

Warrior Cardio

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[Cardio Strength Training](#) Rodale Books

Im Ausdauertraining kündigt sich eine Revolution an: Die Dauermethode, bei der man über lange Zeit in einem moderaten Herzfrequenzbereich trainiert, wird durch das metabolische Training abgelöst. Hierbei wechseln sich extrem fordernde Belastungsphasen und Erholungspausen ab. Dieses Training, das sich mit Hantelkomplexen, Zirkeln oder Intervallläufen umsetzen lässt, steigert die Herzleistung, baut Kraft und Muskelmasse auf und reduziert Körperfett. Es ist deutlich wirksamer als Joggen oder das Training an Cardiogeräten, nimmt aber weniger als die Hälfte der Zeit in Anspruch. Der weltbekannte Fitnessexperte Martin Rooney präsentiert in diesem Buch zum metabolischen Training Hunderte bebilderte Übungen und zahlreiche Workouts sowie ein komplettes 12-wöchiges Trainingsprogramm. Er fasst den aktuellen Forschungsstand zusammen, zeigt neue Warm-up- und Prehab-Techniken zur optimalen Verletzungsprävention, gibt Tipps zur Ernährung und zum Gewichtmachen. Dieses Trainingsprogramm ist ideal für Kampfsportler, aber auch für alle, die in kurzer Zeit viel Körperfett reduzieren und ihre Ausdauerfitness verbessern wollen.

[My Squirrel Days](#) Three Rivers Press (CA)

From a Navy SEAL comes the absolute best in result-driven fitness regimens, drawn from the same essential training and workout plans used for police officers, military, and firefighters to keep them fit and in optimum physical condition. Get fit now with these awesome collections of workouts designed by a Navy SEAL for maximum fitness. Developed and tested by best-selling fitness author and expert Stewart Smith, these workouts will challenge you like no other exercise program available. Whether you are an everyday athlete or aspire to greatness, Warrior Workouts will leave no man--or woman--standing! Warrior Workouts features challenging workouts, including: Spartan Run/PT: A brutal run to push your limits! Spec Ops Leg Day: Leg day will never be the same! Devil's Mile: Take on the devil with this crazy workout! Blue Falcon Workout: Go head-to-head with a friend and see who wins! The Upper Body Round Robin: Your favorite workouts—remixed! Hellacious 100s: 10 workouts, 1000 reps, ZERO breaks! Sandbaby 500 with Kettlebell and TRX: Put your whole body to the test with this unforgettably tough workout! • CLEAR, PROVEN RESULTS FROM LEGENDARY FITNESS EXPERT. Combining comprehensive exercise information with instructional photos and diagrams, Warrior Workouts takes all of former Navy SEAL Stew Smith's teaching experience and puts it in your hands. • ONLINE SUPPORT THROUGH GETFITNOW PLATFORM. Comprehensive online support via social media, community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more. • REACH YOUR ABSOLUTE PHYSICAL PEAK. Designed to push the human body to the brink, Warrior Workouts challenges you to dig deep and find strength you never knew you had. • COMPLETE FITNESS PLAN FOR MAXIMUM RESULTS. Warrior Workouts contains a comprehensive workout schedule designed to drive you beyond the limits of your strength, speed and endurance to achieve never-before-seen results.

