



# **KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts**

*Sensei Piotr Szeligowski 4thDan*

Download now

[Click here](#) if your download doesn't start automatically

# **KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts**

*Sensei Piotr Szeligowski 4thDan*

## **KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts** Sensei Piotr Szeligowski 4thDan

'KNOCK OUT! Explosive Power Conditioning with the BOSU® Balance Trainer' presents a powerful strength and speed training system that was specifically created for the purposes of peak performance development by the competitive martial arts fighters. This entire conditioning system is based on the dynamic application of the athletic functional training principles that are presented in 80 exercises within the book.

'KNOCKOUT!' is unequivocally a pioneering work. For the very first time ever BOSU® balance trainer is introduced as an essential equipment that can measurably increase performance and effectiveness of the martial arts fighters' training regimen. Furthermore, this book practically demonstrates that BOSU® offers a very effective and wide variety of applications - other than just a static balance trainer. In fact you'll find that BOSU® can be used as dynamically challenging piece of sporting equipment, such as trampoline, agility or explosive power trainer, one that adds an element of variation and unpredictability while it progressively increases difficulty of a regular training program. In its short theoretical part, the book presents athletic functional training principles, the importance of effective balance training in the fighting martial arts, as well as the benefits of incorporating BOSU® into every peak performance conditioning program.

BOSU® balance trainer is a fantastic training tool and despite its over-a-decade-long presence on the market, it still continues to be absent in the mixed martial arts training programs. The benefits of incorporating BOSU® into the fighters' ongoing athletic conditioning have been grossly underestimated and only utilized to a very small degree (perhaps such a state of popular opinion may be attributed to its initial rehabilitation related origins as well as to its increasing presence on the 'soft' fitness market).

The practical (training) part of the book begins with the functional tests of the explosive power that measure the dynamic potential of arms, legs, and both left and right sides of the body. In the subsequent sections you'll find a multitude of sample dynamic warm up routines that also incorporate exercises with BOSU®. The main part of the book consists of over fifty explosive power exercises for both arms and legs, including the ones that expedite fighter's technical proficiency development. Explosive Power is the first part of the entire MACS™ - Martial Arts Conditioning System - series, which in its entirety will incorporate principles of athletic martial arts training, including the trend that's already present in many professional sports disciplines. This specific trend separates the athletic part of training from its technical component, while it develops a complete conditioning system that measurably improves competitive fighting performance. In sports disciplines such a hockey, football, or boxing, it is a general practice to conduct a specific training regimen that develops and improves motor skills of an athlete and it is accomplished by hiring athletic coaches who are responsible for the entire conditioning process. This trend is a result of a far reaching specialization and a professional character of those sports disciplines that employ medical doctors, physiologists, psychologists, nutritionists, physical therapists, and highly accomplished athletic coaching and equipment management staff. MACS™ aims at the introduction of this trend into fighting martial arts.

 [Download KNOCKOUT! Explosive Power Conditioning: With The B ...pdf](#)

 [Read Online KNOCKOUT! Explosive Power Conditioning: With The ...pdf](#)



## **Download and Read Free Online KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts Sensei Piotr Szeligowski 4thDan**

---

### **From reader reviews:**

#### **Thomas Barreto:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts can be fine book to read. May be it can be best activity to you.

#### **Kenneth Grimes:**

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, in that case why you don't try issue that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts, you could enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't buy it, oh come on its identified as reading friends.

#### **Donald Scott:**

As we know that book is significant thing to add our understanding for everything. By a e-book we can know everything you want. A book is a group of written, printed, illustrated as well as blank sheet. Every year has been exactly added. This guide KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts was filled about science. Spend your time to add your knowledge about your research competence. Some people has several feel when they reading any book. If you know how big benefit of a book, you can sense enjoy to read a reserve. In the modern era like today, many ways to get book which you wanted.

#### **Michael Yancey:**

Reserve is one of source of expertise. We can add our information from it. Not only for students but also native or citizen require book to know the update information of year for you to year. As we know those textbooks have many advantages. Beside we all add our knowledge, can also bring us to around the world. From the book KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts we can have more advantage. Don't that you be creative people? To be creative person must prefer to read a book. Just choose the best book that ideal with your aim. Don't always be doubt to change your life at this book KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance

Trainer For MMA & Fighting Martial Arts. You can more attractive than now.

**Download and Read Online KNOCKOUT! Explosive Power  
Conditioning: With The BOSU Balance Trainer For MMA &  
Fighting Martial Arts Sensei Piotr Szeligowski 4thDan  
#C3EPVRYWM17**

## **Read KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan for online ebook**

KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan books to read online.

## **Online KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan ebook PDF download**

**KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan Doc**

**KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan Mobipocket**

**KNOCKOUT! Explosive Power Conditioning: With The BOSU Balance Trainer For MMA & Fighting Martial Arts by Sensei Piotr Szeligowski 4thDan EPub**