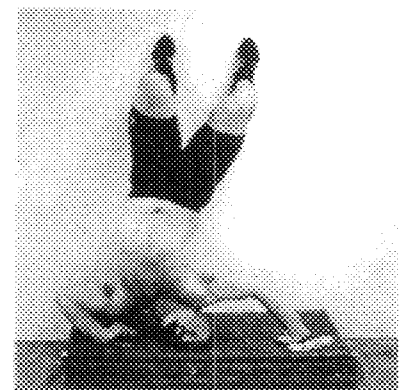
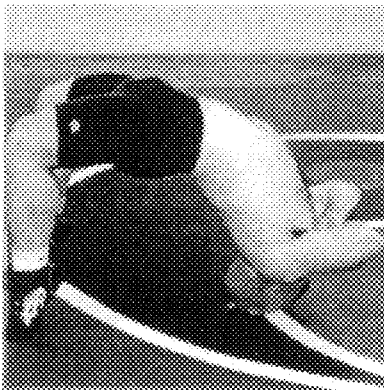
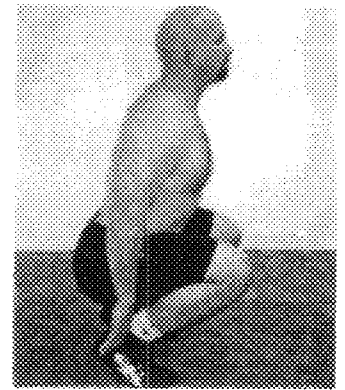
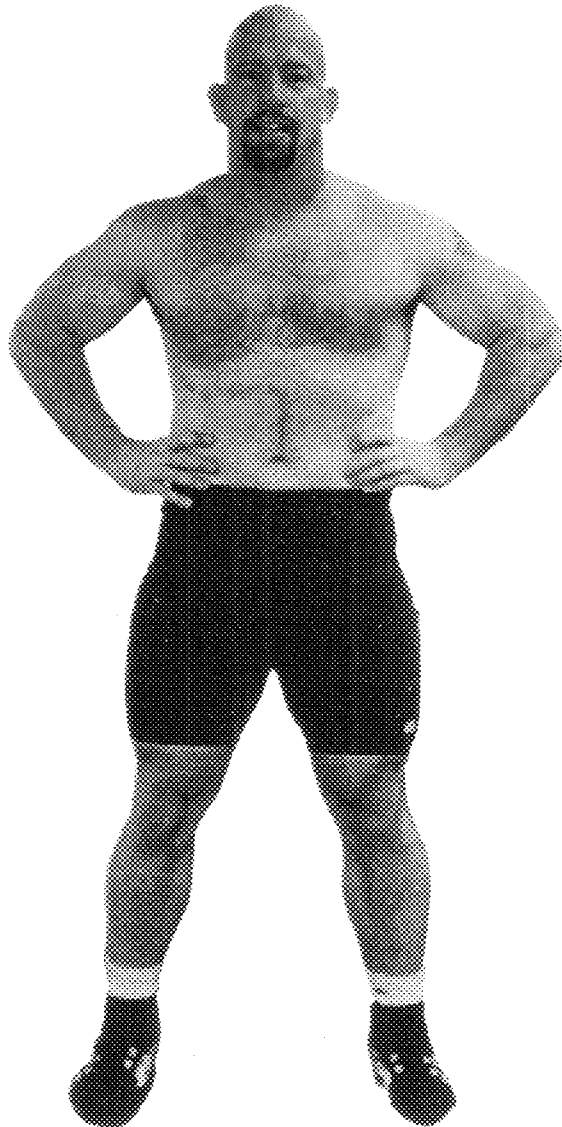
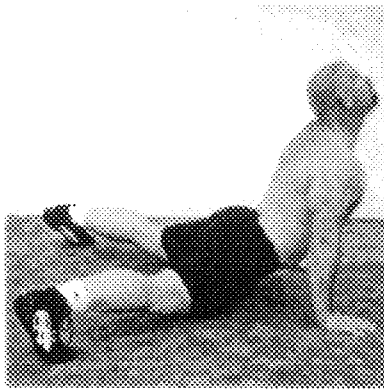


COMBAT CONDITIONING

Functional Exercises for Fitness and Combat Sports

by Matt Furey



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**Functional Exercises for
Fitness and Combat Sports**

by Matt Furey

Testimonials

*"In **Combat Conditioning** Matt Furey follows in the footsteps of Karl Gotch, taking a classical approach to conditioning. This approach is rock solid. Having used the exercises and having the people I coach and train use them, I have found these exercises to be great. Read the book and learn."*

Kim Wood

Strength Coach - Cincinnati Bengals NFL

*"By following the exercises in **Combat Conditioning**, my strength and flexibility have never been better. Even though I am in my mid-40's these exercises have allowed me to continue to compete at a high level. As a coach, I can say that anyone who wants to achieve an elite status in grappling or any other combat sport, needs to follow these methods."*

Steve Maxwell

Owner of Maxercise Sports Fitness
1999 Brazilian Jiu-Jitsu World Champion

*"I have found no other exercises that increase balance, agility, functional strength and overall grappling endurance like the bodyweight calisthenic exercises outlined by Matt in his grappling magazine (**G.A.I.N.**) and at his seminars. As a martial artist, I've tried everything from long, slow distance running to high weight, low repetition high intensity 'bodybuilding' style weight training, but found that my time is much better spent doing the calisthenics in **Combat Conditioning**. I rely heavily on these exercises, as do my students."*

Jason Crawford, Ph.D.

Senior Scientist
Combat Wrestling Instructor

*"In real estate the three rules are location, location, location. When it comes to combat sports the three rules are conditioning, conditioning, conditioning. Matt Furey will get you in the best condition of your life with his new book **Combat Conditioning**. I have used Mr. Furey's methods in my own training and with my Taekwondo students. The results have been incredible. Strength, endurance and flexibility were greatly improved. Whether you are a striker or a*

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