Warrior Workouts, Volume 3 Faris Digital Solutions

Have you considered getting in shape? Or would like to take your training up to a new level? This book combines 6 Weeks of varied Weight Training, fantastic Cardio, and sculpting Yoga and the top secret weapon - 16:8 Intermittent Fasting- to create a Turbo Charged regime to get lean and sexy FAST. By combining these elements we take you to a whole new level of burning fat to streamline and sculpt your body into the way you always envisaged it - and reveal the best body you always had! 6 Reasons to Make this Book an Essential Part of Getting An Amazing Body: 1) A Full 6 week regime that you can repeat designed to sculpt and lean up your body. 2) Varied and Challenging Workouts include - Weight Training, Cardio Workouts and Yoga 3) 6 Week Guide of what to eat with nutritious values each meal provides, especially the protein needed to burn away fat and retain muscle. 4) Build muscle tone, regulate your cardio heart levels, and even learn to be flexible via yoga sessions. 5) Learn about your own body by exercising, nutrition, see progress, learn how to master your workouts to benefit you. 6) Tips, Tricks and easy Hacks to Turbo Charge your weight loss Do you already train but aren't getting the results you deserve? Have you been wanting to get back into shape? Do you long to get into shape and have that envious glance of your friends and the guys? Well read on. What is Intermittent Fasting? Fasting crushes your eating time into a shorter period of 8 hours. This means that you don't eat at all during the other 16 hours. However this is where the magic happens. Once you push the body into a fasted state we begin to reap the benefits of Intermittent Fasting: --Insulin levels: Blood levels of insulin drop significantly, which aids fat burning. --Human growth hormone: The blood levels of growth hormone may increase as much as 5-fold. Higher levels of this hormone facilitate fat burning and muscle gain, and have many other benefits. --Cellular repair: The body induces important cellular repair processes, such as removing waste material from cells. --Gene expression: There are beneficial changes in several genes and molecules related to longevity and protection against disease. All amazing benefits to your body, all helping lose fat. Now we add the fitness elements, a detailed weights and cardio workout plus Yoga and we are on the road to a sexy body. Curious? This is a Fun, Challenging and Life Affirmingly Progressive workout - This will help you achieve that body you've always wanted. Your own health begins with you saying two words 'I can' - Imagine what people will be saying about how you look a month and a half from now? Let's do this together!

[Warrior Cardio](#) Harper Collins

Comedian and star of The Office and Unbreakable Kimmy Schmidt Ellie Kemper delivers a hilarious, refreshing, and inspiring

collection of essays “teeming with energy and full of laugh-out-loud moments” (Associated Press). “A pleasure. Ellie Kemper is the kind of stable, intelligent, funny, healthy woman that usually only exists in yogurt commercials. But she’s real and she’s all ours!” —Tina Fey “Ellie is a hilarious and talented writer, although we’ll never know how much of this book the squirrel wrote.”—Mindy Kaling Meet Ellie, the best-intentioned redhead next door. You’ll laugh right alongside her as she shares tales of her childhood in St. Louis, whether directing and also starring in her family holiday pageant, washing her dad’s car with a Brillo pad, failing to become friends with a plump squirrel in her backyard, eating her feelings while watching PG-13 movies, or becoming a “sports monster” who ends up warming the bench of her Division 1 field hockey team in college. You’ll learn how she found her comedic calling in the world of improv, became a wife, mother and New Yorker, and landed the role of a bridesmaid (while simultaneously being a bridesmaid) in Bridesmaids. You’ll get to know and love the comic, upbeat, perpetually polite actress playing Erin Hannon on The Office, and the exuberant, pink-pants-wearing star of Unbreakable Kimmy Schmidt. If you’ve ever been curious about what happens behind the scenes of your favorite shows, what it really takes to be a soul cycle “warrior,” how to recover if you accidentally fall on Doris Kearns Goodwin or tell Tina Fey on meeting her for the first time that she has “great hair—really strong and thick,” this is your chance to find out. But it’s also a laugh-out-loud primer on how to keep a positive outlook in a world gone mad and how not to give up on your dreams. Ellie “dives fully into each role—as actor, comedian, writer, and also wife and new mom—with an electric dedication, by which one learns to reframe the picture, and if not exactly become a glass-half-full sort of person, at least become able to appreciate them” (Vogue.com).

[The Way of the Warrior](#) Riva Verlag

Demystifies cardiovascular training using techniques intended to help unleash the inner warrior, and features a twelve-week fitness and diet program accompanied by metabolic exercises and workout routines.

Chosen Warriors Xulon Press

When your brain works right, your body works right, and your decisions tend to be thoughtful and goal-directed. But when it's bombarded with things like fear mongering from the news media, advertisements for unhealthy foods, or technical gadgets that distract you from loved ones, you are more likely to make bad choices that can cause damage in your body. But you can turn things around. The Brain Warrior's Way is a scientific program designed by Daniel and Tana Amen to help you master your brain and body for the rest of your life.

