



# Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior

*Jason Ferrugia*

Download now

[Click here](#) if your download doesn't start automatically

# Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior

*Jason Ferruggia*

## **Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior**

Jason Ferruggia

**The ultimate strength and conditioning book for ultimate fighters.**

Mixed martial arts (MMA) is America's fastest-growing combat sport, with millions signing up for MMA classes and many more tuning in to "pay-per-view" to watch events with names like "Cage Rage" and "No Limit." MMA is not for wimps, and participants take a real pounding—they must be ready for anything. However, there is one way to predict a winner in any bout: conditioning. When facing an opponent with equal technical skill, the better-conditioned athlete will win every match, every round, every time.

Now, with amateur fight leagues springing up across the country, top conditioning coach Jason Ferruggia reveals the ultimate conditioning program for the ultimate fighter. By gaining overall strength, stamina, speed, and flexibility, athletes can substantially reduce their risk of injury in this intense contact sport.

The key to Ferruggia's system is his emphasis on mat-specific conditioning techniques. Too many would-be fighters use training programs borrowed from football or bodybuilding—methods that are all wrong for MMA. Included are:

- A first-rate warm-up guaranteed to make a fighter more explosive and to reduce injuries
- Off-the-charts strength-building secrets
- Dozens of exercises to develop crushing grip strength - Top speed-building methods, including Olympic lifts, plyometrics, and throws
- Incredibly effective exercises for building a thick, powerful neck that could be the difference between victory and serious injury

Each exercise is accompanied by black-and-white photos illustrating proper technique and form, and "Inside the Cage" tips share the secrets to success from top professional fighters.

 [Download Fit to Fight: An Insanely Effective Strength and C ...pdf](#)

 [Read Online Fit to Fight: An Insanely Effective Strength and ...pdf](#)

## **Download and Read Free Online Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior Jason Ferruggia**

---

### **From reader reviews:**

#### **Susan Roundy:**

Book is usually written, printed, or highlighted for everything. You can realize everything you want by a guide. Book has a different type. As it is known to us that book is important thing to bring us around the world. Close to that you can your reading expertise was fluently. A publication Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior will make you to become smarter. You can feel considerably more confidence if you can know about every little thing. But some of you think which open or reading a book make you bored. It is not necessarily make you fun. Why they may be thought like that? Have you in search of best book or suitable book with you?

#### **Paul Kennedy:**

A lot of people always spent all their free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun in your case. If you enjoy the book you read you can spent all day long to reading a book. The book Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior it is rather good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy the e-book. You can more very easily to read this book out of your smart phone. The price is not very costly but this book offers high quality.

#### **Tiffany Hernandez:**

This Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior is great reserve for you because the content and that is full of information for you who have always deal with world and possess to make decision every minute. This kind of book reveal it info accurately using great arrange word or we can state no rambling sentences within it. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but difficult core information with wonderful delivering sentences. Having Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior in your hand like having the world in your arm, information in it is not ridiculous a single. We can say that no e-book that offer you world in ten or fifteen minute right but this guide already do that. So , this really is good reading book. Heya Mr. and Mrs. stressful do you still doubt this?

#### **Dennis Sellers:**

Don't be worry in case you are afraid that this book will certainly filled the space in your house, you can have it in e-book means, more simple and reachable. This particular Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior can give you a lot of friends because by

you taking a look at this one book you have point that they don't and make a person more like an interesting person. This book can be one of one step for you to get success. This book offer you information that might be your friend doesn't realize, by knowing more than various other make you to be great individuals. So , why hesitate? We should have Fit to Fight: An Insanely Effective Strength and Conditioning Program forthe Ultimate MMAWarrior.

**Download and Read Online Fit to Fight: An Insanely Effective Strength and Conditioning Program forthe Ultimate MMAWarrior Jason Ferruggia #O6SR2M9XCQ3**

## **Read Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia for online ebook**

Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, great books to read, PDF best books to read, top books to read Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia books to read online.

## **Online Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia ebook PDF download**

**Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia Doc**

**Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia Mobipocket**

**Fit to Fight: An Insanely Effective Strength and Conditioning Program for the Ultimate MMA Warrior by Jason Ferruggia EPub**