



Training for Warriors: The Ultimate Mixed Martial Arts Workout

By Martin Rooney

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Training for Warriors: The Ultimate Mixed Martial Arts Workout By Martin Rooney

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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Training for Warriors: The Ultimate Mixed Martial Arts Workout By Martin Rooney Bibliography

- Sales Rank: #113720 in Books
- Brand: Rooney, Martin
- Published on: 2008-03-04
- Released on: 2008-03-04
- Original language: English
- Number of items: 1
- Dimensions: 10.88" h x .67" w x 8.50" l, 2.29 pounds
- Binding: Paperback
- 320 pages



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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:

James Collis:

Now a day people that Living in the era wherever everything reachable by talk with the internet and the resources within it can be true or not involve people to be aware of each data they get. How many people to be smart in getting any information nowadays? Of course the correct answer is reading a book. Reading a book can help folks out of this uncertainty Information especially this Training for Warriors: The Ultimate Mixed Martial Arts Workout book because this book offers you rich data and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it everybody knows.

Lindsey Putman:

Exactly why? Because this Training for Warriors: The Ultimate Mixed Martial Arts Workout is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will surprise you with the secret this inside. Reading this book close to it was fantastic author who write the book in such wonderful way makes the content inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of advantages than the other book include such as help improving your skill and your critical thinking technique. So , still want to hold off having that book? If I had been you I will go to the publication store hurriedly.

Phillip Barker:

Training for Warriors: The Ultimate Mixed Martial Arts Workout can be one of your beginner books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into pleasure arrangement in writing Training for Warriors: The Ultimate Mixed Martial Arts Workout yet doesn't forget the main position, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial thinking.

Josie Garcia:

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