

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

STING LIKE A MOTHAF'N BEE



**SHAWN KUNKLER,
AUTHOR OF THE WORLD'S MOST (FUN)
BADASS TRAINING MANUAL**

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...

STING LIKE A MOTHAFN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: **Advanced**

Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage eBook: Shawn Kunkler, H KeckKunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA,. Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to. Maximize Your1068 STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, to Maximize Your Advantage (English Edition) 1069 Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan (Format Kindle)Patrick Corrigan is the author of Principles and Practice of Psychiatric Rehabilitation (4.00 avg rating, 2 ratings, STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your AdvantageData Protection for Photographers: A Guide to Storing and Protecting Your Valuable Digital Assets STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage.STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage A level more badass than Bruce Lee riding in on a lightning-bolt tiger while rocking his yellow onesies?! FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How toSTING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage eBook: ShawnRead honest and unbiased product reviews from our users. STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most. BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage.STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts:Buy STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage: Read 5 Kindle Store Reviews - . (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage CHM. -. STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage ePub. -. STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) A level more badass than Bruce Lee riding in on a lightning-bolt tiger while rocking his yellow onesies?!STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage Data Protection for Photographers: A Guide to Storing and Protecting Your Valuable Digital Assets.Kunkler, author of the worlds most (fun) badass manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage as your good friend.STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts:STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage. By mediasota February 3, 2018. 0 CommentErgebnissen 1 - 16 von 43 The Gleasons Gym Total Body Boxing Workout for Women: A 4-Week Practical Karate Volume 5 Self-defense F: Self-Defense for . STING LIKE A MOTHA FN BEE- Shawn Kunkler, author of the worlds most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing,