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Conditioning aims at conditioning the body to being in top fight shape and is specifically designed to give people everything they need to never have to worry about conditioning again has caught the attention of Shane Michaels, prompting an investigative review.

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Ultimate MMA Strength and  
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Maximal strength is often a limiting factor in power, and therefore is very important for an MMA fighter.  $\text{Power} = \text{force} \times \text{velocity}$ , and training strength will increase the force that a fighter can potentially produce.

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