The Way of the Warrior Saint ECW Press

A best-selling author, pastor, futurist, and cultural thought leader argues that to experience and establish inner peace, we must first confront the battles that rage within. Your longings for inner peace and deep purpose are attainable, but they won't come easy. They require a warrior's mentality. Fighting for them requires passion, perseverance, and precision. This is an invitation to an unflinchingly honest look at your interior life guided by the ancient principles and methods revealed through Scripture. Erwin Raphael McManus delivers wisdom, instills passion, and provides the sacred movements needed to become the warrior you were meant to be. We live in a time of global and personal chaos. The world is at war because our souls are at war. The path to peace begins with you overcoming your most frequent and fierce enemy: yourself.

Warrior Cardio Createspace Independent Publishing Platform

Feeling old? Always tired? Suffering from neck and back aches? Tried everything and nothing helps? You ' re not alone. “ Desk Warriors ” all over today ' s modern world suffer from the same problem. Busy work schedules, technology and sedentary lifestyles cause a huge portion of the general public to struggle with headaches, neck and back pain, low energy levels, mood swings and poor performance. The worst part of all? They think it ' s normal. I ' m here to tell you it ' s not. If you are suffering from body aches and pain, this book is for you. If you ' ve read every health book, tried every approach and found yourself losing hope and confidence in finding a solution, read this book. I ' ve brought together over a decade ' s worth of health adjustment experience in helping people to overcome pain (permanently) to create the 6-step approach outlined in this book. No mysteries, no gimmicks; just a straightforward and practical guide to understanding the truth about pain and how you can get out of it. Specifically written for busy business owners, corporate professionals and executives to get out and STAY OUT of pain so you can work hard, play hard and leave fatigue and illness behind.

Tactical Fitness Penguin

The essential diet and fitness guide to lean, ripped abs—including a results-driven 4-week program to lose weight, strengthen your core, and chisel your entire body Call it a spare tire, muffin top, or paunch. Men and women consistently cite their belly as their biggest problem area—and it is often the toughest final pounds to lose. Not anymore! Whether readers ' eating habits have been affected by stress, their bodies have changed with age, or they ' re constantly doing crunches without results, it ' s time to blast belly fat the right way. Using the comprehensive, week-by-week eating and exercise plan, readers can lose up to 20 pounds in 6 weeks—and keep it off, forever. Including a step-by-step, 4-week eating and exercise plan, easy-to-prepare recipes, and hundreds of exercises, The Men ' s Health Big Book of Abs is the ultimate guide to a leaner, fitter, sexier body.

The Warrior Queen Hatherleigh Press

ACHIEVE THE SAME GOLD STANDARD OF FITNESS UPHeld BY THE PROS! Over the past decade, Special Ops fitness has morphed into a new fitness genre along with military, police, and firefighter fitness called tactical fitness. Developed by a former Navy SEAL and building upon Special Ops fitness techniques, Tactical Fitness is designed to train you to perform to the rigorous physical training standards at the same level of excellence required of these Heroes of Tomorrow. At the core of this program is the Tactical Fitness Test which measures 12 standards for your physical capacity, including: cardiovascular conditioning, strength, muscle coordination, and stamina. Tactical fitness means having the skills needed to save lives and extend the limits of your endurance whether you are in the military, police, firefighting professions, or just an everyday hero. Designed for both men and women, Tactical Fitness presents a series of scaled workout plans—programs based in calisthenics, cardio, and swimming—supplemented with weights, full-body exercises, and functional athletic

movements. Unique skills presented also include rope climbing, grip strength, carries, wall climbs, and much more. With Tactical Fitness, you will:

- Reach your absolute physical peak with the same workout techniques used by Special Forces military, firefighters, and police
- Follow a rigorous fitness curriculum designed to help you exceed the limits of your strength, speed, and endurance
- Benefit from all the teaching expertise of former Navy SEAL Stew Smith
- Be ready for whatever life throws at you

Tactical Fitness sets a standard of excellence that does more than meet the minimum requirement—it allows you to reach your full physical potential! From the Trade Paperback edition. [Warrior Workouts, Volume 1](#) St. Martin's Essentials

The Way of the Warrior Saint promotes self-sacrifice—or crucifixional living—as the cure for the modern fallacy of taking the easy route in life. Modeled on Jesus’ victory over death through His voluntary suffering on the cross, it spotlights heroes who through self-sacrifice became exceptional and reputable individuals. You don’t have to believe the tenets of the Christian faith to see that the mechanism of self-sacrifice is the way to find greatness within you. Even a cursory examination reveals that the Christ story serves as the model for all our great stories. The likes of Luke Skywalker, Jon Snow, Catniss, Tony Stark, Elsa, Harry Potter, Batman, Wonder Woman, Pinocchio, Horus and Perseus. All of our heroes found their victory through the sacrifice of self. But the crucifixional model isn’t just for the movies. We find the same message in sports, the kitchen, marriage and everywhere else we look. If you want to live a life based on wisdom in the service of others, you’ll find a refreshing Christian perspective that drives results in this book.

