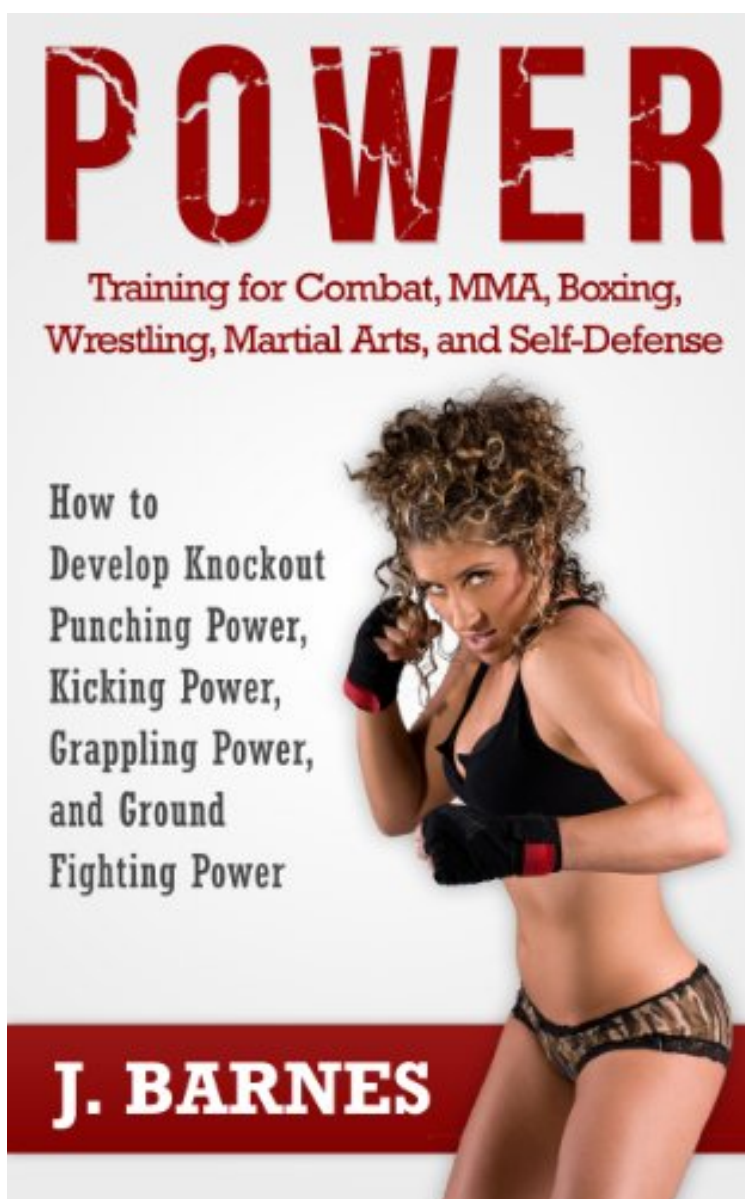


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# **Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power (English Edition)**

*Von J. Barnes*

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Very informative bookVon Ahmet GktasThis book provides good information on how you should train to develop knockout powerAlso it offers a sample training regimen and how you could create and adapt it for your needsI highly recommend it

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