

5 KEYS TO UNCAGING THE
FIGHTER'S PHYSIQUE



BY MMA STRENGTH & CONDITIONING COACH ERIC WONG

Disclaimer, Un-Copyright, etc...

Here's the deal.

If you do this workout, the possibility exists that you could hurt yourself, or worse yet, die.

Either are unlikely, but the possibility remains and if I don't say anything and something bad happens to you, I could be in trouble.

So there, I've said it – now proceed at your own risk.

The thing is, if you're of reasonably good common sense, you have no prior existing injuries or medical conditions, and you follow the guidelines properly, the worst that's likely to happen is that you may find your muscles feel like they're on fire (a good thing) and you'll be sucking wind (a good thing as well).

So give it a whirl and if you feel that your form is off, stop and review the exercise technique or if you feel something funny going on, stop and ask yourself if it is a good idea to continue. If it is, keep on truckin', if not, seek help.

Now comes the Un-Copyright notice.

Feel free to share this with family, friends, your doctor, auto mechanic, favourite grocery store clerk, or anybody else who is into working out and MMA.

In fact, I ENCOURAGE you to share this, because then, you'll be increasing the # of people who are on the same fitness wavelength as you, and you'll be creating your own team who support each other's fitness goals and who knows, they may share something with you they might not have if you didn't pass this to them.

So spread the love and I thank you for doing so.

That's all for now.

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Preamble

Introduction, Action & Motivation

Eric Wong here...

Before we get into the 5 Keys to Uncaging the Fighter's Physique, I want to make sure you're not going to waste your time reading through it.

If your goal is to build big, puffy muscles, get a fake tan and pose in a pink bikini on stage where you're judged on your physique, you might as well take this report, virtually crumple it up and shoot a 3-pointer in the trash.

It can't help you. Neither can I. I'm not sure if anybody can.

But if you're more interested in developing a functional physique, one that performs as good as it looks, stick with me.

I train UFC fighters and pro mixed martial artists who fight around the world, amateurs who are just getting their chops and guys who for some weird reason think it's a good idea to emulate the way an MMA fighter trains.

This last group is odd, I mean, why would you want to train like guys who have to be prepared to go toe-to-toe with a guy whose only goal is to knock you out or submit you for three, five minute rounds of war? Weird-o's.

[I hope the sarcasm came through there. :)]

Inside this report I'm going to reveal some of the strategies and techniques that I've used to train UFC fighters for peak performance inside the octagon that will give you a pretty cool side effect – **a lean, athletic and RIPPED body.**

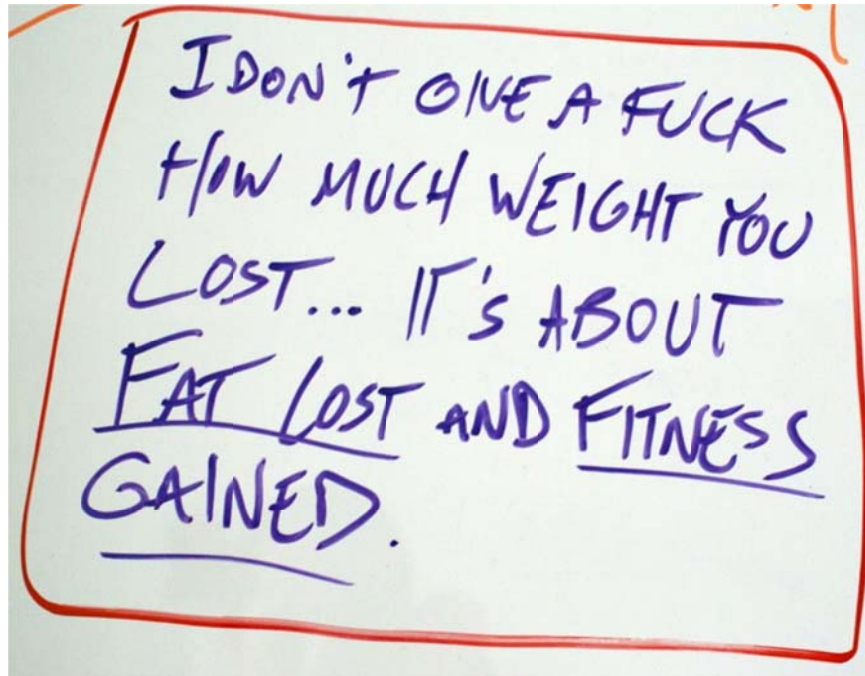
When you focus on performance, you'll not only develop strength, power and endless cardio, your body will look the way it runs – like a well-oiled machine... without the fake tan.

