

THE DETROIT DIESEL

Life's a Battle, Prepare for . . . The War Machine

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



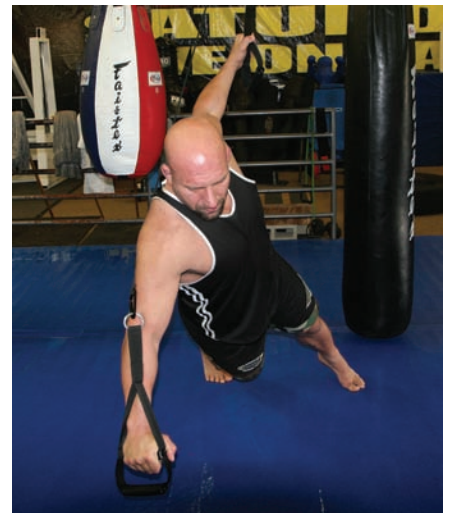
I know, I know, you guys are waiting for part two of my linear and functional workout. I am sorry but I could not let this new core training tool go unnoticed. This is the War Machine! Born part TRX, part rope and pulley system and mixed in with 20% of what the hell, the War Machine kicks 100% of your ass. To be honest with you, you better be prepared when you load your body weight onto this apparatus, because it fires nearly every muscle in your whole body as soon as you say go. It is not for the faint of heart, but holy crap does it work. The War Machine does not let you rest for a second and there is no plane that is safe for resting. Once you commit to an exercise you are all in! You have to try this machine out . . . it works.

I use the War Machine with my professional fighters as well as every day students at the CSW Training Center. It is custom made for multi-planed sports like MMA, hockey, football and gymnastics. I see this product starting a fitness craze like the Burn Machine and the TRX did in MMA. Those three products along with Jump Stretch bands have taken over my gym. If you are smart, these products will soon be in your gym too. Just try it one time and you will be hooked. I put it in a circuit with the Burn Machine, TRX, kettle bells, keg lifts, medicine ball slams, quick foot drills, plyometric stretch bands and battle ropes.

Go to www.crosscore-usa.com for your War Machine.

Do these movements as a circuit. Start with 45 seconds per movement and go through each movement three times. Build up to 1 minute per movement.

CHEST PRESS W/ TRUNK TWIST



TRICEP ALTERNATING EXTENSION



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REVERSE CORE PLANK, ALTERNATING ROW (BACK)



REVERSE FLY (DELTS)



PLANK TO V-UP



ALTERNATING STRAIGHT LEG KICKS

