

## Combat Conditioning Functional Exercises Fitness Sports

**united states marine corps - militarytraining** - to the muscles produces a warming effect, increasing the elasticity of the muscles and connective tissue, which is believed to reduce injury. (2) conditioning exercises. **thor3 program - ebm** - them to do all of the lifts correctly and teaching them to do a sound program, a periodized program so they can enhance their performance and actually have their peak performance while

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