



**STING LIKE A MOTHA F'N BEE- Shawn Kunkler, author of the world's most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage**

*Shawn Kunkler*

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This is for SNARKY {adult} Martial Artists who want to Kick (more) Ass while showing off YOUR 6-pack ABS

By now, most of you are tired of putting in all those long training hours and still NOT getting faster, stronger, or losing that extra belly fat, am I right? When the bell rings at the end of the round are you struggling for fresh air...knowing you can be better? Are you feeling slow and just not as mentally sharp as you ultimately could be? Don't worry; this book is YOUR injection of adrenaline. So what are the essential tools required to catapult your skills to the next level? A level more badass than Bruce Lee riding in on a lightning-bolt tiger while rocking his yellow onesies?! The steps to success are actually easier than you think. Most top fighters know the secrets, and so should YOU! So regardless of your fighting "style," there are some universal rules you will want to learn.

Discover the 7 Keys to UNLEASHING your Physical Prowess!

1. **HYDRATION:** Learn how optimal hydration can improve physical performance when the right amount is consumed at the correct times.
2. **FUEL:** Discover what to eat and meal timing in order to maximize your energy levels + reveal that elusive 6-pack!
3. **THRESHOLD:** Understand your current limits so you know how to best SMASH through for maximum gains in the shortest possible time.
4. **RESISTANCE:** Learn specific EXPLOSIVE exercises to develop YOUR ability to instantaneously select the perfect action in response to any attack or opening.
5. **MOBILITY:** Revealed here is what every GREAT fighter knows: timing is everything.
6. **"IT":** Discover how to apply the one secret that ALL the BEST possess.
7. **\*BONUS:** nice try, but we MUST talk about that inside...

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**From reader reviews:**

**James Baron:**

The publication with title STING LIKE A MOTHA F'N BEE- Shawn Kunkler, author of the world's most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage has a lot of information that you can discover it. You can get a lot of gain after read this book. This specific book exist new information the information that exist in this book represented the condition of the world right now. That is important to yo7u to learn how the improvement of the world. This specific book will bring you throughout new era of the glowbal growth. You can read the e-book on the smart phone, so you can read this anywhere you want.

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