



Combat Conditioning

Matt Furey

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Unlike other exercise program where you are told you **MUST** do 30 minutes of cardio per day and an hour of weights, to get results, Combat Conditioning is totally different. 15 minutes is all it takes to whoop the hard-core trainee. But for the total beginner, you will start improving even if you're only able to train for one minute. That's right. I've had people begin with **ONE MINUTE** of Combat Conditioning and today many of these same people are fitness phenoms.

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