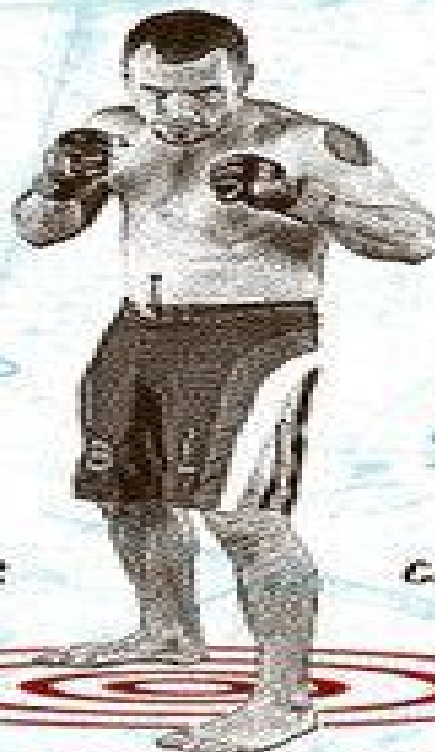


# *THE ULTIMATE* **MIXED MARTIAL ARTS TRAINING GUIDE**

TECHNIQUES FOR FITNESS, SELF DEFENSE & COMPETITION



*DANNY FLYLER*



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# Ultimate Mixed Martial Arts Training Guide

**Sammy Franco**

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