



**THE WORKOUT THAT COULD
SAVE YOUR LIFE**

WEAPONS OF FITNESS

**The Women's Ultimate Guide to Fitness,
Self-Defense, and Empowerment**

AVITAL ZEISLER Creator of THE SOTERIA METHOD

Avital Zeisler

Weapons of Fitness: The Women's Ultimate Guide to Fitness, Self-Defense, and Empowerment



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and just might save your valuable lifestyle. It was an instantaneous sensation, and is currently popular by everyone from corporate executives to Hollywood celebrities— After ballerina Avital Zeisler was savagely attacked as a female, she lived in dread— Unique and empowering, Weapons of Fitness will help obtain you into incredible form— Seeking a method specific to women and using Krav Maga as a base, she created her own self-defense program: the Soteria Technique. Learn how to become your very own weapon of self-protection and fitness to be able to create and target your best life.such as for example Amanda Seyfried, Megan Boone, and Keri Russell, to name a few—who seek her classes both for the self-protection and for the intense, body-sculpting workout. until she took action to train with specialists in self-defense from around the world.A groundbreaking self-defense and fitness reserve for women by way of a ballerina-turned-self-defense expert.



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Finally, a book about women's self-defense and fitness that tells the reality about how to seriously achieve female empowerment. As a lifetime college student (and instructor) of numerous martial arts (Judo, Jujitsu, Karate-Carry out, Kenjutsu, Tanto-Jutsu, Wakizashi-Jutsu) and self-protection (Krav Maga, MDTs, Combatives, etc.. When I saw this publication (Weapons of Fitness: The Females's ultimate guide to fitness, self-defense, and empowerment by Avital Zeisler) for an acceptable price on Amazon I instantly bought it. For me to provide a book a 5 star rating it really needs to be something special. Many books on females's self-defense also neglect to emphasize the significance of hard and rugged training to achieve genuine skill in self-protection. There are many books written on ladies's self-defense that provide fairly good advice but they seldom show ladies actually doing strong and powerful techniques. That is why I found this wonderful publication to become refreshing and enlightening. The writer, Avital Zeisler, has generated the Soteria Technique and has created a book which provides women with not only practical advice, but factual here is how to accomplish true fitness along with self-defense abilities. She suggests no easy 10 lesson course like many women's self-defense books, but shows what you must do to build up true and realistic road self-defense techniques. This 226 page large paperback book is organized into four parts with a complete of 13 chapters. They're: Your mission, molding your weapon, hitting your targets, and protecting your life. The publication is filled with clear and easy to follow black and white photographs showing each workout and technique. Truncate (Author: Pro-System Combatives Vol. Nevertheless, if you are ready to follow not just the advice, however the tough workout routines to achieve the ultimate in fitness, self-protection and empowerment, this publication is for you. Accurate combative skill takes determination and a willingness to work hard in training. nevertheless, this reserve still deserves my highest ranking. My one and only complaint about this publication is it did not show any methods striking hitting pads and shields to greatly help develop striking power; This book is not if you are not willing to put in the effort. This is why I love this book. I am hoping a lot of women read and follow the advice and practice the routines in this book to empower themselves. I recommend it to anyone who is looking for a practical, easy-to-learn approach to self defense. Joseph J. If you are a woman who is looking for an easy and unrealistic approach to true to life self-defense this publication isn't FOR YOU. Love it- I acquired bought a paperback copy but that one got kidnapped by my sister, who won't give it back- so at least the girl can't take this one!).! I feel I have a better chance/response time and realize after reading this how to concentrate on training myself right. I do feel better at blocking compatives and made much improvement in my class. The book breaks things down relating to your fitness level and educates you on teaching your body to be prepared for challenges life may bring that self-defense is necessary. Very useful information that is very detailed . Excellent book! Weapons of Fitness This book is quite helpful for giving great insight of overcoming obstacles and training suggestions to have the ability to defend yourself.. Desire to get plenty of information and tips for them out of it from a woman's perspective. Very helpful information that's very detailed and extremely useful! As a complete time professional fighting techniques Instructor, I came across the book to be a extremely refreshing read, and an excellent reference are well! Ranking: 5 Stars. Despite the fact that the book is aimed at the female target audience, the information within pays to to anyone, feminine or male! Definitely a welcome addition to my library! Guide Good read. Has some very guidelines. Easy to do and well explained guidelines. It provided exactly what it proposed to do. Excellent book! Love it- I experienced bought a paperback duplicate yet that ..) systems I am always searching for new and aged books on these topics. 1,2. XD Five Stars Easy to read and informational! I feel I will also be more successful in my own Krav Maga course I

started a few weeks ago because I did in the beginning freeze up and couldn't act fast enough to save lots of my life. Very useful. Self Defense adjusted for Women by a woman Bought as a gift for my daughters.



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