



## **Copyright © 2013**

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

## **Disclaimer**

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

**Body Armor was created so the world's top fighters could keep training in any condition without any of the fancy equipment. CLICK HERE TO LEARN MORE**

# Table of Contents

Introduction .....	1
Chapter 1 - Powerful Pushups - Building a Chest Like Georges St Pierre.....	5
Chapter 2 - Mastering the Pull Up - The King of MMA Upper Body Exercises.....	9
Chapter 3 - Legs of Steel - Lessons from the Labs of Mixed Martial Arts.....	14
Chapter 4 - Combat Core - Why Your Abs are the Most Important Part of Your Physique .....	18
Chapter 5 - Pressing Your Way to Power - Cannon Ball Shoulders MMA Style .....	22
Chapter 6 - Arms that Won't Quit .....	26
Chapter 7 – Building a Fighter's Heart - Cardio Strategies from the UFC.....	30
Chapter 8 - Diet Tips to Help You Look Like You're Ready for the Octagon .....	34
Chapter 9 - The Mindset it Takes to Make this Program Work.....	38
Conclusion - Take Action - The Training Camp Starts Today!.....	42

## INTRODUCTION

---

---

In the last few years there's been a huge focus within weight training and fat loss circles on the need to build "functional fitness". Unlike the days of old, when some bodybuilders had a hard time putting on their own sneakers (believe me it's true, I've seen it!) and when people lost lots of weight and ended up looking okay, but were terribly weak and unhealthy, the new emphasis has been on looking great AND being able to function like an athlete.

This is an awesome trend. Who doesn't want to be the total package, super hero style? I know I do! You should too!

Once we set this as a goal we have a few options in getting to this winning place. The most common is to throw down with something like CrossFit or even P90X. The results can be great, but are often much less than spectacular. In most cases, they are far from the total package.

Coach Phil Daru of American Top Team teaches you the bodyweight methods he uses this to increase his fighters' mobility, power, flexibility, and overall strength.  
[CLICK HERE ]

---

*MMA Training Masterclass –Train Like An MMA Superstar*

---

A better option is laid out for you in this Guide. The idea is solid gold - take the methods of the most FUNCTIONALLY FIT athletes on Earth, the mixed martial artist, and adapt them to getting ourselves into the best shape in the least time possible.

I've done it myself and trained a ton of others in the same method. It works. Follow the instructions, give it your all and in ninety days you may not recognize yourself in the mirror.

Yes, it's time to Get Fighting Fit!

Before we get started you may be wondering why we should choose mixed martial arts as a fitness model.

Here's a few of the top reasons to look towards MMA as a training model, but trust me there are many more. This is just the tip of the iceberg.

**If You Train Like an MMA Fighter - You Will Look Like an MMA Fighter.**

Yes, this tops the list for most of us. Simply take a glance at Georges St. Pierre or Ronda Rousey as the two highest profile examples. The perfect mix of lean muscle and athleticism. In MMA this type of conditioning is close to the norm, with most amateur fighters getting in nearly as good shape. It's the type of conditioning that turns heads when you walk by and that you can be proud of when you look at yourself in the mirror. Need to lose weight? MMA style training has you covered! Get stronger or more muscular? Ditto.

### **MMA Style Training Will Shoot Your Athleticism Through the Ceiling.**

Yes, as a side effect of this style of training you will be overflowing with energy and endurance. This will make you more able to play ball with your friends, run or bike should you choose and perform like a champion on plenty of other action orientated activities. Heck, it will even make you a better lover. How's that for a lifestyle boost?

### **MMA Training Will Get You Vibrantly Healthy Fast.**

Follow the training and diet ideas in our Guide and you can't help, but become more healthy. Chances are you may even get the healthiest you have ever been in your life.

Want to know the really good part of this path to health? You will never feel like you're suffering through a conventional "eat right" type of plan. There's something about training like a warrior, or a fighter preparing for his next bout, that makes making healthy choices not much of a struggle at all.

I'm as excited about having the chance to share with you these methods as I hope you will be when they get you into the best shape of your life if you put them into action!

Are you ready to get Fighting Fit?

Awesome, let's get started!

# CHAPTER 1 - POWERFUL PUSHUPS -

## BUILDING A CHEST LIKE GEORGES ST PIERRE

---

As you make your way through our Guide you will quickly discover that when you train MMA style you disregard what doesn't work and focus on what does.

