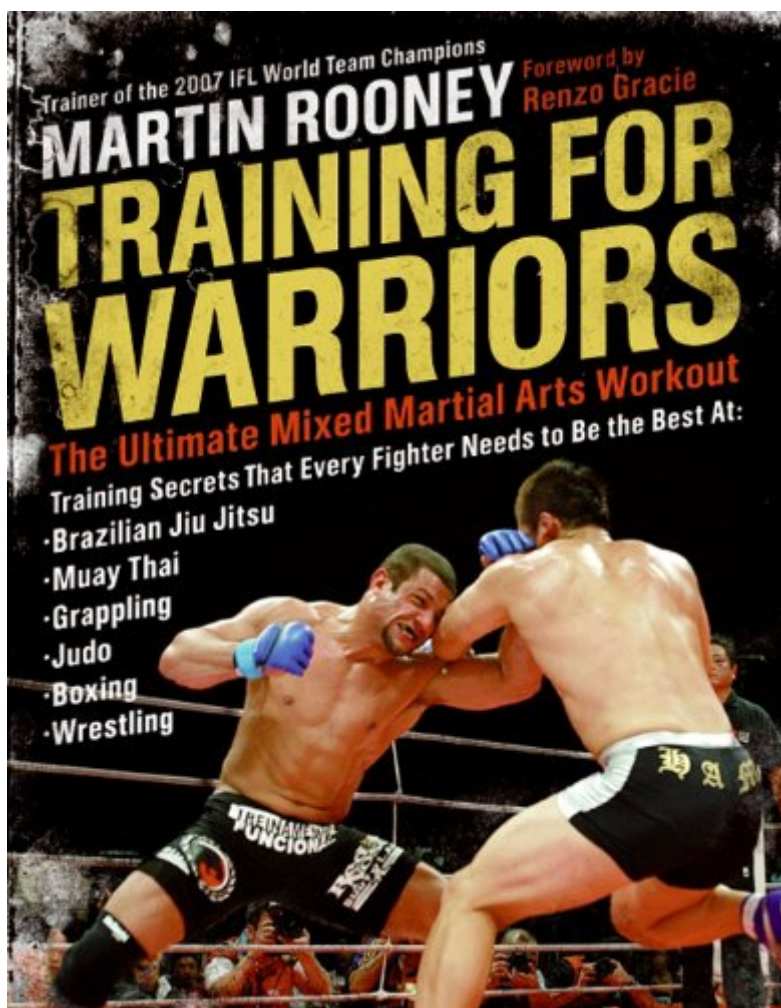


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# Training For Warriors: The Ultimate Mixed Martial Arts Workout



## Synopsis

To be a warrior, you must train like a warrior Discover the training secrets that have produced World Champions in MMA, Submission Grappling, Brazilian Jiu Jitsu, and Judo. More than 750 color photos will show you how to perform hundreds of exercises designed to specifically target each area of your body. You'll also learn: Nutrition and safe weight-cutting tips Information on dealing with injuries Advice on the warrior mind and mental game The ultimate 8-week warrior workout plan Whether you are a fighter or just want to look like one, Training for Warriors is a proven, comprehensive system to get you fit for whatever battle life throws at you.

## Book Information

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## Customer Reviews

Training for Warriors: The Ultimate Mixed Martial Arts Workout, is an excellent book for mixed martial artist or those who want to get into shape. The exercises in this book start off simple and increase in difficulty, and most of them can be done with very little equipment. These exercises are to condition you for real MMA training. Each chapter is broken down into different aspect of the MMA game. This book definitely would work best if you are getting trained in Brazilian Jui Jitsu and

Muay Thai. There is even a solid section on diet to get the best results when using the conditioning exercises. This book is easy to pick up and read and learn different training techniques.

