

# THE DETROIT DIESEL

## Keep Your Hands Up!

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

How many times have you heard a coach yell at his fighter to keep his hands up? How about every single fight! I can't stand watching guys body guarding their nipples with their paws when they should be glued to their face. Have you ever watched Randy Couture weight train? He is relentless as every fighter should be. You fight for five minutes so train accordingly. We will switch from aerobic to anaerobic work loads throughout the round. As referee "Big" John McCarthy says, "Let's get it on!!!"

Three rounds at five minutes each - Do the first round exactly as it's written below. Do the second round in reverse order and the final round same as round one. Do each exercise for 30 seconds. 10 workouts at 30 seconds apiece equals a five minute round!



### SHOULDER CIRCUIT

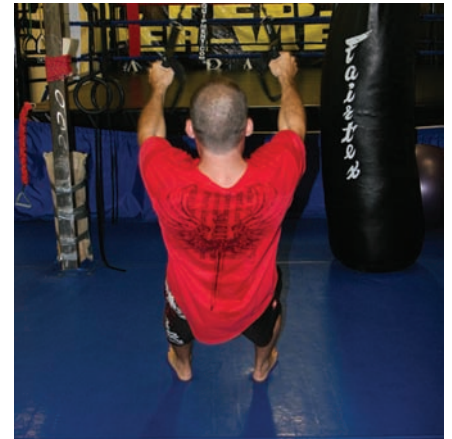
1. Strops Bands side laterals



2. Strops Bands front raises



3. TRX or War Machine rear delts



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4. Keglifts



5. Burn Machine speed bag (rotate as fast as you can)



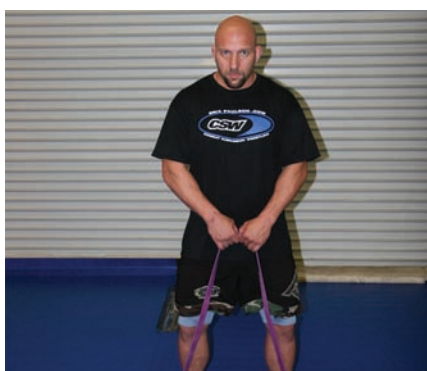
6. Heavy Bag (jab and cross as fast as possible)



7. Kettle Bell Shoulder Press (10 right, 10 left)



8. Jump Stretch Bands Upright Rows



9. Burn Machine Bone to Bone



10. 2-5lb Dumbbells, inner and outer circles

