

THE DETROIT DIESEL

Training In A Washing Machine Alternately Overloading Your Core

by **Fred George "The Detroit Diesel"**

We are all used to training in an old-fashioned manner incorporating linear planes. Everybody from body builders to football players have trained with free weight or selectorized machines for years. Then, along came Olympic lifting which incorporated explosive speed with weight lifting in multiple planes (i.e. clean & jerk, power cleans, deadlifts, snatch and squats).

This stuff was great and revolutionary until the invention and advertising craze of all of these new functional training tools. You see real-life situations and sport occurs in multiple planes, all firing at the same time. It is so funny to hear people speak of swinging a sledgehammer at a tire, or picking up a kettle bell as state of the art technology. These people lived under a rock or in the city! Farmers and miners have been throwing bales of hay, pounding in post holes, breaking rock in quarries and throwing logs for centuries.

If you want to see a kettle bell, just look at Carl Gotch (catch wrestling) picture from the turn of the century. Sorry, Pavel did NOT invent it!

Now that I have your attention let me show you some new, and old toys that will help you achieve your functional strength goals. My analogy to functional overload training is to imagine overloading a washing machine to one side and hitting the spin cycle and holding on for dear life.

We will introduce a few toys that will help you achieve your functional fitness goals. Now mind you, turning into Mr. Olympia will not be happening. However, building a rock solid core will occur. So here are a few toys to help achieve your fitness goals.



1 Burn Machine



six gun shooter



double six gun shooter



single around-the-world



double around-the-world

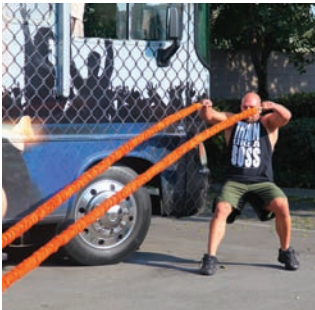


Fred George can be reached at detroitdiesel34@aol.com • 714.675.4666

2 War Machine



3 Stroops (anaconda single slams)



4 Kanagon Watter-Filled Ball



Get creative and use these tools together, or in part, with your MMA conditioning in order to achieve a rock-solid core. To book a fighting or strength-training seminar contact me at: detroitdiesel34@aol.com. I can also help you pick up these products at a discounted price! Just call 714.675.4666