“Personal achievement advice has been with us since time immemorial, but in *The Way of the Warrior Saint*, an American parish priest from Arizona, Fr. Chris Salamy, takes it to another level by overlaying a powerfully Christian teaching on top of the traditional wisdom of the ages. His unique message for exceptional living, through what he terms a crucifixional life, is an important concept and a must read, especially for all dads and younger men.” —Dean G. Popps, former Assistant Secretary of the United States Army

“*The Way of the Warrior Saint* is a helpful read for anyone who is trying to put faith into action. It is filled with real life challenges, engaging stories, solid principles, and practical tips to help the reader navigate life’s uncertainties with clear direction. Father Chris distills his years of ministry experience into memorable and applicable ‘takeaways’ that can help each one of us and all of us live a life that honors God and serves others.” —Tim Tassopoulos, President and COO, Chick-fil-A, Inc.

“*The Way of the Warrior Saint* is a work of art. Fr. Chris identifies the missing link in our lives that allows us to conquer anything and live successfully. The concept of living a crucifixional life to overcome and win is genius and a tool that everyone should embody. This book is a must read for anyone that has faced challenges and wants to live more powerfully.” —Dr. Eric J. Scroggins, author of *Vision Blockers*, life & business coach, CEO of [EricScroggins.com](#)

“In *The Way of the Warrior Saint*, Fr. Chris draws from his personal experiences to paint a vivid and compelling case for taking up the ‘crucifixional’ way of life. Not only does Fr. Chris inspire his reader but he also gently guides them towards a fuller Christian life. I highly recommend this often humorous and bare-knuckled book by one of the Church’s preeminent pastors it will engage every reader who wants to live courageously for Christ.” —Father Evan Armatas, Host of *Orthodoxy Live* on Ancient Faith Radio and author of *Toolkit for Spiritual Growth: A Practical Guide to Prayer, Fasting, and Almsgiving*

The Pain-Free Desk Warrior Kyle Cathie Limited

Along with the many benefits of leisure-class living comes obesity and its attendant ailments. In *The Warrior Diet*, Ori Hofmekler looks not forward but backward for a solution – to the primal habits of early cultures such as nomads and hunter-gatherers, the Greeks, and the Romans. Based on survival science, this book proposes not ordinary dietary changes but rather a radical yet surprisingly simple lifestyle overhaul. Drawing on both scientific studies and historical data, Hofmekler argues that robust health and a lean, strong body can best be achieved by mimicking the classical warrior mode of cycling—working and eating sparingly (undereating) during the day and filling up at night. Specific elements from the *Warrior Diet* Nutritional Program (finding ideal fuel foods and food combinations to reduce body fat) to the *Controlled Fatigue Training Program* (promoting strength, speed, and resilience to fatigue through special drills), literally reshape body and mind. Individual chapters cover warrior meals and recipes; sex drive, potency, and animal magnetism; as well as personalizing the diet for women. Featuring forewords by *Fit for Life* author Harvey Diamond and *Fat That Kills* author Dr. Udo Erasmus, *The Warrior Diet* shows readers weary of fad diets how to attain enduring vigor, explosive strength, a better appearance, and increased vitality and health.

[Training for Warriors](#) Rodale

Warrior Workouts gets you into the best shape of your life—the way the professionals do it. *Warrior Workouts, Volume 2* features over 100 all-new workouts designed to simulate the year-long periodized training of Navy SEALs and special forces elite. Combining a wide range of exercise information with tailored progression plans from legendary fitness expert and former Navy SEALs Stewart “Stew” Smith, this program turns your everyday workouts into warrior workouts. *Warrior Workouts, Volume 2* features challenging workouts, including: **Build Your Own 300 Workout**: The perfect method to fit any program! **PT Supersets**: Intense training for maximum results! **Death by Push-Ups**: Can you survive this grueling core workout? **TRX 5 x 5 x 5 Workout**: Weighted TRX workouts for extra challenge! **Beat Your Weakness Workout**: Surpass your cardio limits! **Tactical Strength Fitness Test**: The ultimate measure of your endurance! Drawn from the same essential training and workout plans used for military special forces, police, firefighters and other tactical professionals to keep them fit and in optimal physical condition, *Warrior Workouts* will challenge you to dig deep and find strength you never knew you had.

