



The Institute of Human Performance

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A Day in the Life of a Champion (featuring live footage)

\$ 29.99

This DVD is the answer to the question "How?"

- How did JC Santana become the World's Most Renowned Strength and Conditioning Coach?
- How did Rhadi Ferguson become one of the best grapplers in the world?
- How did Intocombat become such a force in the combat sports arena?

This DVD takes you inside of the lives and homes of Rhadi Ferguson and JC Santana. You get to see what makes them tick and their philosophical approaches to what makes them high achievers.

This DVD is a testament to the ability of achievement through hard work, dedication, and good living.

This DVD also contains pictorial displays and live footage of Rhadi Ferguson training at the Institute of Human Performance.

Get this DVD today and understand JC's philosophy of the 4 Ls and Rhadi's philosophical approach to greatness that he calls the 3 Ps. Get an in-depth look at two champions!

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