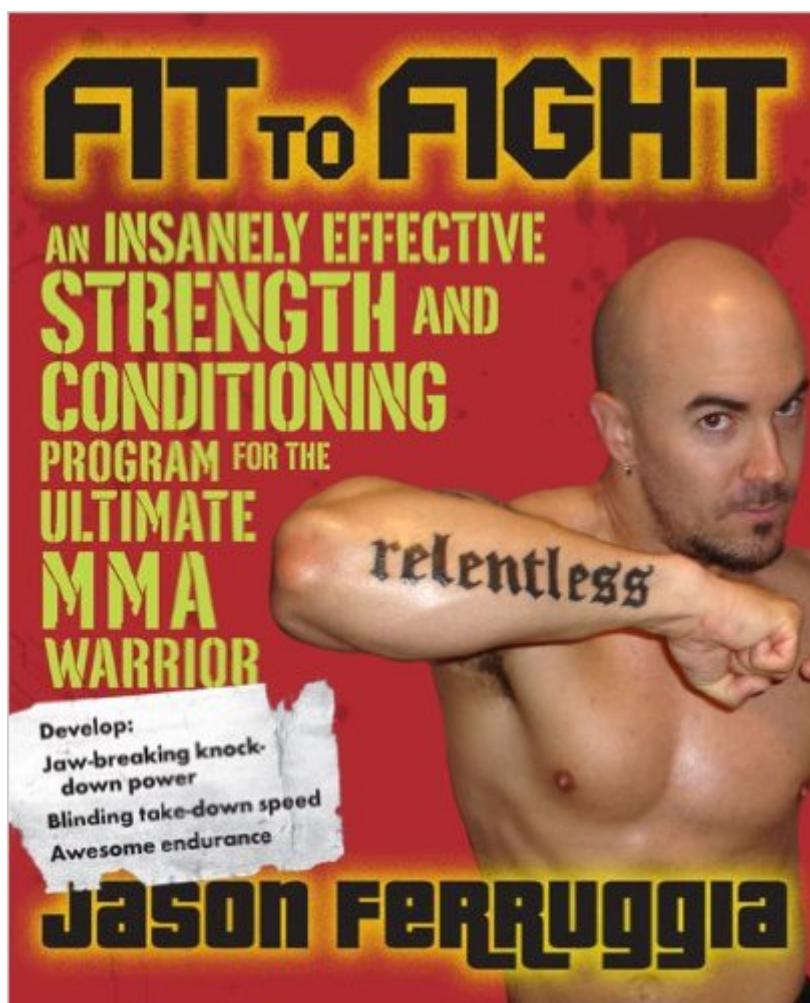


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# Fit To Fight: An Insanely Effective Strength And Conditioning Program For The Ultimate MMA Warrior



## Synopsis

The ultimate strength and conditioning book for ultimate fighters. Mixed martial arts (MMA) is America's fastest-growing combat sport, with millions signing up for MMA classes and many more tuning in to "pay-per-view" to watch events with names like "Cage Rage" and "No Limit." MMA is not for wimps, and participants take a real pounding-they must be ready for anything. However, there is one way to predict a winner in any bout: conditioning. When facing an opponent with equal technical skill, the better-conditioned athlete will win-every match, every round, every time. Now, with amateur fight leagues springing up across the country, top conditioning coach Jason Ferruggia reveals the ultimate conditioning program for the ultimate fighter. By gaining overall strength, stamina, speed, and flexibility, athletes can substantially reduce their risk of injury in this intense contact sport. The key to Ferruggia's system is his emphasis on matspecific conditioning techniques. Too many would-be fighters use training programs borrowed from football or bodybuilding-methods that are all wrong for MMA. Included are: - A first-rate warm-up guaranteed to make a fighter more explosive and to reduce injuries - Off-the-charts strength-building secrets - Dozens of exercises to develop crushing grip strength - Top speed-building methods, including Olympic lifts, plyometrics, and throws - Incredibly effective exercises for building a thick, powerful neck that could be the difference between victory and serious injury Each exercise is accompanied by black-and-white photos illustrating proper technique and form, and "Inside the Cage" tips share the secrets to success from top professional fighters.

