

KravBody Challenge - The Latest Fitness Craze Sweeping The Globe

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Edinburgh, Scotland Sep 14, 2022 (Issuewire.com) - The Latest Fitness Craze Sweeping The Globe - The KravBody Challenge.

The KravBody Challenge is a 4-day-a-week, 8-week fitness programme that promises to change your life. The Challenge combines the world's deadliest self defense system and The Most Effective Weight and Resistance Training In The World Today.

The KravBody Challenge is proving to be extremely popular with men, women, and children across the globe and is being utilised as a get-in-shape programme.

The Founder Marcus Houston States "The KravBody Challenge was created with the sole purpose of producing a combat-ready individual. An individual that is in Peak Physical Condition also can attack and defend themselves at a world-class level in any hand-to-hand combat situation.

The Programme states that at the end of the 8-week challenge, the participant will be in peak physical condition and have the ability to attack and defend themselves in any hand-to-hand combat situation.

The KravBody Challenge can be taken either in class or online and lasts for a total of 8 weeks.

The programme starts at £300 Around \$347 USD for the full 8-week online training programme. The Programme provides each participant with the following: A full 12 Week Training Programme, a Full 12 Week Custom Diet Programme, a Complete Supplement Guide, a Dedicated Trainer To Manage Your Transformation, Access To Weekly KravBody Social Challenges, and Free Lifetime Access To The KravBody Forum

Visit www.kravbody.com to find out more.

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