Staying injury free is also a top priority.

With these two things in mind, it's easy to see why MMA fighters, for the most part, stay far away from things like barbell and machine bench presses (which are very prone to cause injury) and go for an old strength training favorite instead.

The Push Up and all its variants in their complete diabolic glory.

The push up (or press up if you're from England!) builds power and strength in the entire upper body as well as

the core. It will be one of the foundations of your upper body training.

They should be performed in high sets as well as high reps. As you build your power and endurance seven or eight sets of twenty five reps is a good goal to shoot for. Until then five sets of five or five sets of ten are where many people start. Top MMA athletes will bang out ten sets of fifty!

If you are unable to do a full push up, start with your knees on the floor until your strength increases. As long as you work hard there's nothing to be ashamed of.

Keep these tips in mind as you pound out powerful push ups...

### **Push Ups Should be Done with Your Body as Tight as Possible.**

As you drop for each rep keep your legs tight and your abdominal muscle contracted, with your body in a straight line. This type of discipline while doing push ups is what makes it an awesome core exercise as well as

building up the more obvious muscles it targets, like the chest, triceps and shoulders. Sloppy form won't bring half as many benefits.

### **Explode Off the Floor.**

The next thing we will be doing to get the most out of our push up training is to explode as fast as we can off the floor after each rep. This will help you build power and also up the ante for the cardio output of this section of your training.

A higher cardio demand means better conditioning, more perspiration and more calories burnt. Put all this together and your MMA style push ups will make you more powerful, as well as leaner! The more calories you burn while strength training the better you will end up looking.

### **Place Your Feet on a Bench or Chair to Build Your Shoulders.**

Once you get the hang of doing your push ups on a regular basis, do half of your sets with your feet elevated in one of your weekly training sessions. This will switch

some of the emphasis of the exercise more strongly onto your shoulders. Working in different styles of push up (there's plenty more once you become an advanced trainer) will have your chest and shoulders looking like a professional fighter as your conditioning grows. Even small angle changes in a body weight exercise makes it feel like a totally different beast!

Getting your feet wet with push ups is the best place to start with MMA style training. It sets the tone in how we approach our body - as much as possible we aim to get total control over it, using our own weight to build our strength and power. When we have mastered our own body weight we can master nearly anything.

So hit the floor and give me twenty!



American Top Team teaches you the bodyweight methods he uses this to increase his fighters' mobility, power, flexibility, and overall strength.



Coach Phil Daru

---

## CHAPTER 2 - MASTERING THE PULL UP

### - THE KING OF MMA UPPER BODY EXERCISES

---

The pull up is certainly an exercise that demands respect.

I can't think of any other exercise that outright frightens new trainers as much when they first start hitting the gym. I also can't think of any other exercise that leaves bystanders as impressed when they watch an athlete pound out a set. Man or woman alike if you jump up on the bar and do a good ten reps in the gym, believe me people are watching and wishing they were you!

Pull ups have been the go to exercise for most countries military units and for most MMA gym's fighters. It's a warrior's friend if there ever was one.

It's a huge part of how you are going to get your upper body lean and strong. The good news is with the tips that follow you'll be pulling your chin over the bar in no time -

even if at this point you can't even do one full rep. Which is exactly where probably half of my new clients in the gym start at and ALL of them, who follow this method, find themselves doing pull ups like a pro in no time flat.

Our goal is five sets for as many reps as possible. This could be five sets of two reps, five sets of five or five sets of twenty five. No matter where you fall in the strength department the pull up will benefit you where you need it most. If you can do only low reps it will quickly build your strength. If you are doing higher reps it will continue to build your strength as well as your upper body endurance. In any case it will have you looking better week by week.

Now what if you can't do one rep?

Easy. Start with a few weeks of Australian Pull Ups. An Australian pull up is done with your feet resting on the ground to a bar around three feet high. Palms face the bar and you pull to your sternum. If a bar like this isn't available do your Australian pull ups by holding the bottom of a table. Your legs should be fully extended heels touching the floor. Do a quick search on YouTube if

you need a visual example. Once you are able to do five sets of ten you should be able to begin your work on a full pull up bar.