## Book Information

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## Customer Reviews

I purchased this book because I liked the previous writings of Jason so much. A few years ago, I read his book "Tap Out" and since then I modified my training with excellent results. I was very excited when this "new book" arrived and was expecting to move to even more advanced training levels. It turns out that the new book is the exact same text as the previous one I got a few years back. So, for the training program itself, I still give 5 stars. However, buying a book I already have was very disappointing.

I bought this book when it first came out. I'd read some of the author's previous work on his blog, and some of it chimed with my own attitudes. Let's look at the subtitle: "An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior" It's not insanely effective. Lifting weights and going out for a jog for your MMA S&C is just as effective as this. If you note, many of the 2008 reviews of this book were done immediately after its release. And are 5 stars. And say "I was a bit disappointed with this but....blah blah blah...." This was due to the now commonplace tactic of "review stacking". For more examples of this, see any of Tim Ferriss' book reviews. The fact that these early reviews gave it 5 stars while listing caveats should tell you something. Few people know that Jason wrote an earlier e book about the same subject. Many things in this book are lifted directly from that earlier work. This book has nothing but that crappy fitness industry mantra of "Intervals are awesome, steady state activity sucks." If you look at the traditional methods of physical prep for boxing or Muay Thai, these just do steady state running all the time, because you just can't do intervals all the time. In addition to this, at the time of the book's writing, it is doubtful the author was ever involved in any kind of combat sport prep at all. Maybe that's changed now, but the real MMA trainers are working with real MMA guys, and I've never seen any MMA fighter mention the author was involved in his training.

I have had a passion for the martial arts (Judo, Jujitsu, Wrestling, Boxing, Karate-Do etc) for more than 60 years. I am always seeking various combat training programs to improve myself physically and psychologically for battle. I purchased this 206 page soft cover book (Fit to fight: An insanely effective strength and conditioning program for the ultimate warrior by Jason Ferruggia) for a bargain price on Amazon. Even though this book was published in 2008 the information and routines in this book are still excellent to follow if you are seeking to improve your mixed martial art skills. I was familiar with many of the techniques and exercises shown in this text but still found the information in this text practical and effective. The eight chapters cover the following material: The characteristics of a successful combat athlete reduce your risks: assessments and injury prevention,

combat conditioning: building your anaerobic endurance, strongman training, kick-ass speed and strength, combat nutrition, supplements and picking up the pieces: recovery and regeneration. One of the training facts which have become standard today is building your anaerobic endurance through intense short bursts rather than doing lengthy aerobic exercises. This kind of program can be found in HIT (High Intensity training) and the P.A.C.E. training programs. If you are into any of the combat type sports this is a book you might want to check out. I found it interesting and informative. Rating: 4 Stars. Joseph J. Truncale (Author: Tactical Principles of the most effective combative systems)

Bought it to prepare for the US Sr. Nationals in taekwondo, although it applies to athletes in many disciplines. An eye opener. I was still running miles, using the stairmaster, etc. Have done this since wrestling in high school in the mid 80's. Jason clearly explains a much more effective and rational training protocol, and also covers topics like making weight, diet, and stretching. A great value, clearly written, with lots of practical and specific, detailed advice.

This is a good book, with some good ideas as far as different workout ideas. My review is simple and to the point. My biggest complaint is that the author offers little to back up what he says. Most of his arguments are based on the "trust me I'm a pro" concept. Which is great for picking up pointers but not so good when trying to compare this book to others. For example there is a whole chapter devoted to what supplements work and which ones are bogus. However, he never gives any real reasons as to why the supplements that are no good are so bad. Overall I would say this is a nice book to have but there are others which are far better.

I bought this book a couple years ago and since then I've been following Jason Ferruggia's material. While I don't agree with EVERYTHING he teaches, for the most part I totally agree with his philosophy to training athletes and in particular its effectiveness for mma. I think the book is worth buying. It's an easy read, entertaining and full of useful exercises. You will however need to craft your own programs, but with the theory he lays out you'll no doubt be able to do that with a little bit of creativity. While it's not the end all, be all to strength and conditioning for the mma warrior, I would say that it's a book you'd definitely want in your library. Enjoy!! p.s. Do you train in mma? Avoid these 20 mma sins most mixed martial artists make. Get a free e-book at [...]

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