

THE DETROIT DIESEL

You Can't Build A Tree Without A Trunk

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

Without a strong root system there is no sense in adding heavy branches...they will fall!! The same is true with a big body builder without strong legs; he will topple over like a reverse weeble.

On the other hand look at Josh Barnett. He is nothing to look at when you first lay eyes on him, that is until you see him grapple or fight. I trained with him for years at CSW and realized he is all legs, butt and core. His thighs are probably close to 30" around and his core strength is second to none. However, he has a small upper body and arms. So how is this an advantage? His energy expenditure stays minimized with a smaller torso. He doesn't gas out when using techniques such as a guillotine, or an Anaconda. He lets his victims subdue themselves by walking into his guard. Then, his legs and core take over!

His striking is fuel-efficient by using biomechanical chain-linking and letting his hips, core and fascia throw the punch or kick. God help you if he kicks you because those legs weigh a TON!

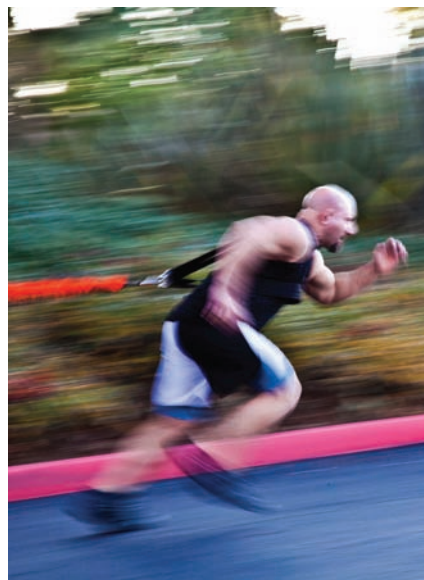
The opposite of Josh Barnett is Jeff Monson. He is a big meat-head like me with a symmetrical and HUGE upper body to match his huge quads. The problem with Jeff is that all that muscle is hard to carry into a fight. Just ask Brock Lesnar or Alistar Overeem. They can't hang for 5 rounds like a Jon Jones or Anderson Silva. But if the big guys hit you within the first few minutes, you will know what it feels like to be hit by a man!! You have to weather the storm for a few minutes and wait for their power to drop off. Just like a video game, as the energy levels start slipping into the red it is time to attack and finish the monsters.



So how do we build great leg strength? I believe in power-building which is a combination of powerlifting and body-building. I incorporate fast-twitch white fiber (non-oxidative, or anaerobic) with slower-twitch (oxidative, or aerobic) red fiber training.

First, we take our multi-vitamins and 2,000- 3,000mg of Beta Alanine. It converts into carnosine and buffers the PH of your blood so you don't become acidotic too fast and fatigue the muscles before the workout is over. Now grab a GALLON of WATER and let's train!

Stroops Exclerator: 10 Sprints with slow deceleration backwards



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SPLIT SQUATS - 20 PER LEG



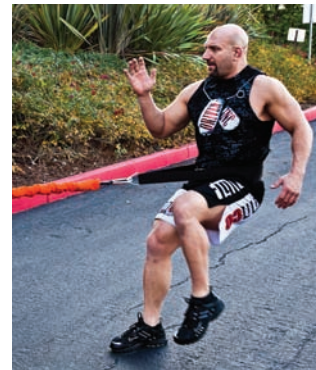
90 DEGREE WALL SIT - 1 MINUTE



25 JUMP SQUATS



BACKWARDS RUN - 10 REPS



HIGH KNEE CROSSOVERS - 10 TO THE LEFT, 10 TO THE RIGHT



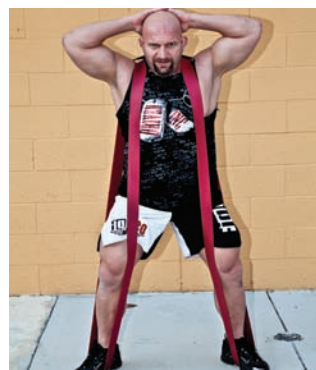
45 DEGREE EXPLOSIVE FROG JUMPS - 20 REPS



45 DEGREE BACK JUMP LANDING IN START POSITION - 20 REPS



JUMP STRETCH BAND SQUATS - 20 REPS



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

