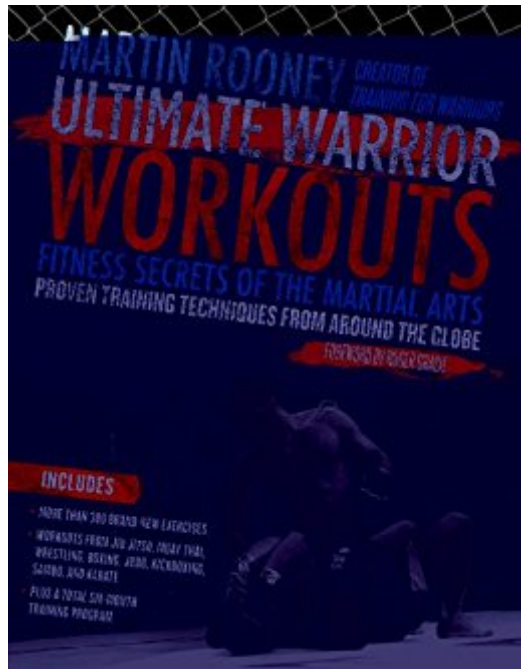


The book was found

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-fight 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

File Size: 277236 KB

Print Length: 384 pages

Publisher: William Morrow Paperbacks (January 2, 2013)

Publication Date: January 2, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00A6DHXDS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #644,113 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #171

in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #919 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #2499 in Books >

Sports & Outdoors > Individual Sports > Martial Arts

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.

[Download to continue reading...](#)

Ultimate Warrior Workouts (Training for Warriors): World Edition Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Aztec Warriors (Torque Books: History's Greatest Warriors) (Torque: History's Greatest Warriors (Library)) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog

tricks) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Kettlebell Training: Rapid Muscular Enhancement and Athletic Development Using Kettlebell Only Training (Kettlebell Training and Workouts Book 1) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Most Fierce Ruthless Warriors That Shaped History: Ancient Aztec Eagle Warriors: Mesoamerica's Spartans and Their Finest Hour Dark Planet Warriors: The Complete Serial (Dark Planet Warriors Book 1) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,)

[Dmca](#)