## Tips to Help You Master the Pull Up

### **Smart Scheduling.**

Do your pull ups three days a week. Monday, Wednesday and Friday are my favorites - with Tuesday, Thursday and Saturday used for push ups and other pressing exercises. This may seem taxing at first, but your body will quickly adapt to the schedule. Despite what you may have read in Bodybuilding magazines by men who have never even attempted a pull up, this will not lead to "over training". It's the protocol followed both in leading MMA gyms and in military units world wide without these types of imaginary issues.

### **Start At the Top of the Bar.**

This one tip alone works magic for those new to the pull up. Use a chair or jump and START your reps at the top of the bar. Quickly pull up out of the bottom. This will

save your power and get momentum working in your favor. This is less important for the experienced athlete, but solid gold advice for those learning the ins and outs of the pull up bar.

### **Use Whichever Hand Grip Is Most Comfortable.**

Palms facing you or away both do tremendous and nearly equal good. For now use whichever you prefer. As you gain strength consider switching them up a few days a week.

### **Keep Your Body Tight.**

By making sure your abs and legs are tight you are engaging your entire body in the exercise. This will do wonders for your core.

### **Chin Over the Bar.**

A rep is counted when your chin goes over the bar. There's no need to touch your chest, which puts too much stress on your shoulders. Anything less than chin over is a partial rep and not a full pull up.

When you have the pull up mastered you will be able to get in a kick ass upper body workout ANYWHERE. MMA fighters love to do them in parks, off tree limbs and nearly anywhere else you can imagine. Join the club and watch your upper body turn into something you only dreamed of.



## Mma Trainer Of The Year, Phil Daru's Bodyweight Program For Athletic Training Body Armor Bodyweight Mma Program



# CHAPTER 3 - LEGS OF STEEL - LESSONS

## FROM THE LABS OF MIXED MARTIAL

### ARTS

---

We've all seen the guys who are in pretty good shape, with big arms, chest and shoulders, but have legs that would look more appropriate on a chicken haven't we? This problem of only training the so-called "t-shirt" muscles has existed since they made the first set of dumbbells.

You'll never see this problem in a MMA gym unless someone is just walking through the doors for the first time. The legs are NEVER neglected!

Think about it: legs are what carry you into the fight, what keep you going if the fight lasts more than a few minutes, they will likely be kicked by an opponent, they may need to fend off a take down attempt. They are also a weapon that could be used to knock another fighter unconscious!

To neglect such an important part of the body from a MMA perspective would be pure insanity.

Now we may not be worrying about those types of factors, but when we train like we are, our legs will look the part of a warrior athlete's and they'll carry us through thick and thin. This is functional fitness at it's best.

As far as training days go I'd suggest doing legs three days a week along with your push ups and other pressing exercises. Base your leg training around these ideas:

### **The Hindu Squat is Your Foundation.**

The Hindu squat exercise has been performed by combat athletes for thousands (yes, thousands!) of years in India and the Middle East. It made it's way across the world and at any point in time you can bet from Brazil to Russia and everywhere in between there's fighters grinding them out in pools of sweat building legs of steel. When you dedicate yourself to them you will build both leg power and superhuman levels of endurance. You will also burn calories as if you were on fire.

Here's how you do a Hindu squat: Keep your feet roughly shoulder width apart, hands parallel to the floor. Pull your hands to your chest as you breath deeply. Drop down into a squat with your butt as close to the floor as possible hands also dropping by your sides. Exhale as you come back up into upright position hands extended in front of you. During the exercise in the motion your fingers tips can graze the floor depending on your arm length. Hindu squats are done for VERY high reps. I would suggest starting with one set to failure and after a few weeks adding a second and finally a third. Top athletes strive to do fifty all the way up to hundreds per set. When you are able to hit these numbers you can expect your body fat to be a thing of the past and your endurance to be remarkable.

\* Heavy Leg Presses. If you aren't able to train at a gym with a leg press machine feel free to substitute heavy squats. Think full range of motion five sets of five reps. When you are able to do five reps in your final set it's time to up the weight in your next leg session. I suggest only doing these in one of your three weekly leg sessions. This will help add size (don't worry if you're a lady - it's

shapely size) and power to compliment what you are doing with your Hindu squat high rep training.

Feel free to add a few sessions kicking the heavy bag if that fits into your lifestyle choices. I highly recommend it both for leg conditioning, possible self-defense uses as well as much needed stress relief!

