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How UFC Fit Got Me Ripped in 12 Weeks

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What We Tried: Power Punch, one of 12 workouts in the new UFC FIT at-home fitness and nutrition program from the Ultimate Fighting Championship (UFC) Where: In the comfort of my very own living room! What We Did: After a brief warmup, Mike Dolce , an ultimate fighting champion himself as well as a coach to some of the sport's top athletes, launched into five rounds of mini circuits.

We Tried It: UFC FIT | HuffPost Life

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SPORTS ILLUSTRATED: "Mike Dolce has earned the reputation as one of the top coaches in mixed martial arts." MEN'S FITNESS: "Dolce trimmed himself from 280 pounds down to 170 when he was competing. It's safe to say that he is an expert in training and nutrition." ESPN: "Dolce is a lifestyle changer." ELLE MAGAZINE: "Mike Dolce is the go-to guy in the world of martial arts." UFC WOMEN'S BANTAMWEIGHT CHAMPION RONDA ROUSEY: "The Dolce Diet's Results were impossible to ignore." UFC WELTERWEIGHT CHAMPION JOHNY HENDRICKS: "When I have a fight scheduled the first person I call is Mike Dolce." Mixed Martial Arts is a sport known for its drastic weight cuts! For the first time in print, MMA's 2013 Trainer of the Year, Mike Dolce, shares his powerful weight cut and rehydration techniques used with the world's greatest combat athletes! 3 Weeks to Shredded includes not only the incredible new weight-cut method used for Thiago "Pitbull" Alves' 2014 career-defining comeback performance, which earned him UFC Fight of the Night honors, but a bonus section detailing Mike Dolce's original 2007 3 Weeks to Shredded meal plan in which he cut 42 lbs. in 6 weeks! WHAT'S INSIDE BONUS: The complete first edition of 3 Weeks to Shredded is exclusive to this paperback edition and will not be included in the ebook! *How to manage a weight cut *Exact meal plans used during real weight cuts *Hydration &

Rehydration techniques *Traveling while cutting weight *Dangers of weight cutting AND much more! Called "the patron saint of weight cutting," Mike Dolce has coordinated the high-profile weight loss for many of the world's top athletes, including... * "Rowdy" Ronda Rousey, UFC women's bantamweight champion * Johny "Bigg Rigg" Hendricks, UFC welterweight champion * Vitor "The Phenom" Belfort, UFC two-time world champion * Quinton "Rampage" Jackson, UFC * Thiago "Pitbull" Alves, UFC world title contender * Chael Sonnen, UFC world title contender * Gray "Bully" Maynard, UFC world title contender * Mike "Quicksand" Pyle, WEC world champion * Duane "BANG" Ludwig, UFC/K-1 veteran & World MMA Awards 2013 Coach of the Year * Michael "The Count" Bisping, The Ultimate Fighter 3 winner and many more!

Now readers can make the same meals from the recipes that fuel the world's most dynamic bodies with "The Dolce Diet: Living Lean Cookbook, " the expansive companion meal guide to Dolce's #1 bestseller "The Dolce Diet." "When it comes to nutrition for fighters, one authority towers above all others: Mike Dolce."NUFC.com.

The Clueless Project Manager is a humor book on project management written for project managers, managers and anyone interested in getting a chuckle out of the work environment. It emphasizes the many trials and dilemma of a project manager as he tries to deal with problems on all fronts: his boss, the customer, the people who work under him, the suppliers and the entire world that surrounds him. The hero of the book B.S. is a goofball with no understanding of the formal techniques of project management but outshines his guru by presenting him with thoughts that can only come from true understanding of human interactions. The book is written with the intent of sharing some of the best practices of project management as defined and perceived by different individuals. The book is also a reminder that most projects fail not due to a lack of understanding of the technical subject matter as they do due to the lack of dealing with people. Lack of humor in the workplace can be the biggest hindrance to a successful and high blood pressure free environment.

Sculpt your body like an MMA pro! You love watching your favorite MMA fighters compete and you'd love to get ripped like them-but without having to actually fight anyone. The good news is you don't have to become a fighter to look like one! In Train Like a Fighter, professional mixed martial artist and UFC legend Cat Zingano offers step-by-step instructions for 60 exercises she uses to get in fighting shape-exercises focused on strengthening your upper body, core, and lower body, as well as full-body training movements. Cat also gives you training programs filled with intense routines built from these exercises-all geared toward helping you reach your fitness and physique goals. At no point in following these programs will you have to take a punch, but once you've completed them, you'll definitely look like you can throw one! This book's features include: * The physical, mental, and emotional benefits to training like an MMA fighter * Proper techniques, starting stances, and common moves, such as jabs, uppercuts, and kicks * The right kinds of gear and equipment to use for training * Exercises for warming up and cooling down for exercises, routines, and programs * Cat Zingano's personal training diet as well as other diet tips

From fitness and martial arts expert Martin Rooney, author of top-selling Training for Warriors and Ultimate Warrior Workouts, comes a complete twelve-week workout and diet plan for anyone looking to shed pounds of fat and increase muscle mass. In Warrior Cardio, the creator of the world-famous Training for Warriors System provides the latest scientifically proven techniques for cardiovascular training paired with a weight loss plan that really delivers.

