

MMA Training, Eating & Technique Secrets.

A quick note:

After scouring the internet for true, powerful sources of MMA videos... this document contains some of the best, free info that's out there.

Of course, nothing beats training with pros - so if you'r ready for the full-on experience, then come on by for your risk-free trial now (refer to the email this document was in for links to the sign up page).

And now for the info you've been waiting for.

MMA Conditioning:

These routines enhance, strengthen, and tone your entire body. For best results, do them at an intensity that challenges you - without going overkill (that just leads to injuries). Go hard, go fast, and watch as your body gets ripped and toned over time.

1. A Full Workout:

<http://www.youtube.com/watch?v=yqI0xJAsmdI>

(If you don't have dumbbells do the exercises mimicking the same movements without dumbbells. If you don't have a bar - replace this exercise with standard squats.)

2. 15 Minute Kick-Butt Workout. No equipment required.

Involves fighting technique, conditioning & more.

<http://www.youtube.com/watch?v=uaG3arfzdP8>

3. MMA "Knockout Power" Workout for Explosive Power.

Requires some equipment. Best used at your local gym - or, with a little imagination, you can

probably think of how to do it at home.

<http://www.youtube.com/watch?v=YLHoAaQrf2Q>

MMA Technique:

Practicing these moves is a workout in itself. First, try the moves very slowly so your body can adapt and adjust. After you really have them down, then speed it up, and repeat in intense, 30-seconds intervals for a killer workout, too. Rest 10 seconds between each interval.

1. How to Jab.

<http://www.youtube.com/watch?v=OxpEpgMgSqq>

2. 4-Punch Combo.

<http://www.youtube.com/watch?v=pZfhG7kVGVc>

3. Hip Heist: Double Leg Takedown Defense

http://www.youtube.com/watch?v=_061gEyLyb0

MMA Nutrition:

MMA fighters need a few key things from their nutrition plans:

- 1. Energy.** To sustain them in their training and in fights.
- 2. Weight-stability.** The diet can't make them gain weight. They need to stay lean, ripped and toned. If they need to lose weight, the diet has to accommodate this as well.
- 3. Health.** They need their bodies to be at 100%. Healthy foods help the body perform at optimal levels.
- 4. No hunger!** Training builds a big appetite. Fighters can't worry about calories and such. They need to be full from every meal, and for that full feeling to last.

Here's a nutritional plan that combines all of these - and you DON'T have to count calories! Now, that's not to say you should over-eat and go crazy. You want to eat just enough to get full - and not a single bit more.

- 1. Eat a low-glycemic diet (don't worry, I'll explain what that means in a second!).**

When you eat carbs of any kind, it causes fluctuations in your blood sugar levels. Foods with a lot of white sugar cause your blood sugar levels to go crazy. They also cause you to gain fat, reduce your energy levels, and lead to overeating (see, after your blood sugar levels spike up, your body reacts by bringing them back down - which causes you to get hungry and crave MORE bad foods!).

Low-glycemic foods keep you fuller, longer... help your body eliminate excess fat... and keep your energy levels sustained all day long.

So, the question is... "How do I know what foods are low / high glycemic?"

Luckily, there are a few websites loaded with thousands of foods and their glycemic indexes. Here's the best one:

- <http://www.glycemicindex.com/>

Basically, you want every meal you eat to contain:

1. A low-glycemic source of carbs (to give you sustained energy)
2. A healthy source of fat (to keep you full)
3. Protein (to build muscle, reduce fat, and help strengthen your body)
4. Fresh fruit / veggies (these aid digestion, boost metabolism, and help your body process what you're eating)

Here are some examples of meals:

Breakfast: Two eggs on whole wheat toast with an apple or other fruit.

Lunch: Tuna sandwich on whole wheat bread with spinach and tomato.

Snack: Smoothie with 1 Tbsp. Peanut Butter, 1 Banana, Reduced Fat Milk

Dinner: Pan-fried filet of salmon, lightly-baked asparagus, sweet potato

As you can see, each of these meals contains hardy carbs, fat, protein, and fresh fruit / veggies. As long as you stick to this structure, and make sure your carbs are low-glycemic, you can replace these foods with any others in their categories.

Smart Phone Tip: If you're at the grocery store - or out to eat - and want to know if the food you're looking at has a high glycemic index... just open up your smart phone, and google "glycemic index of [food]".

You'll know within seconds if the food is okay to eat ;-)

Our MMA Program: Each of these

elements - all under one roof.

Of course, the best way to insure you'll get the best-possible training, condition and nutrition is to work with experts. That's why I'd love to invite you to test-drive our program.

Just refer to the sign-up link in the email that this PDF came in. Plus, an in-person program offers other powerful benefits too:

- Accountability to stay on track, and reach your goals
- Motivation & Support to keep you pumped, excited and ready to go
- Expert Guidance to clear up anything that's confusing or difficult, and to make sure you're performing everything 100% correctly
- And more.

Hope to see you soon. It's been a pleasure sharing these tips with you!