



Season Comes to an End

by Fred George

As 2010 came to an end, we saw a huge spike in the popularity of MMA to the extent that other sports like hockey and football have copied our cross training regimes. To be as aerobically fit as a mixed martial artist, but only have to perform in one minute or less bursts of explosive energy becomes a piece of cake. Reference the pictures to the right where you will see the LA Selects Tier I 16 AAA team who, at this print date, have a record of 28 wins with only 4 losses.

Considering most hockey teams teeter just over the 50% win mark during the regular season, you could say that my dry land training regime works perfectly. Look for these 16-year-old kids to be playing for the US National Hockey Team soon, if not at prestigious hockey colleges such as the University of Michigan, Boston College or Michigan State.

I want to thank The Burn Machine, the War Machine, TRX, and Stroops resistance bands for sponsoring this program.

Attention all hockey and football players: Train with all of the tenacity and respect of a martial artist to take your game to the next level.

Send me pics of your team training to detroitdieselmma@gmail.com.



For a discount on the War Machine, go to crosscore-USA.com and enter discount code DETROIT34

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