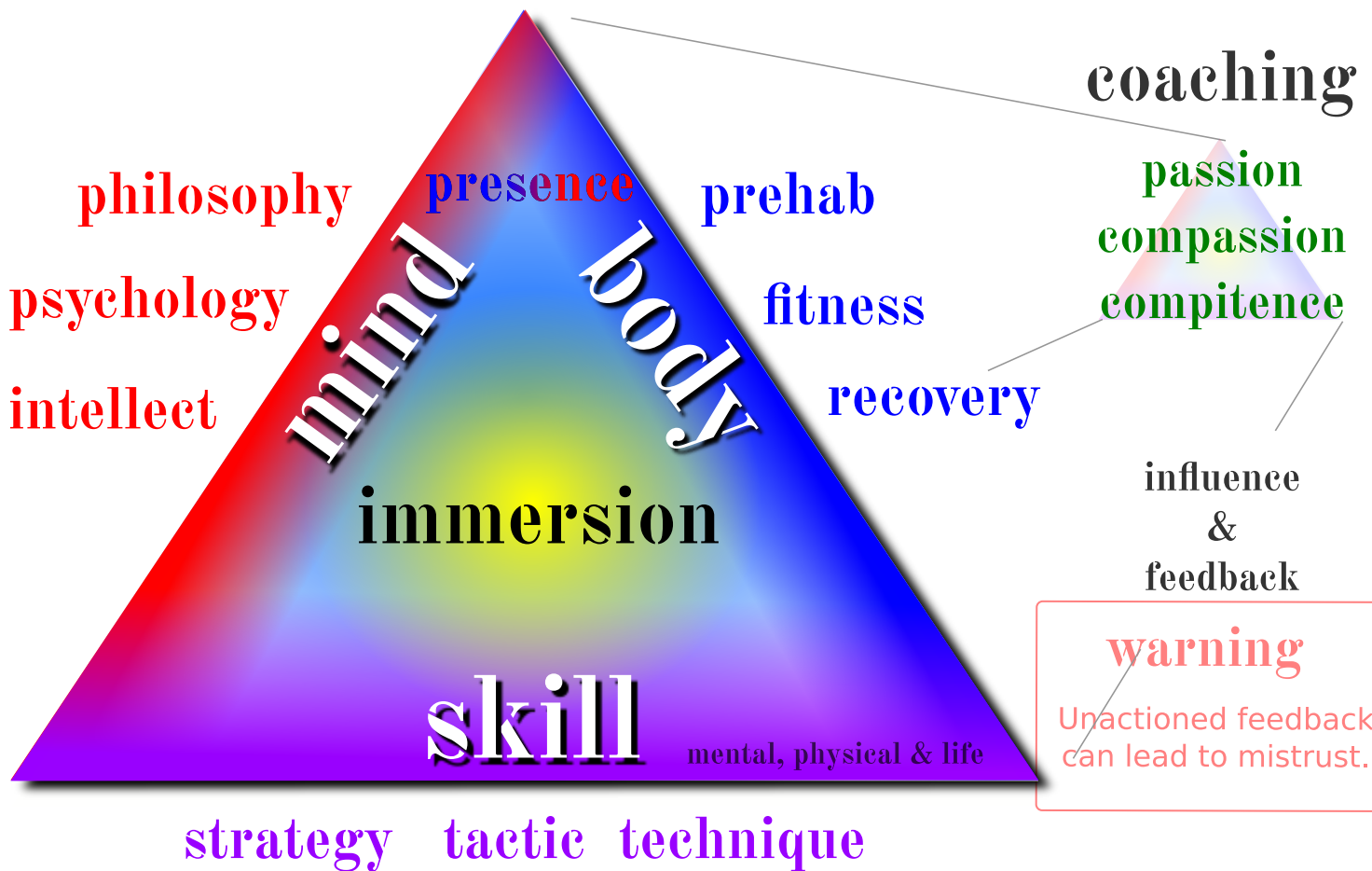




barebones - MMA 3.0 -

The mec's martial arts guide to maximising performance & happiness in MMA (& life)...

athlete



= performance

+ external factors

= outcomes

focus on
what you
can control