



Training for Warriors: The Ultimate Mixed Martial Arts Workout

By Martin Rooney

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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.

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Editorial Review

Review

“If you want what other warriors don’t have, you need to do what other warriors don’t do. I want victories and that’s why I follow this program.” (Ricardo Almeida, UFC, Pride FC veteran and Middleweight King of Pancrase)

“This training is intense—and it gives me the strength, speed, and endurance I need to take on and defeat the world.” (Roger Gracie, 2005 ADCC Absolute and 2007 BJJ World Absolute Champion)

“If you’re tired of being the nail, let Martin Rooney turn you into the hammer!” (Renzo Gracie, ADCC and Pride Fighting Champion)

“Rooney gets the most out of MMA fighters. He doesn’t stop at physical conditioning. What separates him from other top-flight trainers is his strict emphasis on being mentally prepared.” (Frank McNeil, ESPN.com)

“You have it all in the book. As someone who has seen the benefit of innovative, functional, and sport specific exercises, I think Martin Rooney is giving people a tremendous advantage in their MMA training with this book.” (Kenny “Kenflo” Florian, UFC Fighter and BJJ black belt)

“A fantastic book! The approach of associating MMA techniques with the exercises that will help improve them is something people will not have seen before.” (Kid Peligro, Acclaimed martial arts author and BJJ black belt)

About the Author

Internationally recognized fitness and martial arts expert Martin Rooney is the creator of the Training for Warriors System and the COO of the Parisi Speed School. More than 500,000 athletes have taken part in his programs, and he has prepared hundreds of athletes for the UFC, NFL, NBA, MLB, WNBA, Major Division I colleges, and the Olympics.

Users Review

From reader reviews:

Robert Stratton:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to find out everything in the world. Each guide has different aim or perhaps goal; it means that book has different type. Some people sense enjoy to spend their the perfect time to read a book. These are reading whatever they consider because their hobby is definitely reading a book. Think about the person who don't like reading through a book? Sometime, particular person feel need book whenever they found difficult problem or maybe exercise. Well, probably you will require this Training for Warriors: The Ultimate Mixed Martial Arts Workout.

Jose Gould:

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Terry Kiser:

Reading a publication can be one of a lot of action that everyone in the world adores. Do you like reading book therefore. There are a lot of reasons why people enjoy it. First reading a book will give you a lot of new info. When you read a publication you will get new information due to the fact book is one of numerous ways to share the information or perhaps their idea. Second, reading a book will make you more imaginative. When you looking at a book especially hype book the author will bring someone to imagine the story how the character types do it anything. Third, you can share your knowledge to other folks. When you read this Training for Warriors: The Ultimate Mixed Martial Arts Workout, you can tells your family, friends along with soon about yours publication. Your knowledge can inspire different ones, make them reading a e-book.

Karen Baskin:

The book untitled Training for Warriors: The Ultimate Mixed Martial Arts Workout contain a lot of information on the idea. The writer explains her idea with easy method. The language is very straightforward all the people, so do definitely not worry, you can easy to read the item. The book was published by famous author. The author provides you in the new time of literary works. It is easy to read this book because you can keep reading your smart phone, or model, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site and also order it. Have a nice examine.

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