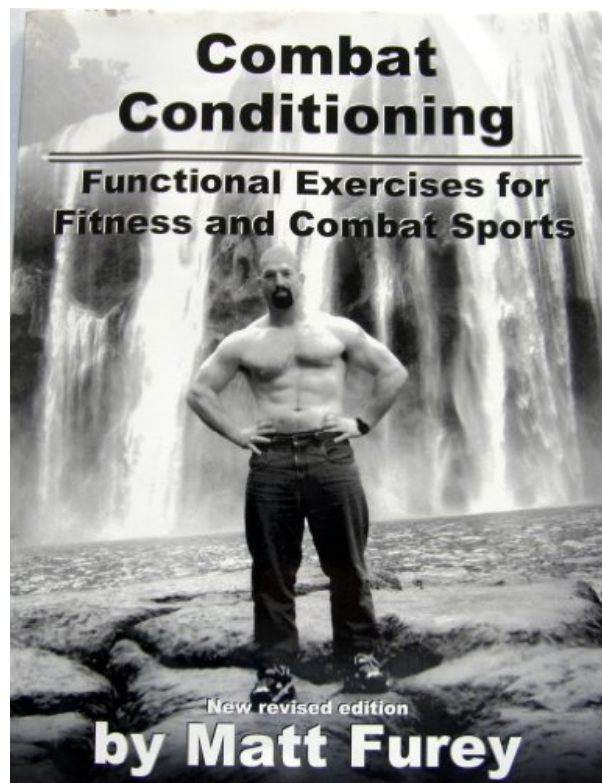
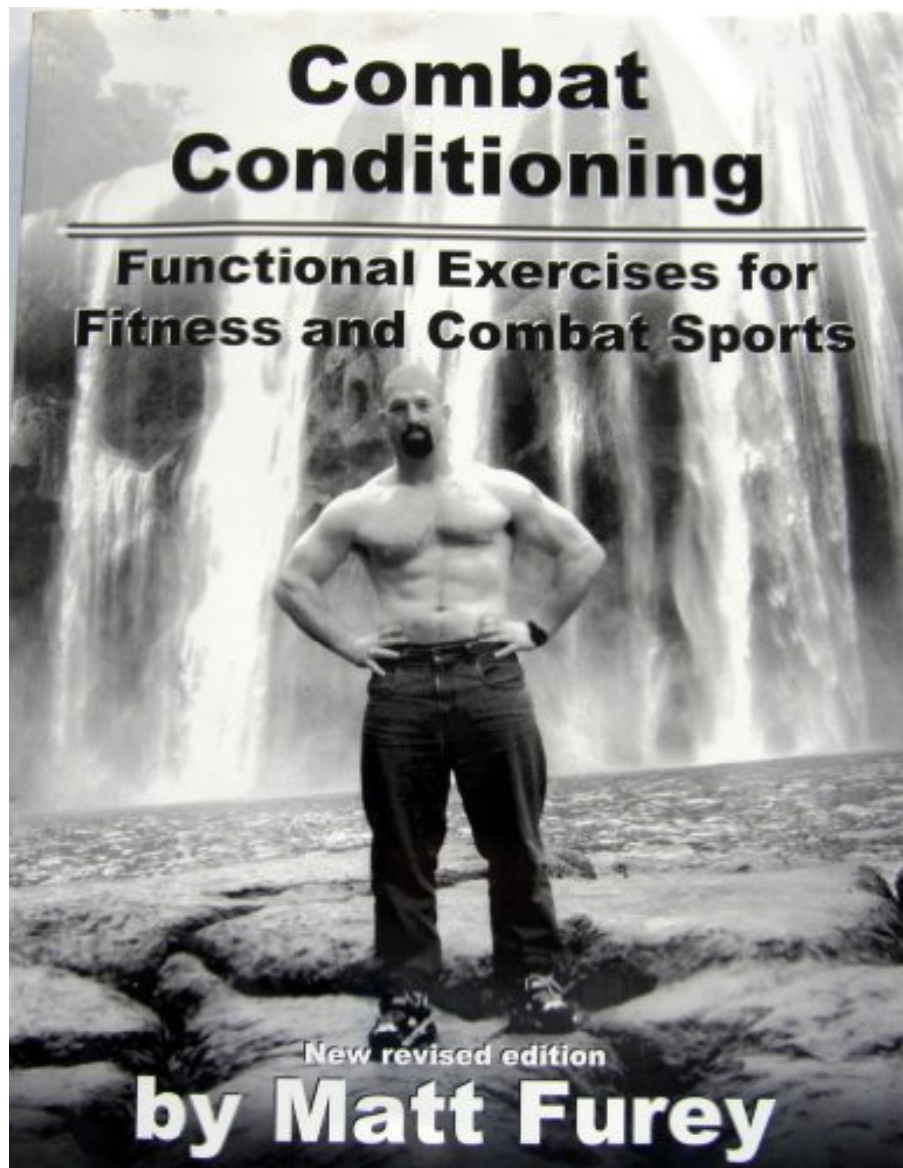


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COMBAT CONDITIONING: FUNCTIONAL EXERCISES FOR FITNESS AND COMBAT SPORTS, REVISED EDITION BY MATT FUREY PDF

Combat Conditioning is a system of bodyweight exercises comprised of the three most important exercises for developing the entire body: Hindu squats, Hindu pushups and bridging. When Matt Furey, the author of Combat Conditioning refers to the body, though, he does so in a different manner than most:

"I am not simply referring to the muscles when I talk about the body," says Furey. "I am also talking about the lungs, the heart, the kidneys, the spine and all the internal organs and glands."

