



# **The Everything Krav Maga for Fitness Book: Get fit fast with this high-intensity martial arts workout**

*Jeff Levine, Tina Angelotti, Nathan Robert Brown*

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"The Everything Krav Maga for Fitness Book" will help readers get in shape. Spurred from the Israeli self-defense system, Krav Maga has become a fitness phenomenon, helping people across the country lose weight, develop coordination and build lean, strong bodies. Starting with the history and origins of Krav Maga, through to the fitness wave that has swept the U.S., "The Everything Krav Maga for Fitness Book" is complete with step-by-step instructions and in-depth photographs, demonstrating: how to find the right instructor and training centre; using the best equipment; the health benefit of building a strong "core"; practicing the correct techniques for warming up; how to develop a training regime (and how to stick to it); practicing upper body techniques and utilising your lower body; basic, intermediate and advanced techniques; and, getting certified to teach Krav Maga for Fitness. "The Everything Krav Maga for Fitness Book" will whip readers into shape!



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