

Centurion Fit- Warrior Workouts



The ultimate book in body weight workouts ever devised for the modern day gladiator.

The system is based on the unique yet simple but effective Ton Up principle honed by the team at K8 bells after being subject to similar sessions during their military service.

The main difference from the developed system to any other is the super seven system contained within the Ton Up sessions and are unique to this book. Your whole strength, conditioning and performance will improve as your body works functionally and not in isolation a common mistake made by many fighters everywhere.

This system is tried and tested and proven to work, and even incorporates CV sessions allowing you as a fighter to progress quickly in all aspects of your strength and conditioning.

Even if your not a fighter you can benefit from this unique training system, your body will show you what it has been missing during your workouts and you can and will feel the difference within weeks.

Want to hear what they say about this unique training system

“Too many trainers get conditioning for fighters all wrong. Brian does a great job of thinking outside the box in this manual. His workouts are fun, creative, hardcore and most of all they deliver results.”

Rob Pilger

USA Boxing Coach

3 x golden gloves champion

<http://www.robpilger.com/>