But if your only focus is on your weight, then I have one piece of advice for you - go join Weight Watchers and start counting your calories with the other overweight ladies, because they'll be much more supportive if you haven't budged a pound and you need a shoulder to cry on than I.

The thing is, scale weight doesn't even tell you anything, which is why I get pissed at all the 'weight-loss' gimmicks out there. I got so irked one day, I wrote the following on my marker board to drill the point into a friend's head that was stuck in this self-destructive weight-loss mindset and he used to cry if he'd gained a pound.

WARNING: there is some profanity on the next page, so if you have a problem, skip it.





Changes in your body will occur as a side effect to everything you do.

Let's read that line again.

Changes in your body will occur as a side effect to everything you do.

Unlike bodybuilders, powerlifters or your typical gym rat, a mixed martial artists' physical capabilities must be as diverse and complete as their martial arts skill set.

It's the diversity in their strength and conditioning programs that gives them their ripped, athletic and functional physiques.

In this powerful report, you're going to learn how to develop the qualities necessary to be an animal in the cage and have the body to show for it.

If you're down with that goal, you're going to get a lot out of this report.

Beware The Trap

But there's one trap you may fall in that I see way too often in this information age that we live in...

... and that is spending more time going around accumulating info as opposed to actually applying it.

You've probably got a bunch of reports on your computer that you've barely skimmed, let alone applied to your life to get real, measureable results.

Trust, me when I tell you that I used to be guilty of this too.

Knowledge Is Useless Without Action!

But I came to realize there was no profit in doing this... So put this info to work for you in the gym, because **knowledge is useless without action!**

Sometimes life gets hectic and you let things get in the way of improving your fitness, health and performance. It happens to the best of us.

If you ever feel like giving up or that you just can't do it, watch this video to kick your motivation into high gear:

==> <http://vimeo.com/14462246>

(Know this... I'm on your team. I've got your back. There is real, valuable info in this report that's based on real-world experience training elite MMA fighters. Put it to work for you and you'll get the results to show for it.)

Be Strong. Be Powerful. Take Action.

Now, let's get it on. :)

Eric Wong, BSc, CSCS
MMA Ripped 8-Week Training Camp Head Coach

Fighter's Physique

Key #1

Max Brute Strength

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To all the martial arts purists out there, let's get one thing straight so that you know we're on the same page – strength and conditioning is nothing without good technique.

With that being said, strength and conditioning with decent technique can defeat amazing technique held by someone with poor fitness, as we've seen happen to BJ Penn numerous times in his career.

I don't know of anyone who thinks that GSP, Matt Hughes, or Frankie Edgar are better martial artists than BJ... Well maybe GSP.

But their skills were good enough and their strength and conditioning were far superior to Penn's that it allowed them to overcome the Prodigy's impressive skill set.



So for you purists, it's time to consider that strength and conditioning is just like any other martial art – it takes time, effort, persistence and dedication to develop.

And once you get your black belt in S&C, you've got a very powerful weapon in your arsenal to use at your will.

The first key to the fighter's physique is Max Brute Strength (MBS).

I've put this first for a reason – it's the foundation to which Grinding Strength Endurance, Explosive Power Endurance and Endless Cardio rest upon.

Here's an analogy as to why this is ...

Let's say your max Bench Press is 150 lbs (1RM=150 lbs).

