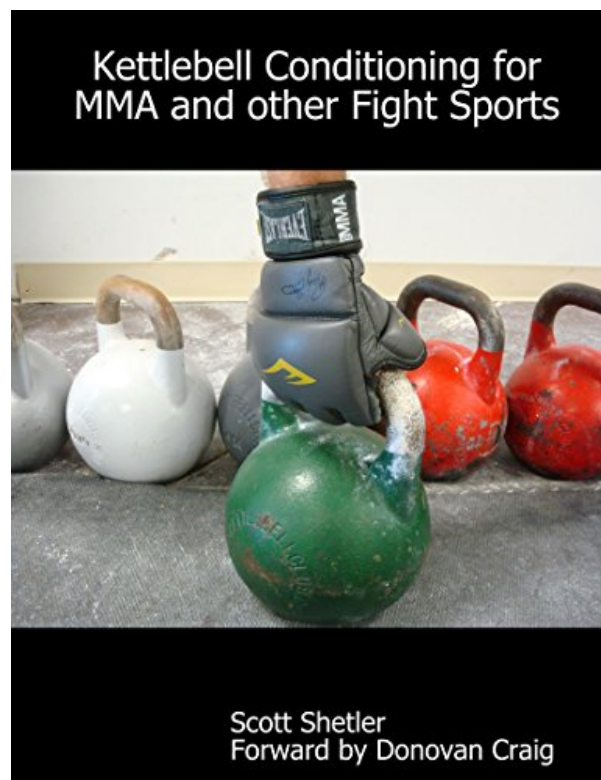


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# Kettlebell Conditioning for MMA and other Fight Sports



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A highly effective program using traditional kettlebell training methods for conditioning in Mma, grappling, boxing, wrestling and other combative sports and disciplines.

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Excellent Training Tool

By Jay Trunzo

I own a kettlebell gym, and we train regular everyday folks, high school athletes, and college and professional athletes. In our opinion, kettlebells are the ultimate training tool suitable for anyone at any level.

When we were first approached by fighters to help in their training, the common complaint was that typical strength and conditioning programs don't respect the fighter's need to actually train to fight. We have a former Light Heavyweight Champion (boxer) that trains with us, and his first words were "I don't have a bunch of hours a week to get strong."

As a trainer, I'm always looking for new ways to help my clients. That's how I came across this book. Scott Shetler has assembled seven training templates that act as a starting point for fighters to get strong fast. His programs accomplish this without burning out the athlete and without requiring the athlete to spend hours under a barbell.

The programs also mimic fight conditions. Using the fundamental kettlebell lifts detailed in the book and Scott's templates, we can put a fighter in conditions that feel a lot like those experienced in the ring. It takes a special person to go hard for a three or five minute round, and fighters gotta dig deep in the middle of our training rounds just like they do in the ring.

Scott's templates also work to keep fighters fast and sharp. Put a guy under a barbell or work him heavy in a

"traditional" gym environment today and watch him get killed in his sparring session tomorrow. Scott's programs fit seamlessly into the fighter's overall training regimen.

Like our former Light Heavyweight Champion mentioned earlier, we trained a college boxer using these templates almost exclusively. He went to the NCAA Championships two years in a row and finished second (losing to his nemesis both times by one point). Proof is in the results.

If you're looking for a book full of platitudes and fluff, look elsewhere. I've lost my patience with the most recognizable kettlebell book publisher. If you're into the false motivation sold in those kinds of books, you shouldn't be anywhere near a fighter (and you shouldn't be one). If you want to learn more about training a fighter (or training like one), and you can't pay someone like me a small fortune, then invest a couple of bucks in this book. It's worth it!

1 of 1 people found the following review helpful.

Easy to Follow - Great Results

By Douglas V. Seamans

I am a gym owner, certified personal trainer, kettlebell lifter, certified combat athlete specialist (by the WKC), certified kettlebell fitness trainer (by the WKC) and most importantly an amateur Muay Thai fighter and I can tell you that the techniques, workouts and information in Scott Shetler's book is easy to read, easy to follow and most importantly, it gets results!

We train beginners looking for weight loss, endurance athletes and fighters and all of them are put through rigorous kettlebell workouts that help get all of them results. Many of the workouts and techniques we use for our clients at our gym and I use personally for myself for my own fight training and preparation come from this book and from training with Scott. Scott's knowledge and experience training fighters is vast and comes through in this training book. Training manuals should not be 150 pages long, hard to read, be full of scientific jargon that no normal person can pronounce or understand and it does not need 50 different workouts for you to pick from; a training manual should be simple, basic, to the point, easy to follow and understand and easy to implement and I can attest that this book is all of those things. If you need your hand held and you need dozens of customized workouts made just for you and you don't have the intelligence to pick different exercises from a list and plug them into a training format then you need a personal trainer or one-on-one coaching. Could Scott have put in a few more pages of actual workouts? Sure. but that doesn't mean this is a bad book. This isn't rocket science, Scott gives you the format and a list of exercises to plug into the format and a few sample workouts so you get the idea, if you need more than that, like I said, you need one-on-one coaching and you should allow someone else (a professional) to manage your training for you.

I can personally tell you that kettlebell training, specifically the training format in this book written by Scott will give you and/or your clients/fighters the edge you/they are looking for to win their fights. The kettlebell training program laid out in this book is easy to use and it will give a fighter crushing strength and will greatly increase their VO2 max, which translates directly to fighting. I have personally beaten and helped to train other fighters to beat very technically good fighters with brute strength, speed and power and I attribute that to kettlebell training.

Buy this manual, you won't be disappointed. Thanks to Scott for sharing his knowledge, too many people in the fight game keep their training a secret and sharing training knowledge shows a true love for training and for improving the fighting community.

0 of 0 people found the following review helpful.

Great Addition to Your Training Arsenal

By Lindsay "Little Evil" Seamans

Scott's book is a great addition for any combat athlete, or anyone looking to improve their fitness, to include in his/her training regimen. It's very instructive, with great pictures and descriptions on how each movement works. He also provides great information on how to set up a great workout. Not only that, but the supplemental exercises included in the back that are not traditional kettlebell movements, add a great dimension to what can be done.

Just like his book says, kettlebells are not the end all to your training routine. They are an awesome addition to help kill your hips, glutes, shoulders and grip. Kettlebells WILL increase your explosive power. I've noticed this personally with my punches and kicks. My grip as gotten phenomenally better when it comes to my clinch game too. I strictly do Muay Thai, so I can't say from experience how it affects your ground game, but I can only imagine how much better your grip becomes when trying to tie someone up or wrestle with them. In addition to the explosiveness you'll gain, you're cardio will pick-up too. Kettlebells are one the rare tools you can use that gives you strength, speed, and stamina. And what fighter or fitness junkie doesn't want that?!

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