- CLEAR, PROVEN RESULTS FROM LEGENDARY FITNESS EXPERT. *Warrior Workouts* take all of former Navy SEAL Stew Smith’s teaching experience and puts it in your hands.
- ONLINE SUPPORT THROUGH GETFITNOW PLATFORM. Comprehensive online support via social media, community forums, and website featuring additional content such as exclusive exercise videos, nutritional tips, live updates from authors, and more.
- REACH YOUR ABSOLUTE PHYSICAL PEAK. Designed to push the human body to the brink, *Warrior Workouts* challenges you to dig deep and find strength you never knew you had.
- COMPLETE FITNESS PLAN FOR MAXIMUM RESULTS. *Warrior Workouts* contains a comprehensive workout schedule designed to drive you beyond the limits of your strength, speed and endurance to achieve never-before-seen results.

[Warrior's Plan](#) Trinidad Force

Ready to hit the gym? Pump some iron? Or, walk or run and burn some calories? Maybe cycling, yoga, or some cardio? Whatever you decide to do to burn some calories, lose a few pounds, and help you to maintain a healthy diet, get the *Workout and Meal Planner* and track your fitness goals and healthy meals for the next 52 weeks. Start the new year off right with proper diet and exercise and keep track of your weight loss and muscle gain with the *Workout and Meal Journal*. For meals, there is one page per week to log your breakfast, lunch, dinner, and snacks for seven days. For workouts list your weekly goal, muscle group focus, your current weight, and exercises, reps, and weight used. Track your cardio on the same page listing calories burned, distance and time. Record your water intake and any notes from the workouts. Get back in shape and feel great!

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[Warrior Cardio](#) Hatherleigh Press

Change your life without changing your lifestyle with this revolutionary workout that provides the benefits of cardio and strength training in one anytime, anyplace 20-minute program. We all want to be fit and healthy, but few of us have the time or inclination to log the countless hours in the gym it takes to sculpt a physique on par with the Hollywood elite. Enter Jay Cardiello’s *Cardio Core 4x4*, which shows you that your body can be your gym. Cardiello tailored this program for his tight-on-time celebrity clients, but you don’t have to be a celebrity to get these kinds of results. *Cardio Core 4x4* provides a program that requires only 20 minutes—which includes both the cardio and core workouts—and it’s equipment-free, enabling readers to train whenever and wherever they can. Cardiello offers a dynamic approach with a series of specific movements for a well-toned core. His fit tips provide readers with bite-sized takeaways for optimal nutrition and total health. *Cardio Core 4x4* is an excuse proof, surefire fitness package.

Clean & Lean Warrior Troubador Publishing Ltd

CHOOSE VIRTUE ALWAYS Time-tested principles for succeeding in life through the understanding and development of character, virtues represent the moral excellence of a person. From discipline to prudence, fortitude to faith, the warrior virtues presented in these pages are guaranteed to transform your life to one of meaning and purpose. The *Warrior’s Book of Virtues* uses the battle-tested principles of the United States Marine Corps to help everyone live their best life in easy and practical ways. Don’t settle for less, and don’t make excuses for yourself. Become inspired to achieve your full potential and complete every objective you set. Adapt and overcome.