## CHAPTER 4 - COMBAT CORE - WHY YOUR ABS ARE THE MOST IMPORTANT PART OF YOUR PHYSIQUE

---

Let's face it, nothing points towards being fit (and looking fit) more than having ripped abs! A six pack (or even eight pack) stomach is nearly every trainers dream, but something that few ever seem to achieve.

It's a truly difficult area to develop if you follow the advice you're likely to get should you ask the average personal trainer in the gym or crack open the latest fitness magazine. Not so much if you make the decision to train your core like a MMA fighter.

Again if you TRAIN like an extreme athlete, you will end up LOOKING like an extreme athlete and even be able to move function like one too.

MMA fighters obsess about core training, because the majority of the force they are able to deliver with their

punches and kicks comes from the core. Untrained fighters throw blows with their arms and chests for the most part. Trained fighters use their core power, which explains the devastating effects of their strikes in comparison. Their coaches and trainers have made a science out of developing "combat abs" - abs that deliver the goods when needed and that as a by product of this emphasis look awesome too.

Let's pick their brains and see what we find.

### **Don't Neglect Your Lower Abs and Obliques.**

One of the first things we notice about MMA style core training is the focus on lower abs and obliques (the sides the core). This means placing at least as much importance on exercises like leg raises and knee raises to the sides as you do on things like sit ups and crunches.

Apply this by starting your ab training with at least 4 sets of hanging leg raises (performed holding onto a pullup bar or using one of the dedicated stations at the gym) followed by 2 sets of knee lifts to each side. Do high reps to failure. Lower abs and obliques are commonly done as

an afterthought by many. When they come first in your core program expect big changes fast.

### **Train Your Core Often.**

MMA fighters train core five or six days a week and you should too. It's the nature of your abs to require high reps and frequent training to see dramatic results. Tackle them with full force.

### **Do Your Tech-Free Crunches.**

Floor crunches will round out the rest of your direct ab training. Ignore some of the ideas about using resistance machines. If you get to the point where you can do 100 reps a set (which will likely not be a very long time) use a medicine ball held in front of your chest to make them more difficult. The idea is to keep it old school and not have to rely on much more than your own body and will to get the job done. Four sets to failure.

### **Remember Core Training is Part of a TOTAL Package.**

Without following the cardio and diet ideas also in this guide, you will never see your abs if you are currently overweight. You will still develop a powerful core with these training methods alone, but they will be hidden under a layer of body fat. Follow the whole program and you won't ever have to worry about only seeing partial results.

Your ab development is the crown jewel of your physique. I think I can see your six pack coming through already!

# CHAPTER 5 - PRESSING YOUR WAY TO POWER - CANNON BALL SHOULDERS MMA STYLE

---

Smart shoulder training is a must if you are an athlete, and MMA is no exception. Shoulders are very, very easy to injure and when they do get hurt it means time away from the gym and training.

Sometimes it can even mean the end of a career. Now the stakes may not be quite so high for us as fitness enthusiasts. but following the same sensible routine makes good, solid sense. After all, we hardly want to end up on the injured list when we're trying to get fit fast do we?

Of course not.

The shoulder training tips that follow will have your

shoulders looking powerful, producing real strength and minimize your chances of injury. What more could we ask for?

We'll be training shoulders three days a week along with our other pressing movements. We'll need either a few kettlebells and a barbell ideally or in a pinch adjustable dumbbells will work nearly as well.

Our focus is going to be on developing speed, endurance and explosive power rather than working with very heavy weights. This is a safety measure that pays off and then some.

### **The Kettlebell Clean and Press.**

This intense exercise is the foundation of our shoulder training. It not only builds shoulder power, but will also work your arms, upper chest, quads and abs. It requires a bit of technical skill. The step by step follows, but I highly recommend checking out a few YouTube videos of Kettlebell Clean and Presses to be sure you understand the movement.

1. Stand with feet positioned roughly shoulder width apart with a medium to light kettlebell in your right hand hanging in front of your body (35lbs is a good weight for a reasonably strong man, 15lbs for a woman. Do your first few training sessions with a lower weight until your mind and body gets the hang of the movement).
2. Bend knees and do a partial swing of bell between legs.
3. As the kettlebell comes up drop under bell catching it on upper chest and shoulder (the "rack position")
4. Explode out of the bottom position (which is like a quarter squat) pressing the kettlebell overhead.
5. Return kettlebell to the rack position.
6. Return to start and repeat.

