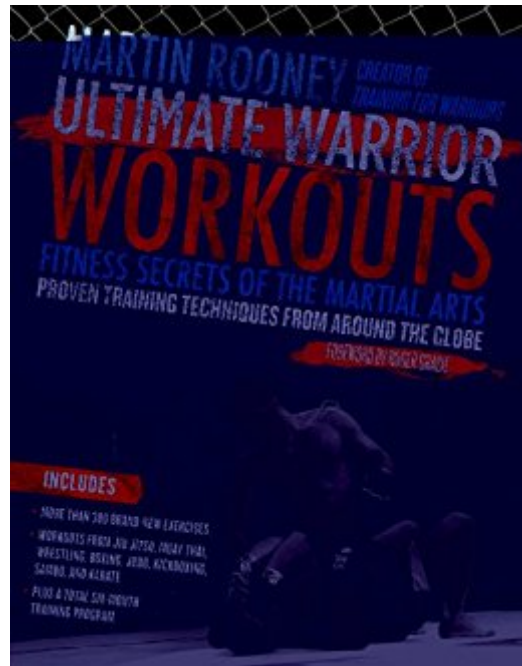


The book was found

Ultimate Warrior Workouts (Training For Warriors): World Edition



Synopsis

Are You Ready to Take The Warrior Challenge? World-renowned fitness coach Martin Rooney will take you where no warrior has gone before. On an epic international quest, Rooney traveled to top-flight destinations around the globe to study and train under the last living masters in the eight core disciplines of Mixed Martial Arts. More than 1,000 full-color photos reveal hundreds of the original training secrets he discovered along the way, from the slopes of Japan's Mt. Fuji and the beaches of Brazil to the streets of Russia. With nearly fifty varieties of push-ups, dozens of kettlebell exercises, and hundreds of unique training techniques, *Ultimate Warrior Workouts* also offers: A complete six-month workout program Cutting-edge nutrition ADVICE and a sample diet plan "Warrior Challenges" to assess your fitness level The history and philosophy of the arts that comprise mixed martial arts

Book Information

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Customer Reviews

This book is probably deserving of a 5 star review but for me and what I was hoping for it lacks. I'll start with the positive stuff. As you probably know Mr Rooney spent two years travelling the world to what he considered the best martial arts gyms in the world could be and have been useful in a MMA

context. You have know arguments from me here. He's definitely attended most of the gyms that I dream of attending. Kodokan, Fairtex Bangplee, University of Iowa just to name a few, giving the background on each. He has photos demonstrating the conditioning exercises used at these gyms by himself and by members of the gym. All good so far. He gives information on nutrition for a fighter and information on cardio training. He also refers back to his first book a lot which I don't have problem with considering what I paid for this book I would happily buy his first. I already use his dynamic work out from the first book which i got indirectly from my old muay thai coach (who happens to have a few world titles) and highly recommend it. And to top it off he gives you a six month program to follow to get you into peak condition for MMA. Excellent stuff. Also I like the quality of the book itself. Nice glossy pages. Now for the bad stuff. I study sport exercise so my views are based on what I was hoping for in this book. Mr Rooney does not give how the exercises he has chosen are used by the respective gyms in the context of their programs. Say for example with the muay thai section he doesn't say when yodsanklai would use the chin up variations in his program i.e. If he has separate sessions for conditioning or he does them before or after pads, reps, what a sample template for training at the gym would be etc. Another gripe he doesn't break down the science of his program.

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