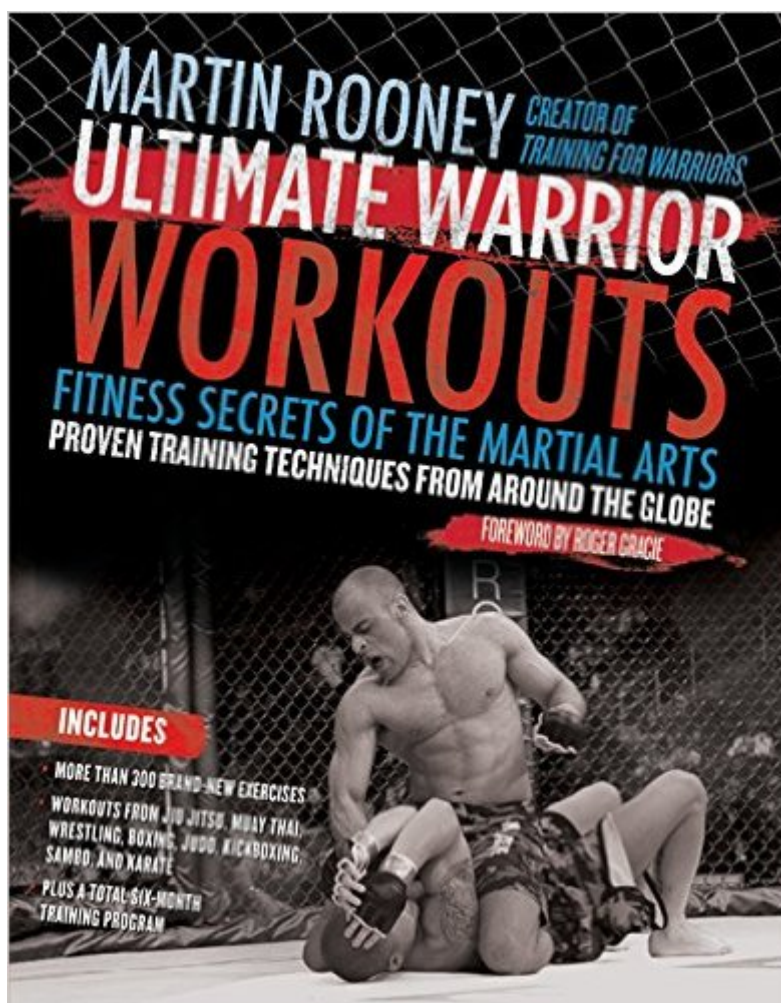


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# Ultimate Warrior Workouts (Training For Warriors): Fitness Secrets Of The Martial Arts



## 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: 4.6 out of 5 stars [See all reviews](#) (41 customer reviews)

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## Customer Reviews

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.

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