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Get Ripped And Strong In 30 Days With Just Your Own Bodyweight Without Putting Wear And Tear on Your Joints

Body Weight Beast Review PDF Download Workout Book Bodyweight

In today's post I am going to share with you a new version of Fight Gone Bad as well as some other variations and the original. Fight Gone Really Bad Workout inspired by the Crossfit version designed by Greg Glassman for UFC fighter BJ Penn. FunkMMA version uses the same protocol as Crossfit Fight Gone Bad, but with different exercises.

FunkMMA | Strength and Conditioning Videos

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