



Martial Arts for Athletic Conditioning (Martial and Fighting Arts)

Eric Chaline

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Getting and staying fit is a challenge for everyone. How do you find the right workout that you can maintain and that gives you the best bang for your buck and your time? Martial arts might be the answer. Inside, find out how learning a martial art can provide you with flexibility, strength, weight loss, and overall cardiovascular health. Along with the physical benefits, the martial arts each have a mental approach than can improve your focus and confidence and relieve stress. Instead of heading to the gym, why not try the dojo?

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