Four sets of ten reps alternating sides. Be sure to keep your abs tight for the entire movement!

## **Barbell Shrugs.**

Load a barbell with a medium weight. Hold it with your arms fully extended palms facing you so that the bar is resting across your upper legs. Raise your shoulders to your ears explosively. Five sets of five reps. When you can hit your final five reps with ease raise the weight at your next shoulder workout.

These two exercises are all we need. Your shoulders will also be getting worked through both your push ups and your pull up training. Anything more increases the risk of injury.

Always be certain to be fully warmed up before tackling shoulders and also some light stretching may be appropriate. Even things like yoga can be a huge help if you have any past pain or mobility issues. Nearly every MMA athlete these days is putting in time on the yoga mat too!

## CHAPTER 6 - ARMS THAT WON'T QUIT

---

Now that we've gone pretty deeply into our MMA style training you may be wondering about what we do for arms. This isn't surprising since men especially love to develop big "guns" - they send the message to the world that they're powerful and strong. Even a brief glance at any episode of Ultimate Fighter or a UFC card and it's easy to see there's no shortage of bicep and tricep development.

Now how we train our arms may actually come as a surprise. By bodybuilding or mainstream fitness standards we won't be doing much volume at all. There just isn't a need after all the stress we've already put our arms under in the rest of our training, where our arms are being hammered in nearly every session. We'll only be doing a small amount of direct arm work once a week, but the end result (which is what matters) will be big arms, capable of putting out tremendous force that won't quit when we need them too.

I'd suggest adding your arm training at the end of your

---

workout on either Wednesday or Saturday, your choice. Personally, I prefer Saturdays since Sundays is a good rest day, but either will work just as well.

Here's what we will be focused on...

### **Body Weight Dips.**

Dips are an overall power and strength builder and will especially help build the type of triceps we are looking for. There's plenty of options on how dips are done. First choice should be a dedicated dip station with handles that allow full range of motion, body weight dips, but they can also be done between two chairs if a dip station isn't available.

If you choose the second choice be sure to put safety first. The last thing you want is to end up dipping and having your chairs collapse in on you! Do three sets to failure.

### **Barbell, Dumbbell or Kettlebell Curls.**

Again the idea is to do a curling movement, with the specifics being less important. Use whichever is most convenient. If all choices are open, go with either the dumbbells or kettlebells as they'll allow you to develop equal arm strength on both sides of your body. Three sets of fifteen reps. Be sure to practice perfect form - no swinging your back or shoulders in the motion to use heavier weights. All that type of nonsense offers is fool's gold and potential injury!

### **Reverse Curls.**

Our final exercise is to build forearm and grip strength. Simply turn your palms away from you while doing your next groups of curls. You will find the emphasis of the exercise almost completely shifts. Three sets of twelve reps.

And that's it for our direct arm training.

For some of us this may even be too much. If your arms feel especially fatigued, don't hesitate to lower the set counts or even skip a week of arm work. Your arms will still be developing dynamically through the rest of your

week's work. Our ability to handle the extra work in this chapter can vary greatly so test the water and see how it feels!

# CHAPTER 7 – BUILDING A FIGHTER'S HEART - CARDIO STRATEGIES FROM THE UFC

---

---

Now for the real fun! If you've been looking for a way to cut body fat, get ripped and build athleticism that's far from boring you're in the right place.

MMA cardio plans can totally revolutionize the way you look at training. For guys who get bored counting the minutes on the treadmill and women who have tried every weight loss gimmick and want something that's real and authentic there's not much better. It takes all the lameness out of getting into shape, and then some.

Go for four to six sessions a week and pick from this list. Mix things up to keep them interesting!

## **The "Rocky" Fighter's Workout.**

This is one of the favorites of the people I train. Not only does it give awesome results, but it's fun and interesting. After a month or two you'll look great AND be able to pack a punch!

1. Running. Hard five minutes followed by a two minute walk. Repeat three times. This can be done outdoors or on a treadmill.
2. Jump Rope. Three Minutes. Rest one minute. Repeat three times.
3. Punch Heavy Bag. Hit heavy boxing bag with gloves for three minutes. Rest two minutes. Repeat two or three times. If no heavy bag is available shadow box instead.

