

## **Secret Military Muscular Strength Fitness & Flexibility Training Exercises and Workouts Will Get You**

*International Martial Arts Master and acknowledged military trainer and self defense expert Martin Day is proud to announce the release of his all new groundbreaking ultimate muscular strength*

**Nov. 23, 2008** - [PRLog](#) -- Queensland, Australia, ( ) – International Martial Arts Master and acknowledged military trainer and self defense expert Martin Day is proud to announce the release of his all new groundbreaking ultimate muscular strength, fitness and core strength flexibility training exercises and workouts. These Fighting Fit programs are available to each and every person young and old worldwide that wants to experience total battle proven fitness and conditioning which will change their lives in an inspiring and positive way. Who doesn't want to know the secrets to getting 6 pack abs and ultimate army physical fitness?

Martin Day spent 20 years in the British Army as an instructor to some of the toughest regiments on the planet.; he has devised and created these step by step military and martial arts training methods and workouts so that every person who makes the decision to lose weight, tone up and achieve great strength and stamina along with endless endurance can do so. Don't wait; take advantage of the secret and special training that is taught to all of the armed forces; men and women in the British Army and allied forces. The training methods he has developed throughout his service in the military, martial arts and his sporting career will give you a BIG advantage over every other program out there. These are real methods that work their magic in a straightforward, fast and unique way.

Your life is going to change when you start to see and feel great results after just 20 minutes per day. After a week you won't recognize yourself.

What makes Martin's Fighting Fit training methods different from others? Well, as mentioned earlier, he has utilized his training methods and his knowledge of training whilst serving with Special Forces such as the 22 Special Air Service (SAS), The Parachute Regiment, The Guards Division, The Gurkha Regiment, Australian Army/Defense Force, New Zealand Army/Defense Force, American Armed Forces, and the Canadian Armed Forces.

A few of his credentials and qualifications include "Army physical training instructor (PTI), member of the Army boxing team, Army cross country team, 1500 and 5000 metre runner and he is a personal trainer, ASA Swimming teacher, Unarmed combat instructor, Pressure points instructor, and Arrest and Restraint techniques instructor."

He is also a 5th Dan Black Belt in freestyle sport karate and he devised his own unique martial arts and self defense training system for children and adults in 1996. At the same time he set up a surveillance and investigation company, once again based on his experience in the Army.

His main website, (<http://www.martindayfitness.com>) [www.MartinDayFitness.com](http://www.MartinDayFitness.com) states: "If I Can Do It, So Can You! I'm 52 years young and I can do more with my body now than I could when I was in my twenties – I'm much stronger, fitter, very flexible and have limitless stamina and my mind is as sharp as a pin! But I wasn't always like this; that's where my bodyweight core (<http://www.martindayfitness.com>) conditioning exercises come into the frame; if you want to be like me then just follow my training systems."

Some of Martin Day's training exercises and workouts are nothing new, since it has been used by armed

services throughout the world for many years. What is new, is the combination of military and martial arts exercises that none have seen before like the Battle Group series of bodyweight conditioning exercises which include Combat Alpha, Bravo and Charlie. So now anyone who has the determination to improve and blast off belly fat and excess weight and get into lean, toned and muscular shape can do so via Martin's battle proven workouts; so get lean and trim just like the fighting soldiers of the British Army; you won't regret it.

What's more Martin Day guarantees all of his programs with a no questions asked refund whilst you try them for 90 days. You can even keep some of the gifts and bonuses that come with the packs!

Martin has said again and again that by using the methods that he used and now passes on to the public, he "smashed records (and opponents) in athletics, cross country, triathlon, boxing, swimming, and martial arts."

"Take advantage of what Martin has put together, you won't look back, it's the real deal and it will get you in great shape really quick!" – Patricia Fast

To learn more and to get your free ebook go here now <http://www.martindayfitness.com>.

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