[Bring It!](#) Hatherleigh Press

Within you, there is a warrior spirit that wants to live free at the highest vibration. It is timeless, fearless, and has the power to capitalize on your talents, strengths, and opportunities. But it’s not easy to unleash that spirit as it requires tapping into your mind and having the courage, strength, and self-discipline to take action to achieve your desired destination, to live out your dharma, and fulfill your destiny. Shea Webb knows how difficult it is: At age 17, he had just won a televised kickboxing fight and was training hard for his next big battle. He also had a full-time apprenticeship as a carpenter working for his dad. On the weekends, he enjoyed surfing and partying with his friends. But that happy life ended one cloudy Friday morning in June 2000 when he had a serious accident—one that almost killed him and reset his path. Once Shea knew he’d live, he had to look at his life closely and reach down deep to find the warrior within. Only then could he overcome obstacles and enjoy love, health, happiness, wisdom, and wealth. *Activate the Warrior Within* blends the Yin (soft) and the Yang (hard) of mental toughness to live a life full of love, health, wealth, and abundance on your own terms. Designed with exercises you can take action on to strengthen and improve your mental and physical health, you will start living your dream life with the inner strength and the tools to fulfill your own unique destiny.

The Warrior’s Book of Virtues Lulu.com

Dr. Belisa Vranich’s ground-breaking second book teaches the science, techniques, and benefits of breathing correctly and efficiently for warriors in all walks of life. People are less in touch with their bodies—and especially their breathing—than ever before. Ironically, athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk. Why? Because they’re asking their body to take on next-level demands, but failing at life’s most essential skill: efficient breathing. Proper breathing is the world’s most powerful biohack. Learning it will help you feel better, avoid injury, and perform at your very best (including in bed!). Champion gladiators, master martial artists, even spearfishers all had one thing in common: efficient breathing to achieve flawless execution. An elite few still understand: Navy SEALs who need to make the perfect shot, super-elite weightlifters who truly understand how to harness and channel their energy, free-divers who can spend seemingly impossible amounts of time underwater, and high-profile execs who keep calm before multi-billion-dollar presentations. You can learn their secrets. From the corporate athlete to the tactical ninja, *Breathing for Warriors* is a practical, science-forward book that focuses on everything related to breathing and performance—from muscles and workouts to an impenetrable inner game.

[Alien Cyber-Warrior's Matched Mate](#) Mina Carter

Alex Garretty never thought she would graduate high school. Since becoming a demon hunter, every day has been a fight for survival. Not only has she been fighting for her own life, she has also been fighting to save her friends and family. When her friend Eli became possessed by a demon, she swore she would do whatever it takes to save him. Alex and her Guardian, Daniel, head out on the road to find a way to save Eli, and discover new dangers along the way. In the end, Alex must decide not if she is willing to die for the people she loves, but if she is willing to fight for them at all costs.

[Breathing for Warriors](#) The Wild Rose Press Inc

The Complete Book of Fitness, Strength and Longevity for Seniors. This book is Julio Anta’s journey to being fit and looking young at 57. Learn how how Julio Anta went from being like Charlie Brown to Superman and how he has improved in his 50’s. Julio Anta believes in leading by example. As you will see by his youthful looks and physique not only does he talks the talk but walks the walk. *Discover your Fountain of Youth* Age Defying Fitness, Health and Longevity* How to look, feel, and function 20 to 30 years youngerHow to raise your testosterone and growth hormone levels for longevity.Discover the secretes to longevity and fitness of celebrities and athletesLearn how local ageless warriors stay fitIf You Train Like a 50 Year Old, You’ll Look Like a 50 Year Old, If you Train Like an Ageless Warrior you’ll Look Like an Ageless WarriorLearn the secretes of Centenarians. Read about famous Ageless Warriors such as fitness guru Jack Lalanne, Jiu Jitsu Master Helio Gracie, the father of American Tae Kwon Do, Jhon Rhee, Salsa singer and Pastor Bobby Cruz, and Sig Klien stayed young and fit.Defy the Odds, Look Better Today than Yesterday.There is no set way to train like an Ageless Warrior. Ageless Warriors train in different ways. This book will help you discover your Ageless Warrior workout. You’ll be introduced to Bodybuilding, Martial Arts, Yoga, Bootcamp, Kettlebells, Pilates, Battling Ropes, Muay Thai Kickboxing, Functional Training, Tai Chi, Qi Gung, Calisthenics, and Indian Clubs.Julio Anta is a fit and fearless 57 year old grandfather. His goal is to change your life with over 40 years of fitness and martial arts experience. He is the owner of Anta’s Fitness and Self Defense. Anta is certified in numerous martial arts and fitness modalities. He believes in being a student life. He was also a U.S. Marine Corps Sergeant, Law Enforcement Officer and former competitive bodybuilder.