



The Institute of Human Performance

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Circuit Training for Mixed Martial Arts

\$ 39.95

What is SAID?

Specific Adaptations to Implied Demands (SAID) training is the collection of combat-specific exercises and protocols that Intocombat has developed to help their combat athletes win titles and championships. No training series in the industry better combines exercise science, bioenergetic science, kinesiology, and the practical applications of combat functional training. The SAID training series will allow you to get in top shape for any combat style-you have JC's and Rhadi's guarantee.

Intocombat SAID Training: MMA

Mixed martial arts (MMA) is quickly becoming one of the most popular combat sports. Traditional myths, such as long runs and no resistance training, still govern many fighters' training philosophies. Intocombat now unleashes the most comprehensive and specific training program for Mixed Martial Arts fighters-SAID Training for MMA. JC and Rhadi share with you the exercises and circuits that have turned good MMA fighters into great MMA fighters. If you're ready for next-generation training, get ready to go Intocombat with **SAID Training for MMA**.

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