

# THE DETROIT DIESEL

## Beach Body Workout for MMA

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



Spring break is upon us and summer is creeping up fast! So let's get off our ass! I know how much fun it was to party and eat badly during the holidays. Unfortunately, matter can neither be created nor destroyed so some of that holiday cheer is now resting on your rear. I am the biggest case in point. Thus, I will now lead by example and take a nasty before picture and report back to you in the next issue of TapouT Magazine.

You see, when I retired and turned into a coach I became complacent. I wanted to see what regular people do each day so I partied like a rock star. Well guess what? It caught up to me in a bad way. My breathing became shallow, my body fat increased, my LDL levels increased, my blood pressure rose, I started to wrinkle and I slept too much.

Taking the fast track to becoming a bum, I woke up last week and decided to jump the fence back to the world of fitness. I learned a valuable life lesson about letting my guard down. No person on this planet claiming to be a pro MMA fighter is a normal person. So, training like a sedentary regular guy just does not work.

I realize not everyone owns a Burn Machine, a TRX System, bands, etc. so I put together a workout that works for everyone no matter where you are. Guys, you have to keep this article until next issue because I want you to do the functional circuit in the morning before you eat. Then you perform the linear workouts at night.

### RULES FOR WEIGHT LOSS

1. Train on an empty stomach in the morning for optimal weight loss
2. Eat every three hours with 20-30 grams of protein per meal.
3. Drink 1-2 gallons of water daily. Not soda, juice or Gatorade . . . water!
4. Take 1 aspirin every other day to avoid released body fat from putting plaque in the interior walls of your arteries.
5. Minimum 8 hours of sleep a day.

### RULES REGARDING CIRCUIT

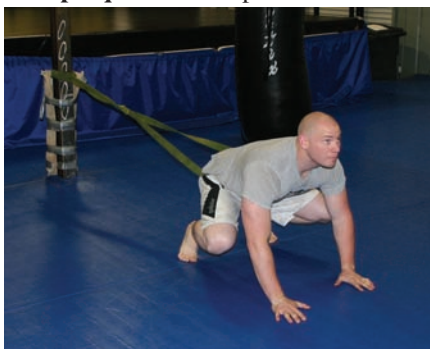
1. Perform as many movements as possible in 5 minutes with no rest followed by 1 minute rest between sets.
2. Perform 3 sets of this circuit. Meaning, do 3 of the 5 minute workouts from Rule 1.
3. Finish the entire workout with 20, 40 yard sprints. 15 second rest in between sprints.

### The Circuit: **LEGS**

#### Mountain Climbers – 20 reps (with or without bands)



#### Jump Squats – 20 reps



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The Circuit: **CORE**

Plank Position – Hold for 15 seconds



V Ups – 20 reps



Jesus Christ Pose –  
20 reps (arms and legs off ground)



Jesus Christ Hold –  
10 second hold (8 inches off the ground)



Serratus Crunch –  
20 per side



The Circuit: **UPPER BODY**

Chest Presses – 20 reps



Shoulder Presses – 10-20 reps



The Circuit: **QUICK FOOT DRILLS**

Swap Feet on Curb High Box – 20 seconds



Lateral Box Steps – 20 seconds (right then left, right then left)