When you exercise, think of training everything from the inside out. This means that deep and concentrated breathing plays a major role. Hindu squats lay the foundation for strength and endurance. They build lung power, as well as the thighs, lower back, calves, chest, shoulders and arms. The deep breathing that you do with this exercise, all by itself, will expand the chest and make it larger and more prominent. Additionally, Hindu squats develop balance and coordination. Hindu pushups are the second component of the Combat Conditioning program.

As great and important as Hindu squats and Hindu pushups are, however, the KING of all Combat Conditioning exercises is the back bridge. It exercises the entire body from head to toe. Many people with neck and back pain feel like new after less than a month of training in the Combat Conditioning program. Furey's entire Combat Conditioning program can be done without equipment of any kind. And it can be done virtually anywhere - making gyms, health spas and weight training obsolete. Combat Conditioning is great for the average man or woman who wants to get into kick-butt shape fast - and it's perfect for the combat athlete or martial artist who wants to ramp his skills to the next level.

- Sales Rank: #579130 in Books
- Published on: 2004
- Number of items: 1
- Binding: Paperback
- 140 pages

Most helpful customer reviews

1 of 1 people found the following review helpful.

A fantastic book for anyone who is seeking the ultimate in free hand exercise routines.

By Joseph J. Truncale

Unfortunately, I was sent the black and white photo copy of COMBAT CONDITIONING: Functional exercises for fitness and combat sports by Matt Furey rather than the CARTOON EDITION; nevertheless, this 136 page book has all the free hand exercises that are probably also shown in the CARTOON EDITION. The author is well known in the fitness community and his book explains in detail the various exercises that will get you into great physical shape.

He begins with emphasizing what he calls "The Royal Court." These are the most essential exercises for building the entire body. They include the Hindu Squats, Hindu Pushups and bridging. These are very rugged exercises and unless you are into good physical shape already, you should go easy into the "Royal Court" routine. This text also explores numerous other great exercises such as the wall walk, one leg squats, reverse push ups, V-ups, table making, Hindu Jumping squats, Lunges, finger tip push ups, Crab walking, Bear crawling, mountain climbers, side benders, forward Push exercise and numerous other great exercises.

The wonderful thing about this book is that it focuses on free hand exercises to build strength, power and endurance. Even though it is true that you can get a good workout in only 15 minutes; however, if you are seeking the ultimate in combat fitness you will have to follow the more challenging routines shown in this book. There is no question that doing these exercises anyone can get into great shape, whether or not you are into any of the combat sports.

Rating: 5 Stars Joseph J. Truncale (Author: Seated Zen Karate for Seniors and the physically challenged).

3 of 3 people found the following review helpful.

Good exercises but I expected a more substantial book

By Cepwin

I will say that the book set out what the author intended. The exercises seem challenging and accomplish the goal of a tough workout without any fancy equipment, etc. However I have to agree about complaints on price. For a relatively thin book, without any accompanying media (for example a DVD showing the author doing the exercises/routines), without color photos and glossy paper the price was a little high (although cheaper than a gym membership, etc.) I agree with the reviewer who suggested Mr. Furey put out a more polished edition and I'd add include a DVD so we can see someone working the entire exercise not just pictures of several points in the exercise.

32 of 35 people found the following review helpful.

Flawed, but unique and helpful.

By Mason Bockelman

Well... this book is a mixed bag. Its style is fairly amateurish and it makes a lot of over-the-top claims about how superior its methods are to every other form of strength training, familiar to anyone who's read through the marketing for as-seen-on-TV fitness programs. I would also tend to disregard any of the long-term training plans (1000 repetitions of any exercise is clearly not a good use of your time, and is certainly not the best way to gain strength).

However, for those who can read with a cynical eye and ignore this nonsense, there is a LOT of valuable content here. It is true that bodyweight exercise can be excellent for developing functional strength, and that many simple bodyweight exercises train muscles that are often neglected by weight training programs (though this argues more for their use in conjunction with weight training than as a replacement). And the list of exercises in this book is very detailed, clearly written and pictured, and includes a lot of esoteric but highly effective exercises that most people, even fitness-aware people, will not know. And these exercises can mostly be done anywhere without equipment, which makes them very useful for those who travel a lot or cannot always make it to a gym.

If you are capable of designing your own workouts, are already interested in bodyweight exercise, and are willing to do more research to find the best way to integrate these movements, this book can help you on your way and offers things many other books on strength training do not. However, if you are looking for a complete fitness program written by a professional with a scientific and reasoned approach, you may want to start elsewhere, as much of the general advice in this book is misleading, and it is much more useful for the descriptions of specific exercises.

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