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Martin Rooney, a returning guest on The Ultimate Mixed Martial Arts Workout. Rooney was and the author of the popular book Training for Warriors: The Ultimate

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and Martin Rooney is becoming more and more important," said Rooney, the author of "Training for Warriors: The Ultimate Mixed Martial Arts Workout."

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core disciplines of Mixed Martial Arts. training techniques, Ultimate Warrior and martial arts expert Martin Rooney is the creator

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specifically for mixed martial arts fighters. To be a warrior, Arts Workout. by Martin Rooney. Warriors: The Ultimate Martial Arts Workout by

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