

BACK BY POPULAR DEMAND

# FIGHTING FITNESS WEEK

(for Adults)



1 full week of intensive kickboxing taught by Robert Devane.

**Monday 6<sup>th</sup> to Friday 10<sup>th</sup> August 2018**

**10am to 12pm**

(put in for your time off work now)



Some participants have lost up to one stone on past Fighting Fitness Weeks and this year we are ramping it up to concentrate on fat burning and muscle toning through the use of the very latest Kickboxing techniques and drills. When you register you will receive your FFW 2018 diet plan. This diet plan combined with the FFW training will ensure you maximize your results. It's only for 5 days so you can definitely do it!

Some people travel to Thailand for an intensive week of training. Why bother? Save lots of money and avail of better training instruction and better training conditions here.

What will be covered?

We will be training like professional fighters and will cover all aspects of Fighting Fitness:

**Endurance, Strength, Stamina, Flexibility, Technical Ability, Speed, Agility, Conditioning, Fighting Strategy, Sparring, all while having FUN!**

**Full sparring equipment is required as we will be sparring everyday (emphasis on fitness and not ego).**

We sell everything you will need if you don't have it already.

You don't have to be advanced to participate. This course is open to everyone of all levels, so there's no need to feel intimidated.

The cost is only €150 for the whole week.

**\*\*EARLY BIRD SPECIAL\*\* You can attend FFW 2018 for only €99 if you pay in full before 31st July.**

**Normal price of €150 resumes from July 31st (don't ask for this special price if you're too late)**

There are only 20 places available.

*If the ninja turtles were real they would absolutely love FFW 2018!!!*



**Location:**

**M.A.I.**

5 Brunswick Court,  
North Brunswick Street,

**Dublin 7.**

Tel: 01-6776592

[www.MartialArtsInc.com](http://www.MartialArtsInc.com)