

Strength and Conditioning Seminar 2010

Sunday 3rd October.

12noon to 2pm at M.A.I. D.7

Taught by Robert Devane.

New training methods from the top professionals in Canada

S&C has taken a leap forward in the past 10 years and a lot of new training methods have been developed in several sports. MMA has been at the forefront of the new strength and conditioning training revolution. This seminar is designed to go through training routines that you can add to your own training. It's not always the best fighter who wins - often it's the best conditioned fighter!

Only 30 euro.

Please register your interest today.

There are only 20 places available.

Tel: 01-6776592

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