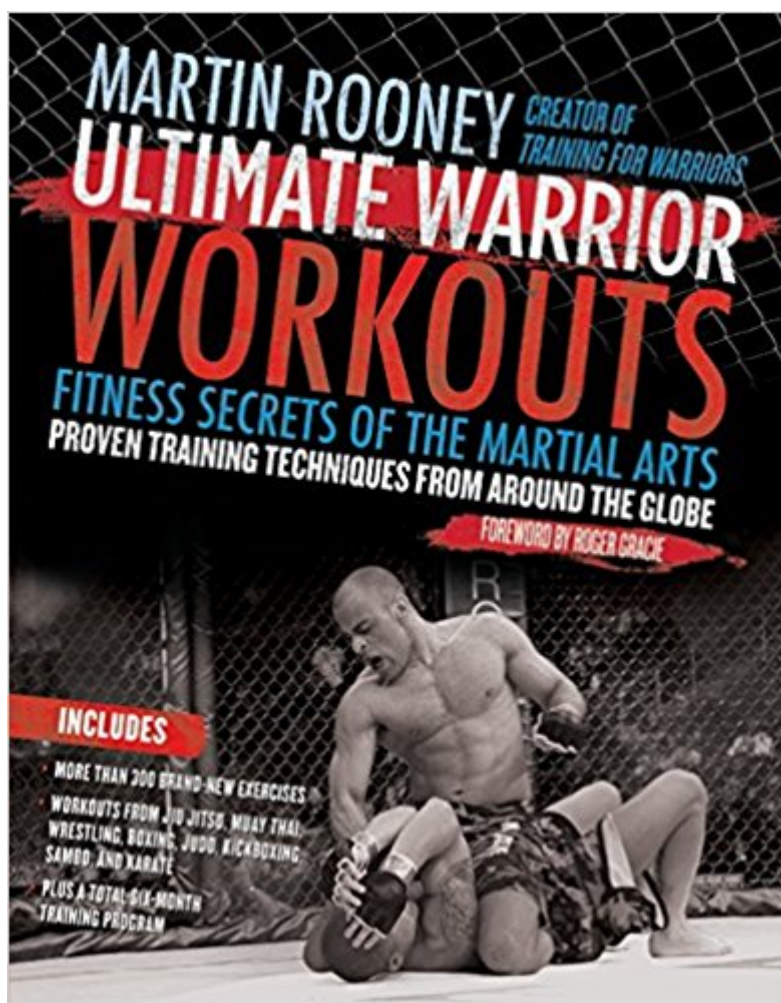


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# Ultimate Warrior Workouts (Training For Warriors): Fitness Secrets Of The Martial Arts



## Synopsis

In Ultimate Warrior Workouts, the exciting follow-up to the highly successful Training for Warriors, world renowned fitness instructor Martin Rooney travels to the top martial arts destinations around the globe to bring back a six-month training program based on fitness secrets from the world's best fighters in Brazilian Jiu Jitsu, Karate, Muay Thai, Sambo, Judo and more.

## Book Information

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Average Customer Review: 4.2 out of 5 stars 45 customer reviews

Best Sellers Rank: #744,584 in Books (See Top 100 in Books) #106 in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #1690 in Books > Sports & Outdoors > Individual Sports > Martial Arts #9246 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

"Martin Rooney is a god among men, and if he told me that the proper way to strength train for MMA was to wrestle with pigs in their own excrement, I would do it, he's that good!" (Forrest Griffin, New York Times Bestselling Author of Got Fight? and Former UFC Light Heavyweight Champion)

"Martin Rooney is the foremost leader when it comes to training combat athletes. Under the teachings in Ultimate Warrior Workouts, I gained valuable strength for my UFC career." (Frankie Edgar, Top Ranked UFC Lightweight Contender)

"Martin Rooney's warrior program combined with new training ideas from around the world? This book is a must for anyone serious about fitness, fighting, or both." (Rodrigo "Minotauro" Nogueira, Former UFC Interim Heavyweight Champion and Pride FC Champion)

"Martin Rooney's program was a key component in my world title fight preparation and victory. This training is the Real Deal." (Brian Bowles, WEC Bantamweight Champion and #1 ranked 135 pound fighter in the world)