If you've got a guy on top of you who weighs 150 lbs and you try to push him off, you're working at your 1RM, which means any attempt after that will be weaker and you won't

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be able to push him off... plus it'll cause a lot of fatigue in making these attempts, gassing you out.

Now, let's say your 1RM is 200 lbs.

When you Bench Press 150 lbs, you can probably bang out at least 10 reps, maybe even as many as 15.

Now when this 150 pounder is on top of you, you've got at least 10 attempts to push him off before you start to fatigue.

Plus, because you're capable of pressing 200 lbs, you can push him off with more power than before, increasing the likelihood that you get this punk off of you.

After reading through this example, do you understand how strength is at the foundation of the other important fitness qualities?

Good, because then you understand the starting point to building an athletic and powerful physique.

Now, strength in isolation won't craft the physique you're looking for, unless you want to be one of those big, strong, fat guys you see at Powerlifting meets.



“Goddamn protein bars always back me up.”

I have much respect for powerlifters and the numbers they put up, but mixed martial arts has taught us that one dimensional athletes don't go very far.

Yes, strength is the foundation and brute strength is important, but there is a limit.

Here are some #'s in corenerstone exercises that I've found are good to strive for but going beyond them won't result in any more performance or physique improvements:

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1RM Deadlift = 2 x bodyweight (If you weigh 170, that means a 1RM of 340 lbs)
1RM Bench Press = 1.5 x bodyweight (If you weigh 170, that means a 1RM of 255 lbs)
3RM Back Squat = 1.75 x bodyweight (If you weigh 170, that means a 3RM of 300 lbs)

These are the best exercises to test from a technique perspective that give a good measure of full body strength.

If you don't know where you stand, you've got to figure this out. Routine assessments are vital to making sure you're moving towards your goals.

Again, if all you look at is your scale weight, Weight Watchers is the place for you.

Now, when you test your max strength, your warmup is critical to your #'s and avoiding injury.

[NOTE: If you're not very familiar with these exercises, work on your form before testing your max strength. You also don't have to find your true 1RM. As long as you find your 1-4RM, you're good to go, as I've created some software that will give you an estimate of your 1RM that I'm hooking you up with for **free** at the end of this report.]

Once you're ready to get in the gym and test yourself, follow this warmup protocol:

1. Walk / light jog for 5 minutes to break a sweat
2. Dynamic mobility warmup
3. Warmup sets / technique practice of the test as outlined
4. Test
5. Rest 5 minutes before beginning warmup sets for next test

For your warmup sets, you can follow these guidelines, which I've pulled straight from the MMA Ripped Assessment Guide for you:

The stronger you are the longer a warmup you need, but in general, your goal is to perform 4-6 warmup sets before attempting your first max set.

Your estimated max (EM) is the maximum amount of weight you think you can lift for 1-4 reps. As long as you're within 10-30 lbs, you're good to go.

For every warmup set, make sure you accelerate the bar as fast as you can to prime your nervous system.

Warmup Set #1 – 6 reps - change weights then do set #2

- EM < 200 lbs, your first warmup set is at 50% of what you think your EM is
- EM > 200 lbs – start with 135 lbs

Warmup Set #2 – 3 reps – change weights then do set #3

- EM < 200 lbs – add 15 lbs
- EM 200-300 lbs – add 30 lbs
- EM > 300 lbs – add 50 lbs

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Remaining Warmup Sets – 1 rep each set

- EM < 200 lbs – add 10-15 lbs
- EM 200-300 lbs – add 20-30 lbs
- EM > 300 lbs – add 40-50 lbs

For the remaining warmup sets, you'll have to judge how much weight to add and how many more sets to do based what you think your EM is.

eg. Estimated Max of 250			
Set #	Weight	Reps	Rest
1	135	6	30s
2	165	3	30s
3	195	1	30s
4	220	1	30s
5	240	1	1-2 min
6	250	max	~

For example, if your EM is 250 lbs and you're on Warmup Set #4 and you lift 225 lbs for 1 rep and it feels pretty heavy, just add 20 lbs and go for max # of reps. You might be able to bang out 2 reps and if you do – you can stop the test, because you found your 2RM, which is in the 1-4 RM range.