This is a complete full body cardio session that is guaranteed to leave you in a sweat. It will also impress nearly anyone who sees you busting it out!

### **The Long Distance Run.**

This not only builds endurance and burns calories, but also builds mental toughness.

1. Run. Pick a distance and do a run at a light pace

outdoors or on the treadmill. Start off small (say two miles), but build yourself up to real distances. If you don't feel a challenge you are not running far enough. Don't be soft on yourself, unless you are on the market for lukewarm results!

2. Punch Heavy Bag. Follow the same instructions as above.

### **Sprint Work.**

Few things burn more calories than sprints. They are exhausting, sometimes painful and without a doubt build a fighter's heart!

1. Sprints. One minute full force followed by thirty seconds rest. Repeat ten to twenty times. Best done outdoors, but can be done on gym equipment with just a little creativity!

2. Exercise Bike. Ride at low resistance for twenty minutes.

3. Punch Heavy Bag. Follow the instructions above. If you have some martial arts experience feel free to work in kicks along with your punches as long as it's done at a pace that keeps you sweating hard!

Your first few cardio sessions are sure to feel very extreme. Take it with a smile and know that your body will quickly adapt to the challenge. This adaption will have you looking AND feeling great.

Don't be surprised at all if you find yourself looking forward to the MMA cardio training most of all and that you even miss all the blood, sweat and tears on your days off! It's the type of training that can become almost addicting. I've heard it and seen it again and again.

We could certainly have much worse addictions though couldn't we?

## CHAPTER 8 - DIET TIPS TO HELP YOU LOOK LIKE YOU'RE READY FOR THE OCTAGON

---

Food is the fuel that will carry us to a fighter's body! That said, how we approach our diet will have almost everything to do with where our starting point is (are we overweight? Looking to bulk up? Or somewhere in between?) and where we are aiming to go. My goal here is to share with you some broad principles picked up from MMA camps that can help you accomplish your goals.

Let's not forget it's common for MMA fighters working with these methods to lose twenty or thirty pounds in only a few weeks. The combination of the hard training and smart dieting is one that's unbeatable for them and can be for you too!

### **Eliminate Processed Foods.**

This is the foundation of eating healthy and using your food as high performance fuel. If it's man made do your best to try to avoid it. Stick to things like GMO free vegetables, beans and rice and hormonal free meats. The more wild caught fish the better too. No matter if you are cutting weight or bulking up sticking to this whenever possible will make everything come much easier. You'll feel 100% better too.

### **Skip Empty Calories.**

Drinking calories from things like soda (or even fruit juice if you aim to lose weight) is a habit that serves no useful purpose. These empty calories will only make getting lean more difficult. Go for water or green tea sweetened with no calorie stevia instead. Many lose dramatic amounts of body fat by doing this ALONE.

### **Eat Small, but Often.**

When you are putting in hard and heavy training sessions, you want your body to have all the necessary material available to rebuild itself available at all times.

The best way to make this happen is to split your daily calories over five or six meals. This will also help keep your metabolism high and hunger pangs low.

### **Keep Your Protein High.**

For most of us about one gram of protein for every pound we weigh is a good starting point. Lean meats, eggs and fish are great. Vegetarians and vegans feel free to substitute whatever fits your lifestyle choice best (there's at least a handful of top UFC fighters who are either vegetarian or vegan so don't think it can't be done). If you still find yourself missing the mark add a high quality protein shake or two. Just be sure the majority of your protein is coming from solid food. This will help you build muscle and recover more quickly on your days off.

### **The Question of Supplements.**

Do you need supplements to succeed on our diet plan here? Absolutely not. Can they help? In many cases they can. Skip the hype and pick up a few tubs of whey protein powder, a bottle of fish or flax seed oil capsules and a

good sports multi-vitamin. If you are bulking consider using creatine. Keep your supplement schedule simple and to the point. Your gains will be coming from will and effort not from a "magic pill" (which doesn't exist anyway!)

Your big battles will be taking place in the training room and in your mind. Your diet's strength is in it's simplicity.

## CHAPTER 9 - THE MINDSET IT TAKES TO MAKE THIS PROGRAM WORK

---

A fighter's mind is every bit as important as a fighter's heart. Maybe even more so.

The fact is that our mindset is what carries us to train everyday and what keeps us training even when the going gets tough. This type of mental attitude separates winners from losers in sports, athletics and life. The good news is it can be trained and developed.

