



Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts

Martin Rooney

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In *Ultimate Warrior Workouts*, the exciting follow-up to the highly successful *Training for Warriors*, world renowned fitness instructor Martin Rooney travels to the top martial arts destinations around the globe to bring back a six-month training program based on fitness secrets from the world's best fighters in Brazilian Jiu Jitsu, Karate, Muay Thai, Sambo, Judo and more.<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

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