Once you've got your assessments complete, you can start to work on developing your MBS.

Here's a simple yet effective progression scheme to boost your MBS through the roof:

- Week 1 – 3 sets x 8 reps @ 80% 1RM
- Week 2 – 4 sets x 6 reps @ 85% 1RM
- Week 3 – 5 sets x 2-4 reps @ 90-95% 1RM
- Week 4 – Deload, 3 sets x 6 reps @80 % 1RM

Follow this routine and I guarantee you'll improve your MBS in the big lifts.

Now that you've got your strength foundation, it's time to learn how to GRIND, and it's not what you do with that tipsy blonde at the bar.

Fighter's Physique

Key #2

Grinding Strength Endurance

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Once you've got your strength levels up to par, the next step is to develop what I call Grinding Strength Endurance (GSE).

I'm especially fond of the word 'grinding' because that's exactly what it will allow you to do in a fight – grind your opponent down into a messy pulp.

And when you're going through these workouts, you've also got to grind through the reps and sets, because when you're training this quality, it will take some mental fortitude on your part to push through your burning muscles.



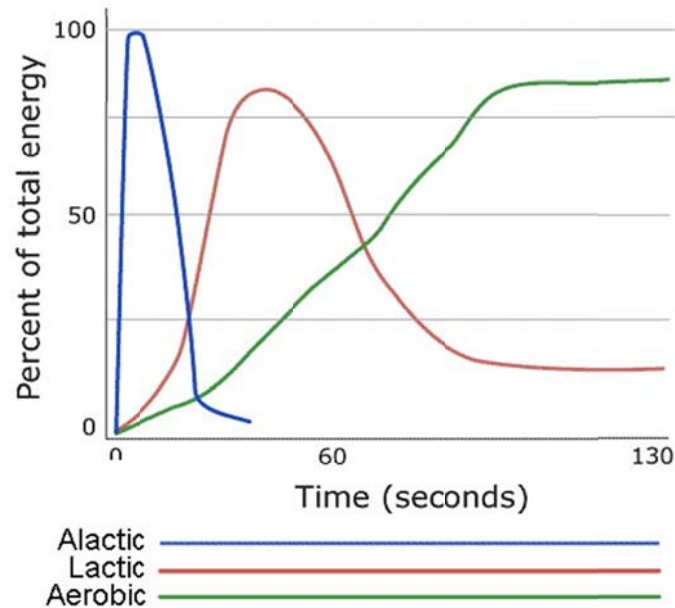
Think of a guy like Jon Fitch – he's the perfect example of a guy who's got a high level of GSE.

Not the most exciting guy to watch but he gets the job done and he's always ready for war.

When it comes to physique enhancement, these workouts are help your body burn enormous amounts of fat because they engage the Anaerobic Lactic energy system.

Here's a primer on the energy systems of the body:

There are 3 of them – the aerobic, anaerobic lactic and anaerobic alactic.



As an MMA S&C coach, I need to completely understand these systems, how they interrelate and how to develop each one separately and together so that my fighters are in peak condition by the time they step into the cage.

If an exercise is so hard or heavy that you can only do a few reps or you can perform the exercise for 10-15 seconds, it's challenging the Anaerobic Alactic system.

Because it's such a short period of time you're working, not much energy burn occurs here.

However, the Anaerobic Alactic system fuels your max strength, which you learned about in the previous section.

Now, if an exercise is so easy or light that you can do it for 2 minutes or more, then it's challenging the Aerobic system.

A lot of energy is burned during aerobic exercise, but because no energy deficit was created, not much energy is burned in the recovery after.

Don't underestimate the importance of aerobic exercise though, as it's the key to endless cardio.

The Anaerobic Lactic system (An-L, not to be mistaken with anal lol) kicks in predominantly when you do a muscularly challenging exercise for anywhere from 30 to 90 seconds.