Here's some things to keep in "mind" (no pun intended)!

### **Set Clear Achievable Goals.**

Every journey goes quicker and with less detours, when you have an accurate map. Consider written fitness goals as your own map of getting into the shape you aspire to be in. The trick to getting the most out of goal setting is

for your goals to be clear, written down and achievable. Replace these goals (like "lose five pounds" as an example) with new ones as you meet them. This conditions your subconscious for success rather than failure. Before you know it what you thought were long term objectives will be much closer and within easy reach.

### **Think Positive.**

The power of positive thinking is hardly a cliche. What your mind hears often enough it ends up believing and, even more importantly, what it believes it can likely achieve. Most top MMA fighters adopt the habit of positive self talk, a habit which conditions them for success. Try it and watch your "luck" change.

Try this affirmation first thing in the mirror in the morning repeated for five minutes: " I am powerful, healthy and self-confident. I accomplish every goal I set for myself". In three weeks review your life and see how much things have changed for the better.

## **Focus on What You Can Control, Not What You Can't.**

Wasting energy thinking or worrying about things beyond one's direct control is one of the major differences between a person who's mind works against them from a person who's mind works for them. Get in the habit of dismissing thoughts that drift to things you can't influence. Your focus is much better spent where it counts, on things that you have an effect on. Once you master this winning habit watch your energy levels skyrocket.

## **When You Relax, Relax Totally.**

We all need time off to recharge our batteries. Mental time off is much more important than physical rest for most of us. Dedicate a few hours a night to escaping from stress and responsibility in a healthy way. This could mean meditating, reading a good book, watching a movie, spending time with your loved ones, playing with a pet or even diving into the latest video game. These couple of hours will help you have much more energy and focus when you need it. Too much pressure and stress

can get in the way of your training success. It can even make it harder to cut weight!

These tips are just an introduction to a few small things you can do to get and keep a mental edge. I'd seriously recommend you take the time to explore the subject much further. I, and others, have wrote extensively on the subject and it's an area when mastered, can make your quality of life truly explode. Don't neglect it!

## **CONCLUSION - TAKE ACTION - THE TRAINING CAMP STARTS TODAY!**

---

Congratulations on making it to the end of our guide! I'm willing to bet you're looking at fitness training in a whole different light. With the information you've just finished learning in mind, you're absolutely ready to get into the best shape of your life. Fighting fit is just a month or two away.

That is if you take action.

Truth is, all the best information in the world isn't going to get you fit unless you put it to use. Thinking about it or talking about it alone just won't work. There's no substitute for DOING IT and there never will be.

Here's a secret I've learned over the year that's very revealing. In my experience, my trainees who study a new method but don't immediately begin practicing it are much, much less likely to ever put it to use in the gym or elsewhere.

It's something that's deep in most human's nature to prefer inertia to change. To take the familiar over the new.

Don't be one of those people who read great information, get psyched, but never act on it and find the same out of shape person (or worse) looking back at them in the mirror in a few months.

Break away from business as usual and step into the unknown. These tips should help.

**Start Today. Not tonight, or tomorrow, or next week, or the start of the new month or New Year.**

These are all tricks our minds play on us to avoid hard work. Self defeating mental habits that will keep us moving in the opposite direction of where we truly want and need to be. Break the cycle by starting TODAY. There's no excuse. This program doesn't require any special equipment or a gym membership, nor any money to spend. So when you're done reading this throw on

your exercise gear and get to work. You will be glad you did.

## **Make Training Your Top Priority.**

Yes, we all have family lives and work or school. This doesn't mean we can't think of our training as a top priority. In fact the majority of mid card UFC fighters still have other jobs so they can pay their bills. Most have families.

You can balance these things and still give training all the energy it deserves. As you get in better shape, you'll find yourself much better equipped to handle all these responsibilities without fail. It's one of the bonuses of being healthy, feeling powerful and thinking positively!

## **Get a Training Partner.**

Share your knowledge with family or a friend and recruit a training partner. Having someone on board to help keep you accountable can be a gift from beyond. Two people, or more, following the same program increase each

others chances of success in sticking with it through to the end. I know my own partners have helped motivate me in tough times and I'd not trade them for anything in the world!

That's it, no more time for delays. Are you ready? You'd better be, because your training camp starts today!

Good luck and thanks for reading.