Martin is a genius. I have had the pleasure of being able to train with him and he is one of the top minds in the field of strength and conditioning. The man is an Olympic athlete. He has trained numerous players for the NFL combine. He has trained a Pancrase champion (Ricardo Almeida). He has also trained a team to a world championship (Renzo Gracie's IFL Pitbulls). This book has a ton of knowledge for any aspiring combat athlete. Conditioning routines, nutritional plans, are all mapped out in this book. Pictorials and descriptions for the exercises are also included. This book is a must!!!! I have a school with over 200 students. I also train fighters for MMA competition. I have used these techniques with my students with much success. I have had one world champion in the Ring of Combat organization. I have also had competitors in the UFC, WEC, ShowXC, Bodog Fight, Ringo of Combat, HD Net fights... Martin's techniques have worked for us. Let them work for you.

Packed with useful information and straight to the point!! If you find your present exercise regimen is getting a bit redundant, this fine tome is quite loaded with a variety of exercises that will break the monotony. Most of these exercises and drills can be performed just about anywhere, besides the gym, using a minimum of equipment, or no equipment at all. You will very likely find some unconventional ideas in here that may surprise you. Some training books have a moderate emphasis on actual techniques, and excessive "padding" of largely trivial text to supplement the book with extra pages. That is NOT the case with Mr. Rooney's book, quite the opposite! There are more than enough exercises demonstrated in here to keep you fit for the fight.

This book is exactly as it's titled: Training For Warriors. It features multiple workouts and training routines for each muscle group, important stretches, weight cutting info, and dietary guides. There are detailed pictures and captions explaining the various steps of each workout which makes it very easy to follow. The training exercises range from beginner level to advanced intensity. You will not be able to do all of these exercises at first. I like that aspect because it gives you goals and challenges to work toward. Another thing I like about this book is that the exercises are not simply routines with free weights or demonstrations on machines at a gym. There are many alternative strength training techniques which do not require a much, if any, additional equipment. A great aspect of Training For Warriors is that these exercises target many muscles within a muscle group and not just a single muscle. This allows you to build and strengthen your target muscle(s) together

with core, stabilizer, and secondary muscles, as opposed to isolating a single muscle. Ultimately that is the best way to achieve the strength necessary to be a competitive MMA fighter. Lastly there is some very thorough and detailed information regarding how to diet. It even lays out meal plans for different types of diets, whether you be cutting, maintaining, or adding weight. Overall I rate the information and techniques in this book very high. I would definitely recommend it to anyone in search of a deeper knowledge of how to properly train to enter the MMA world. This book will serve as a valuable reference time and time again.

This book contains everything you need to know when it comes to fitness for mixed martial arts and combat sports. Almost every single exercise that has existed in the history of the world for every single part of the human body is in this book. There are many combat sport-specific drills, but there are also your typical gym fitness routines. Even if you're not a mixed martial artist and don't have any plans to be one, this book will still serve your needs as a fitness enthusiast. There is a chapter for every muscle group, which contain about 15-30 different exercises each. There are also sections on diet and nutrition, cutting weight, and flexibility, there is the beginning section explaining the philosophy behind being a warrior and why hardwork and perseverance is important. When I say this book has everything, I'm not kidding. Once you have this book, all you'll need to get in shape from this point on is hard work and discipline, such as getting off your butt to go to the gym and staying away from pizzas and bacon cheeseburgers. There are too many exercises in this book, you can't do all of them. Just pick out 5 exercises and let that be your fitness routine for the next three weeks and pick another 5 exercises for the three weeks after that, changing up the routine every three weeks, you should get results in a few months because of muscular confusion (your body constantly changing to adapt to different physical activities).

Missing a progressing direction of training!

It's a few years old and not as good as the most recent TFW book, but it lays out what TFW is all about. If you practice any martial art, or mixed martial art this book is for you. If your sick of going to the gym for "back and arms day" (There's nothing wrong with that. Just if you want to mix it up.) This book is for you.

A great book with many drills. I have already been using some of the training methods with great success. There are some exercises that I have never seen before and some that I knew but with a

twist making them more challenging. This is a must for the serious athlete who intends to work hard.

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