



# **No Weights No Problem - Body Weight Exercises For Mixed Martial Arts: Get Into Fighting Shape Without The Use of Weights or Equipment (Volume 1)**

*Tom Dinklage, Jason Skeete*

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This book reveals 60 fat melting and muscle toning exercises used by the Precision MMA competition team. These exercises require no weight equipment and can be performed anywhere. Written by Brazilian Jiu Jitsu Black Belt Tom Dinklage and Precision Competitor and Strength and Conditioning Coach Jason Skeete

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