FIGHT SCIENCE COLLECTIVE

CHAMPIONSHIP CARDIO BLUEPRINT FOR FIGHTERS

Learn How to Master Your Body's 3 Energy Systems and Dominate your Next Fight

CONDITIONING & ENERGY SYSTEMS

Aerobic System

- Access the aerobic system playbook HERE

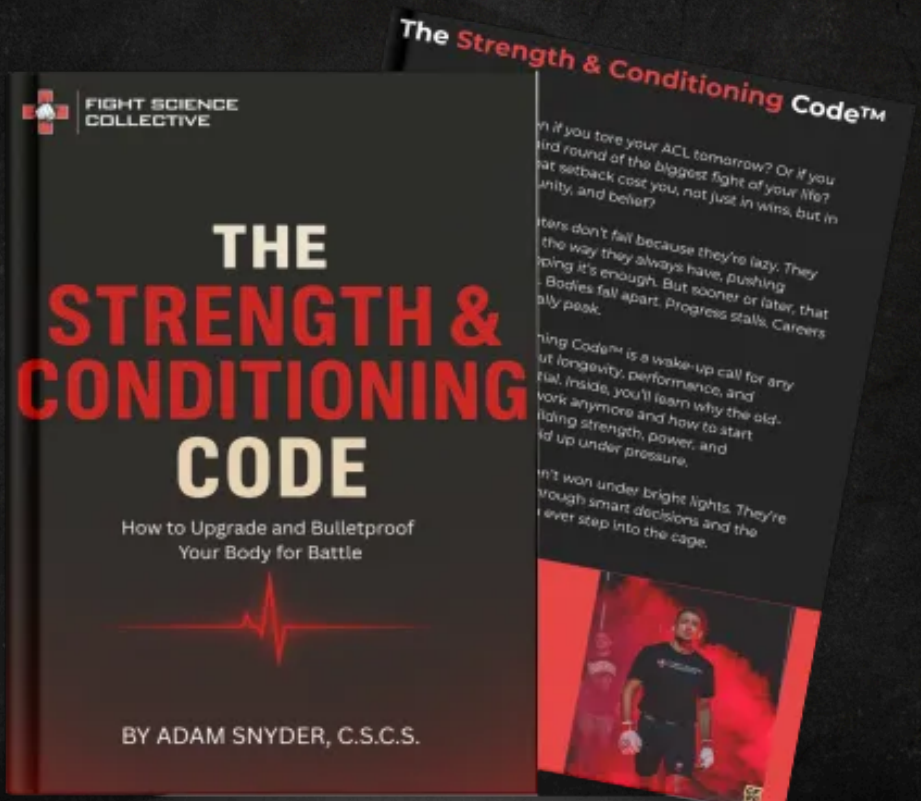
Lactic System

- Access the lactic system playbook HERE

A-Lactic System

- **Access the a-lactic system playbook HERE**

LEARN HOW TO AVOID CAREER-ENDING INJURIES WHILE BUILDING DEVASTATING FINISHING POWER AND CHAMPIONSHIP-LEVEL CARDIO



Get the Book

DO YOU WANT HELP BUILDING CHAMPIONSHIP CARDIO?

Apply for a Fight Science coaching, and let's build a plan tailored to your body, your training, and goals.

You'll experience faster recovery, smarter training, and real results that will keep you ahead of the competition.

Click this button to schedule a free Diagnostics Call today

Book a Call