavier's Mixed Martial Arts Anatomy features an anatomomorphological approach to allow you to choose the most effective exercises for your body type, physical conditioning, and fighting style. From boxing to ground fighting, you'll enhance your strengths and minimize your weaknesses with more than 20 proven programs.

Delavier's Mixed Martial Arts Anatomy: Frederic Delavier

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Delavier's Mixed Martial Arts Anatomy - Your Warrior's Edge

In my opinion, mixed martial arts, when taught properly, is excellent for both male and female students of any ages, size, or personality type. M: I have to be really tough to succeed in becoming a mixed martial artist.

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