Here's another way you know the An-L system is working – your muscles BURN like fire!

The burning feeling comes from the by-product of using the An-L system, which is lactic acid, which makes sense since acid generally burns whatever it comes into contact with.

When you exercise, you're burning up energy to perform whatever movements you're doing.

Here's the cool thing about the An-L system and fat loss – you not only use energy during the exercise, but you use a considerable amount of energy to clear the acid from your system AFTER the workout is done to return your body's blood chemistry to a normal state.

This means you're burning much more energy and fat overall when you engage the An-L system vs. the other energy systems.

One of my strategies for tapping into the Anaerobic Lactic energy system to create this massive energy deficit and metabolism boost is called a Density Set.

Here's how you do it:

- Pick an exercise, let's say Pushups
- Pick a time period, let's go with 6 minutes
- Do as many Pushups in the 6 minutes as you can, with no more than 10-20 seconds between 'sets'

This technique will cause a surge of lactic acid into your muscles, resulting in a ton of energy being burned both during and after the set.

I introduce this method early on in the MMA Ripped 8-Week Training Camp to separate the men from the boys. Hopefully it doesn't make you squeal and go home crying to mommy. :P

But stick with it and tough it out and you'll get stellar results.

Maybe even as good as Patrick, who just completed the 8-week training camp...

Let him tell you about it in his own words:

Eric Wong Those are huge tips for anyone who's about to jump in on the program - thanks! Now let's talk a bit about your results - what are some of the results you're most happy with?

Patrick Ramberg Definitely the increase in Deadlifts from 1RM at 85kg to a 2RM at 125KG in 8 weeks. I still can't get my head around that, and it made the jaws of my former Krav Maga trainer drop when I told him. But what astounds me the most is the push ups that went from 45 to 75. The numbers are not so awesome, but when I did them I had to stop the fast paced motion at around 40, but I still managed to crank out another 35 at slow motion. My arms just didn't fatigue, and I've never before had such an endurance.

THIS IS WHAT
GSE IS ALL
ABOUT!!

Oh, I almost forgot the drop to a single digit body fat. 8% - and still going.

[Click Here](#) to read the full interview with MMA Ripped Training Camp graduate Patrick Ramberg

Fighter's Physique

Key #3

Explosive Power Endurance

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Grinding Strength Endurance allows you to wear an opponent down by constantly working and keeping pressure on your opponent.

On the other hand, Explosive Power Endurance (EPE) will allow you to maintain your knockout power and takedown ability deep into a fight.

These are absolutely separate qualities that must be trained very specifically, otherwise you leave holes in your fitness... and your physique.

As I said in the intro, a mixed martial artists' physical capabilities must be as diverse and complete as their martial arts skill set.

Strength is one very important factor.

Bodybuilders and powerlifters are strong. Unfortunately, they often have zero cardio and get gassed walking a flight of stairs, not to mention the fact that they have trouble scratching their own backs.

That's not what I'm after, I hope you're not after it either.

On the other hand, training for power and power endurance will give you hard, dense muscles that aren't puffy or soft.

Muscles that are ready to fire at a moment's notice and give you energy and a bounce in your step that you've been missing for years... even decades.

Once you develop EPE, you'll feel years younger and you'll be more confident than ever with the knowledge that your body is ready for anything you can throw at it.

The best example of this quality in a fighter is GSP.

GSP has shown his ability to deliver powerful strikes and explosive takedowns in every round of a 5 round championship fight.

Do you think that the work he's put in to develop this ability in the cage has helped to chisel his physique at all?



So instead of thinking, "I've got to work my lower abs harder for better definition," consider what your physical capacity to be explosive for 5 minutes in many different movements is and then you might see what you really need to work on.

Unfortunately, most fighters go about developing EPE completely wrong.

They figure they'll just throw together a bunch of exercises, do them for 30 seconds each and stop when 5 minutes is up.

While this is close, because you're working an exercise for 30 seconds, you're actually working the Anaerobic Lactic system, which as you know, contributes more to Grinding Strength Endurance than Explosive Power Endurance.

