

KRAV MAGA BY SPARTANS ACADEMY

(PART 1)

Whether you are looking for a more social alternative to gym based workouts, or looking to master the world’s leading self-defence and combat system, Spartans Academy helps you to:

BECOME FITTER

Improve overall fitness

Increase strength

Develop strong core

Increase flexibility

GROW CONFIDENCE

Know how to deal with real world problems

React positively even when under stress

Keep calm even in threatening situations

BECOME SAFER

Increased situational awareness

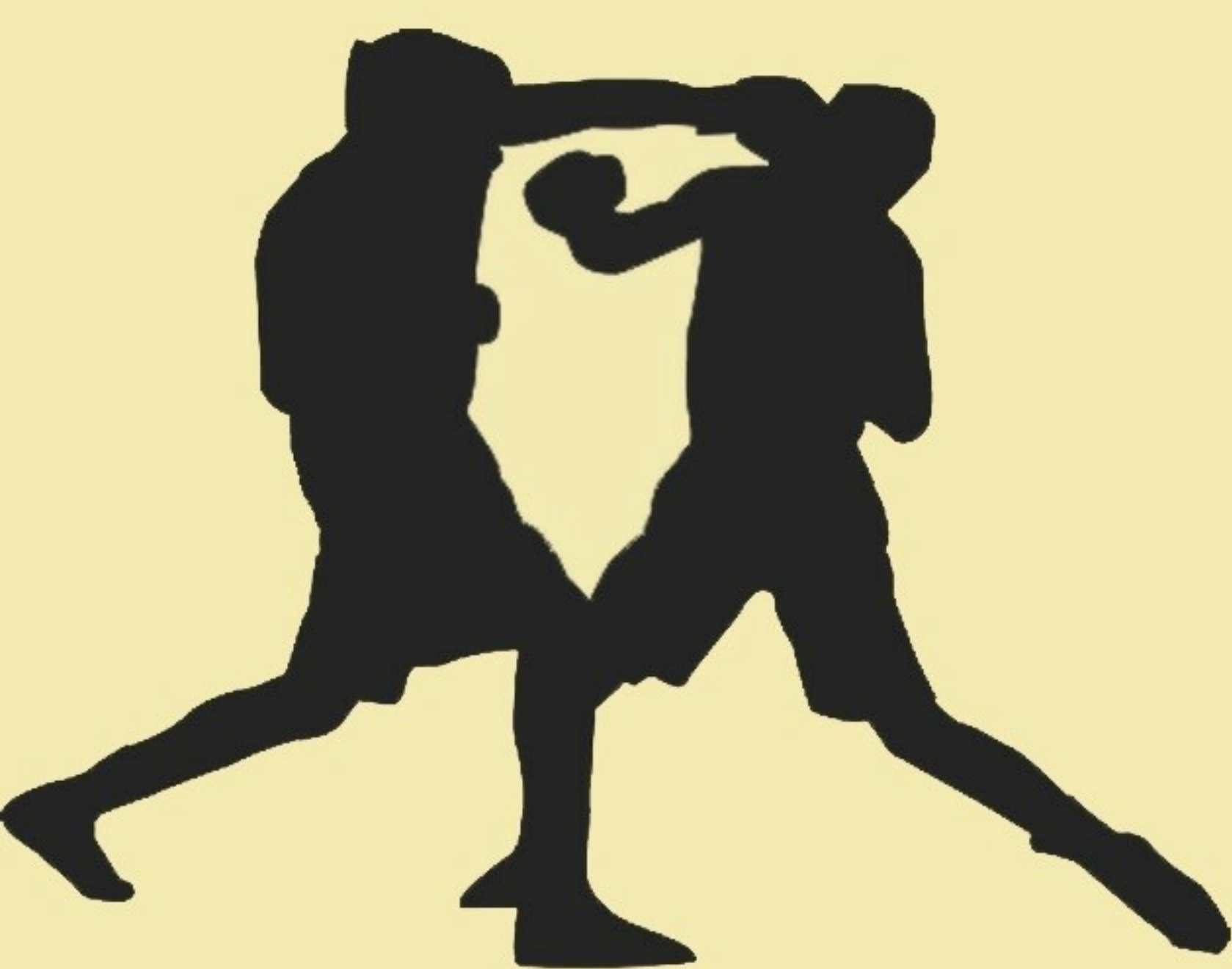
Greater ability to handle conflict

Avoid dangerous situations

CALORIES BURNED — KRAV MAGA

All data is from the Medicine and Science in Sports and Exercise journal, the official journal of the American College of Sports Medicine.

If you weigh roughly



130 pounds

590 calories burned
Krav Maga per hour

155 pounds

704 calories
burned/hour

180 pounds

817 calories
burned/hour

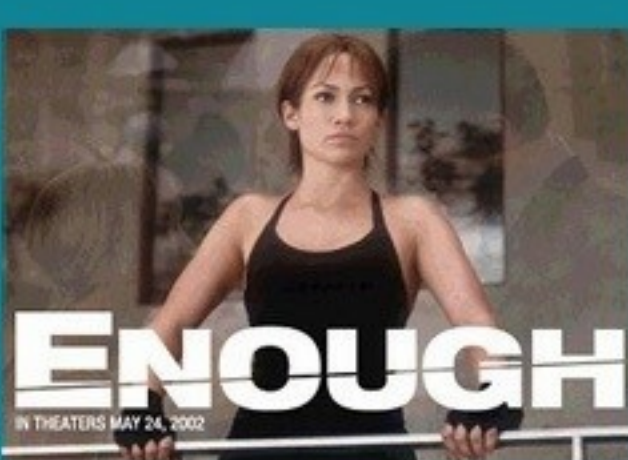
205 pounds

931 calories
burned/hour

KRAV MAGA IN THE MOVIES



TAKEN 1, 2, 3



ENOUGH



SKYFALL 007



THE DEBT



THE EXPENDABLES 3



UNKNOWN



THE BOURNE ULTIMATUM