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What We Tried: Power Punch, one of 12 workouts in the new UFC FIT at-home fitness and nutrition program from the Ultimate Fighting Championship (UFC)

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Where: In the comfort of my very own living room! What We Did: After a brief warmup, Mike Dolce , an ultimate fighting champion himself as well as a coach to some of the sport's top athletes, launched into five rounds of mini circuits.

We Tried It: UFC FIT | HuffPost Life  
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