A state-of-the-art weight-lifting and nutritional blueprint for "skinny" guys who want to pack on muscle Let's face it, naturally skinny guys are at a distinct genetic disadvantage when it comes to building muscle mass. But with the proper advice, these "hardgainers" definitely can realize their fitness goals. In Scrawny to Brawny, the authors draw on their years of practical experience as private strength and nutrition coaches to provide hardgainers with: • A progressive, state-of-the-art program that optimizes results with shorter, less frequent workouts that maximize compound exercises • A unique, action-based perspective on nutrition that shows how to prepare quick muscle-building meals and snacks-and how to take advantage of several critical times in the day when muscle growth can be stimulated by food intake • Vital information on how to identify and fix any weak links in their physiques that may be precursors to injury Designed not only for frustrated adult hardgainers but also--with its strong anti-steroid message--a terrific book for the large teen market, Scrawny to Brawny fills a significant gap in the weight-lifting arsenal.

One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. Thrive features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. Thrive is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

Every aspect of your fitness , health and diet are covered in this comprehensive course.You will arrive at Basic ready and prepared to take on the PT demands that WILL be put upon you.I have been Personal Training and Coaching since the late 1980's.....When I got my first job as a teenager at the infamous "George Turners Gym" (Maker of Bodybuilding champions in those days).I have served twice in the United States Army (Aviation) , where I was a Master Fitness and in charge of fitness programs battalion wide.During this time period is where "MAC-P" fighting systems were formed and put to practice.I am a level 3.I went to college in Oregon and Arizona, where I majored in Law and Finance. Aside from my sports and fitness endeavors.....I have also spent two decades in the finance industry and in Real Estate Development. For the past 12 years I have focused on being the Agent, Coach and the trainer of Models, Performers and athletes. In particular Fitness Models, physique competitors and Pro-MMA Fighters.Over the past decade, I have worked in some of the most famous gyms in the world for their prospective sport....Training next to and sparring with some of the biggest Icons of our day.I specialize in getting clients "Performance/Competition Ready". www.gymmba.info

John Joseph wants men to know, in no uncertain terms, that they don't need to eat steak, burgers, wings, ribs, or any other animal product, for that matter, to be strong—in fact, he would argue, eating animals is for the weak. Because when your protein sources come from animals, you're missing out on all of the nutritional benefits of a plant-based diet—a diet that can make you more fit, more sexy, and more manly. In *Meat is for Pussies*, Joseph presents a throw-down of information, offering both personal and scientific evidence that a plant-based diet offers the best path to athleticism, endurance, strength, and overall health. In addition to handily dispelling the myths surrounding meat, Joseph offers workout advice, a meal plan, and recipes that make going plant-based easy. Flavor and vitamin-packed options like the Working Man Stew and Veggie Chili with Cornbread will keep men's (and women's) bodies healthy and energized, while workouts that emphasize cardio and strength training build endurance and stamina and prove that you don't need meat to build muscle. Joseph also offers living proof that living a plant-based lifestyle is badass, from super-athlete Brendan Brazier to MMA champion Jake Shields to Joseph himself, who is an Ironman Triathlete and still rocking out (at the age of fifty-two) on world tours as the frontman for his legendary band the Cro-Mags. Joseph's passion for educating the world about the benefits of a plant-based diet comes through on each page, in a voice and a vocabulary that is uniquely his own. At the end of the day, he wants readers to live a long, healthy, happy life . . . and he won't take no for an answer.

The health and fitness industry is huge, highly competitive, and often confusing to navigate. This one-of-a-kind book helps you make sense of the chaos, laying out a clear roadmap for career success—for both established professionals and anyone just getting started. With thousands of certifications, seminars, websites, and gurus promising advice, it's difficult for even the best pros to turn their passion for health and fitness into meaningful—and measurable—success. Enter *Change Maker*. In this definitive career guide, John Berardi—co-founder of Precision Nutrition, founder of Change Maker Academy, and one of the most successful people in the history of the health and fitness industry—shares his blueprint for becoming the ultimate change maker, one with a powerful purpose, an enthusiastic client base, and the ability to fund your own ideal lifestyle. Whether you're new to the industry and looking for a head-start, or you're already an expert but need a fresh approach, consider this your go-to career guide. With six helpful steps, this book covers the range of logistical, financial, psychological, and practical issues that every health and fitness pro needs to know, including how to:

- Choose your specialty based on your unique strengths
- Identify what your clients really want and deliver it every time
- Build new relationships and become a next-level coach
- Get new clients, make more money, and manage a thriving business
- Nurture and protect your most precious asset, your reputation
- Create a life-long, growth-oriented continuing education plan

If you work as a trainer, nutritionist, functional medicine doctor, group instructor, rehab specialist, or health coach—or you eventually want to—this step-by-step guide will help you turn your passion for health and fitness into work you find joy in, your clients into raving fans, and your career into something powerful, meaningful, and change-making.

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