To develop pure power (not power endurance), you perform an exercise for no more than 12 seconds total, this means it could be a set of Squat Jumps that last 12 seconds, or a set of 3 reps of heavy Bench Press.

Then you'd rest for at least 1.5 but more like 2-3 minutes. This is what you do in the Technical Sparring workouts in the MMA Ripped 8-Week Training Camp, which you'll learn more about soon.

The key is to perform the exercise then get full recovery before doing the next set, so that every rep is performed at 100% power. Cut the rest short and you're training at a lower % of your max power, which won't develop power effectively.

Now, to develop EPE, you've got to properly choose exercises, rest times and program design to ensure you're training the Alactic system for power endurance vs. the Lactic system for strength endurance.

Here's an example of a beginner's version of an EPE circuit:

- 1) Squat Jumps x 6 reps (6 reps keeps you in the Alactic system)
- 2) Clap Pushups x 6 reps (Switching muscle groups allows legs to recover)
- 3) Squat Jumps x 6 reps
- 4) Clap Pushups x 6 reps (Repeating Jumps and Pushups works endurance)
- 5) Plank for 20 seconds (Core, giving working muscles chance to recover)

Repeat this circuit twice and you've just performed your first true EPE workout. Give it a shot and let me know how it feels.

This is your first step to building true EPE and helping you look like my French Canadian friend Mr. Georges St-Pierre.

Fighter's Physique

Key #4

Movement Pattern
Based 3D Training

Squat. Lunge. Bend. Twist. Push. Pull.

These are the 6 primal movement patterns as first classified by world-renowned health and fitness practitioner Paul Chek that we can use to breakdown virtually every action we perform in sport and life.

As martial artists, the one thing missing from this group is kicking/kneeing motions. But that is one of the exceptions. Most other movements can be broken down with this system.

For example, when you open your car door and get in, it corresponds to the movement patterns as such:

- Opening the door is a **Pull**
- To crouch to duck your head under the roof, you **Squat/Bend**
- You then **Twist** your way around so you're sideways and can slide in
- Finally, you **Lunge** sideways and step one foot in and bring your other leg in to sit down

How about throwing a straight right hand?

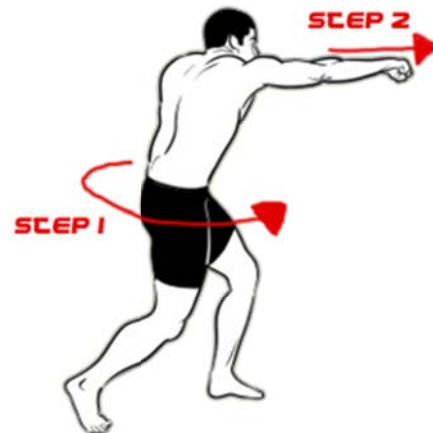
First you Twist through your hips to generate the power, then you fire your arm out (Push) to hopefully connect with your opponent's jaw to score the big KO.

Most movements in sport and life are a combination of two or more of the primal movement patterns.

That's why your training should include exercises that are a combination of two or more movement patterns, not just exercises like Squats, Bench Presses and Deadlifts.

The primal movement patterns give you your base strength, think of using them to build your horsepower. They are extremely important.

Combination movements, or what I like to call 3D training exercises, develop your nervous system to be able to activate and coordinate your muscles efficiently for complex situations, like grabbing a single-leg and twisting around to score a takedown.



With these movements, you'll hit your body and muscles that you've never been able to hit before with traditional bodybuilding style exercises.

They'll require your full concentration as they'll be challenging you in multiple planes of motion, which is why I call them 3D training exercises.

One of my favourites is the Reverse Lunge Chop.

It's a perfect example of a 3D training exercise that trains multiple movement patterns in all 3 dimensions.

Instead of showing you some still images of the exercise and trying to describe it for you, it's easier to watch a video of the exercise.

