

## Bruce Lee The Legend

**Bruce Lee The Legend** *\*FREE\* bruce lee the legend* Bruce Lee learned through combat that he needed to improve both his strength and conditioning to be a more effective martial artist. Although he used basic concepts like weights for strength, jogging for endurance, and stretching for flexibility, these methods have come a long way since the 1960s and '70s.

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Author : Karolin Baecker

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