

AVOID FRESHMAN 15

TOTAL BODY WORKOUT
IN JUST 30 MINUTES

Cage Fitness is a group training program that is inspired by mixed martial arts techniques and the workouts that get those fighters in such great shape. Cage Fitness is based around a championship Mixed Martial Arts bout, which is five - five minute rounds with a one minute break between each round. Get in the best shape of your life in just 30 minutes. Get started today!



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PARTNERS
MARTIAL ARTS

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