Are You Ready to Take The Warrior Challenge? World-renowned fitness coach Martin Rooney will take you where no warrior has gone before. On an epic international quest, Rooney traveled to top-flight destinations around the globe to study and train under the last living masters in the eight core disciplines of Mixed Martial Arts. More than 1,000 full-color photos reveal hundreds of the original training secrets he discovered along the way, from the slopes of Japan's Mt. Fuji and the beaches of Brazil to the streets of Russia. With nearly fifty varieties of push-ups, dozens of kettlebell exercises, and hundreds of unique training techniques, Ultimate Warrior Workouts also offers: A complete six-month workout program Cutting-edge nutrition ADVICE and a sample diet plan "Warrior Challenges" to assess your fitness level The history and philosophy of the arts that comprise mixed martial arts

1. The pictures in the book don't match the content. 2. There are lots of exercises in the book but he does not explain why you should do them and how they affect your body or performance. I tried to get a refund but got an error message saying the book isn't eligible for refund. BS, very dissapointed that I wasted my money on this book.

This book is probably deserving of a 5 star review but for me and what I was hoping for it lacks. I'll start with the positive stuff. As you probably know Mr Rooney spent two years travelling the world to what he considered the best martial arts gyms in the world could be and have been useful in a MMA context. You have know arguments from me here. He's definitely attended most of the gyms that I dream of attending. Kodokan, Fairtex Bangplee, University of Iowa just to name a few, giving the background on each. He has photos demonstrating the conditioning exercises used at these gyms by himself and by members of the gym. All good so far. He gives information on nutrition for a fighter and information on cardio training. He also refers back to his first book a lot which I don't have problem with considering what I paid for this book I would happily buy his first. I already use his dynamic work out from the first book which i got indirectly from my old muay thai coach (who happens to have a few world titles) and highly recommend it. And to top it off he gives you a six month program to follow to get you into peak condition for MMA. Excellent stuff. Also I like the quality of the book itself. Nice glossy pages. Now for the bad stuff. I study sport exercise so my views are based on what I was hoping for in this book. Mr Rooney does not give how the exercises he has chosen are used by the respective gyms in the context of their programs. Say for example with the muay thai section he doesn't say when yodsanklai would use the chin up variations in his program i.e. If he has separate sessions for conditioning or he does them before or after pads, reps,

what a sample template for training at the gym would be etc. Another gripe he doesn't break down the science of his program. I know for someone like him he shouldn't be giving everything away but this is what I'm interested in and its highly unlikely that I'm going to be able to get his Parisi Speed School gym to do an internship with him any time soon. I live in New Zealand and can only dream. And to be honest with a bit of research I'm sure it would be possible to work this out. Also highly doubt this book is targeted at the trainer as much as the fighter. Back to supertraining for me. All these bad point aside this an excellent resource for those interested in the fitness aspect of MMA. A six month program from Mr Rooney is worth more than the price of this book, and the extra information on the various martial arts is a bonus.

Awesome book. Great ideas for workouts, well written, an full color pictures, and chock full of information. This book is a steal of a bargain for anyone in fitness, mma, or fight sports.

Book is quite impressive. I really had no doubt prior to the debut. I am mostly stand up training, but love to be well rounded. Martin's book has great feedback, ideas, and experiences I truly enjoyed reading and seeing. I'm only a 1/3 of the way, but I've skimmed through... Definitely kept my interests so far. Awesome information for my purpose. Martin is extremely committed!! Incredible travels! I've remembered you as how you are now back in the HS days. Fabulous job and hope to see more! High Five! =)

GOT FOR 3 DOLLARS from goodwill.

Cool book for MMA work outs, well written!

I bought this book looking to add some variety to my workouts. I am a brazilian jiu jitsu & muay thai practitioner so I am always in need of ways to improve my strength, conditioning, flexibility, agility and this book meets those needs and then some. This is a GRAND SLAM of a book. Thanks Martin...

As far as physical preperation for combat sports goes Martin Rooney is the bar and he continues to raise further and further every single day. I dove head first into the book and the first thing I had to say I really liked was the locations he used to film the workouts. I've been the Gracie Barra and Gordo's academy in Rio and it brought some great memories of tough training and amazing

techniques. The next thing I really enjoyed the nutrition section. Not to say the last book didn't have a great nutrition section. This book however filled in some of gaps of the last book. Personally I just changed the way I ate right away and ate what was on the menu but now I know why I'm eating the things I'm eating. Besides the obvious those were the best things to me

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