Watch the video at the link below, which is from the MMA Ripped 8-Week Training Camp that I've made available for you:

==> [Click Here to Watch a Video of the Reverse Lunge Chop](#)

You can see how this exercise demands concentration, balance, coordination, stability and strength.

This is what true functional training is all about.

The whole body is working, it creates a large demand for energy, which will help you burn a ton of fat during your workout.

Plus, with all of these demands placed on our bodies, new muscle fibres fire up and work that haven't worked before, so you get an even bigger metabolic boost.

That's the power of Movement Pattern Based 3D Training and why you need it in your training program to build the fighter's physique.

Fighter's Physique

Key #5

Endless Cardio

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Endless Cardio. The ability to keep going, and going, and GOING.

The feeling that no matter what you do, you're never going to be out of breath, out of control, and vulnerable.

People will marvel at your seemingly limitless endurance.

You'll feel unshakeable confidence knowing that you can outlast anyone.

Even if you never step in the cage and go toe-to-toe, the ease with which you move through life will make you feel 10, maybe even 20 years younger.

That's what is available to you once you harness the methods I'm about to share with you that I use to train elite MMA fighters.

Not to mention the fact that when you develop Endless Cardio, your body will look like a lean, mean, fighting machine.

Right now, my man Claude Patrick is training for his first ever fight on home turf at UFC 129 in Toronto on April 30.

I worked with him before he left for Vegas and I just finished emailing him his final peaking workout (EPE style) yesterday.

Whenever he trains, his coaches wonder if he's working hard, because he's always got what I call his 'poker face' on.

The poker face is all about never letting your opponent know you're working hard even if you're ready to pass out, because that can give them that extra bit of confidence they need to finish you off.



"Dammit, where did I leave my keys?"

But you can't just put on a poker face if your cardio isn't up to snuff.

It's impossible because your brain will cause you to strain and disfigure your face to suck in as much air as you're capable of.

This happens because your brain is lacking the oxygen it needs to function properly since your muscles are eating up all of the O₂ that your heart and lungs can provide.

That's why when guys gas out, they seem to look like amateurs whose total MMA training experience consist of 6 months at the local karate dojo learning katas from Master Lee – they just don't have their wits about them to do anything they know and are purely in survival mode.

So how do you go about becoming a cardio machine yourself?

Well it's simple, but not easy.

Remember the very first lesson I taught you in this report – **you need a solid base level of strength**. Without it, you'll have weakness-endurance, not strength-endurance, and you'll never be able to develop power.

Make sense?

Good.

The next thing you've got to do is ensure your heart is big and strong enough to pump out lots of blood each beat. Your resting heart rate is one indicator of the fitness of your heart.

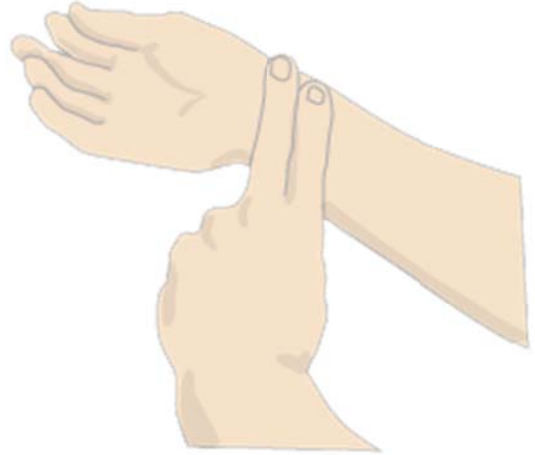
Here's a table of where I would rate you, not in terms of the average population, because the average in our society is pathetic, but in terms of where you'd be if you were a fighter I was training:

Resting Heart Rate Range (bpm)	Rating
> 80	Out of shape
70-80	Average, needs lots of work
60-69	Not bad
50-59	This won't hold you back much
< 50	ELITE

You can take it right now and see where you stand using the instructions on the next page...

