



Superfit: Royce Gracie's Ultimate Martial Arts Fitness and Nutrition Guide (Brazilian Jiu-Jitsu series)

By Royce Gracie, James Strom, Kid Peligro

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Royce Gracie has teamed up with James Strom, fitness coach for Keyshawn Johnson, Serena Williams, and the University of Southern California Trojans, to create a customized program for martial artists. This unique program of strength training, cardiovascular routines, flexibility exercises, and nutrition.

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Editorial Review

Review

""Royce Gracie is the baddest man on the planet."

About the Author

Rodrigo Gracie is the grandson of Brazilian jiu-jitsu founder Carlos Gracie, has a string of victories at ultimate fighting event Pride, and runs his own fighting academy. He is the author of "No Holds Barred Fighting," He lives in New York City. Kid Peligro is the author of "The Gracie Way "and coauthor of "Brazilian Jiu-Jitsu Black Belt Techniques," "Brazilian Jiu-Jitsu Self-Defense Techniques," "Brazilian Jiu-Jitsu Submission Grappling Techniques," and "Superfit," He contributes regular columns to "Bodyguard" and "Gracie Magazine," A black belt in jiu-jitsu, he travels the world as an ambassador for the sport. He lives in San Diego, California.

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