Resting Heart Rate Measurement Instructions

1. The ideal time to measure is first thing in the morning after going to the washroom and before eating.
2. Sit comfortably with your back resting and put your watch in front of you so you can see the seconds ticking.
3. Take 3 deep breaths, 4 sec in and 4 sec out, getting as relaxed as possible.
4. Take your index and middle fingers of your right hand and press against the side of your neck, feeling for a pulse. Don't press too hard and remember to stay relaxed and keep breathing.
5. Once you find the pulse, count the number of beats in 30 seconds.
6. Multiply the number of beats you count by 2. This is your resting heart rate in beats per minute (bpm). Write this down in your Assessment Tracking Worksheet and enter it into the Results Tracking Software.



There are many methods of developing your cardio and the key is to vary your methods so that you hit it, it adapts, then you shock it again so it never plateaus.

You'll go through 4 unique, progressive cardio phases in the MMA Ripped 8-Week Training Camp. They are:

- Aerobic Power Intervals
- Anaerobic Threshold Training
- Short Burst Intervals
- Bodyweight Circuits

Each week, you'll do 2 cardio sessions and 1 Live Sparring session.

Don't worry, you don't have to actually step into the cage and spar – these sessions are based on bodyweight exercises and designed to simulate an actual MMA fight, minus the bruises and broken nose. :)

These sparring sessions are the KEY to developing the fighter's physique and what separates this training camp from any other fat loss workout programs out there.

The dynamic and explosive nature of the sparring sessions leave you in a pool of sweat and literally *melt fat off your body* like nothing you've experienced before.

Conclusion

Your Implementation Strategy

Knowledge Is Useless Without Action!

This statement is worth burning into your mind.

The difference between successful and unsuccessful people isn't brains, but the ability to take action, observe what's working, then adjust accordingly and take another, better action.

Bruce Lee taught this when he said, "Absorb what is useful, discard what is not."

But to absorb anything you've got to be an action taker.

Don't sit on the sidelines hoping for the next magic bullet. You'll be disappointed and sitting for a long time, because no such thing exists.

There are 2 truths here to take home: if you do nothing, nothing will happen. If you do something, something will happen.

It might not be what you want, but at the very least it will give you an idea of what doesn't work for you, bringing you one step closer to what does.

Maybe you've got a question or two about the info? If so, hit me up here and ask: [Questions about this Report](#).

I also run an active blog where I post more training articles and videos at <http://www.ericwongmma.com/>. I'd love to have you drop by and say hello and I'd love to help you continue improving on your fitness journey!

In this report I revealed 5 keys to achieving the fighter's physique. I know you learned at least ONE tidbit of info that you can take and apply to your training immediately to get results that you can see and measure.

And with that, I'm going to segue into your FREE gift...

Here's How To Claim Your **FREE Gift** (\$500 value)

“Assess, don't guess.” – Paul Chek

One of my mentors is a guy named Paul Chek. He taught me a ton about exercise program design, fitness and living healthy in both actions and thoughts.

He always preached the necessity of assessing a client or athlete before designing a program, which is a skill that is severely lacking in the fitness industry.

With my programs, I always include some type of assessment so you can customize your workout accordingly and measure your progress to ensure you're moving towards your goals.

For the MMA Ripped 8-Week Training Camp, I developed a piece of software that makes tracking your results easy and it motivates you to keep going when you see on paper all the changes happening to your body.

I spent some a couple of late nights creating the formulas and making it easy to use, which took me 4 hours initially. Then I had my beta testers use it and email me about the bugs. There were quite a few and it took me another hour to iron them out.

So the \$500 value is based on the fact that this bad boy took me 5 hours to develop and I charge \$100 per hour for training, so $5 \times \$100 = \500 , it's not some random number made up to try and boost the value of the thing, it's a real world value.

Here's the thing – I'm going to hook you up with this software for free.

I'm doing this because I think this software is awesome and even if you don't join the MMA Ripped 8-Week Training Camp, I know you can use this to move towards your goals and I believe that when you spread good karma it always comes back to you sooner or later.

So grab the software at the link below and most importantly, use it!

→ [MMA Ripped Results Tracking Software](#) ←

