MEDICAL DISCLAIMER

As with all generic programs several assumptions are made. I assume that you have kettlebell knowledge and skill in performing these movements and that you have no medical or movement problems that make these exercises unsafe. It does not take huge lengthy workouts to become a better athlete or to look better. Being consistent and working hard are the keys to success.

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help MMA fighters, for those that want to look like them, gain strength, increase conditioning, lose weight and by educating them in proper exercises, weight training and nutrition while using the KBell Fighter Workouts.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant and certified kettlebell specialist. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should NOT do this program and obtain your physician’s clearance before beginning any exercise program. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described herein.

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KBell Fighter MMA Workout Series

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You are FREE to distribute this program to any fitness fan or MMA enthusiast who you think may be interested in stripping away fat and defining their muscle by using this proven workout program. I actually encourage it!

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Website: http://www.funkrobertsfitness.com and http://www.FunkMMA.com
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Thank you for downloading the KBell Fighter MMA Workout Series E-book. I put these kettlebell workouts together in an effort to help those fighters add strength and conditioning training to their already crazy training program. Whether you are in Boxing, Taekwondo, Muay Thai, Kickboxing, Wrestling, Jiu-Jitsu (BJJ), Karate, Grappling or any other Martial Art, you can use these workouts.

The average guy or girl training in any Mixed Martial Arts probably has a job, in a relationship or has a family and other commitments. But they are still able to train three or four times a week. The only thing is, in order to be a complete fighter you need to add strength and conditioning.

With KBell Fighter, I wanted to ensure that these kettlebell workouts had the important components of strength training that will have the most positive effects on your performance. And with your time strapped, I wanted the workouts to be quick and effective.

For a fighter, the fastest way you get better is by making you stronger and faster. The exercises that I choose bring out the most muscle involvement. Movement patterns for kettlebell training can be similar to the movements used in Martial Arts, whether you’re punching, grappling, throwing or kicking they all involve all of the same biomechanics that you will use in the KBell Fighter Workouts.

The conditioning aspect of the workouts mimics that in a fight and your cardio endurance will go through the roof. For one, you are mimicking the true nature of your sport; lifting and manoeuvring a person through force is exactly what you have to do with the kettlebells. So, you’re matching the time of your lifting with the amount of time you must fight for. You must condition yourself with the weights, like kettlebells, as well. The result are five awesome, kick ass kettlebell workouts that you can supplement into your training program to ensure that you develop the strength and conditioning you need for your fights.

The KBell Fighter workouts are designed so you will improve your strength, power, explosiveness, balance, core/abs strength, agility and of course conditioning! Right after your first workout, you will see and feel the effects. Within a couple of weeks you will see a noticeable difference in your MMA game and within 4 weeks of implementing these workouts you will see definition and feel your muscles become denser and stronger.

Good Luck!
KETTLEBELL 101 – THE BASICS

Kettlebells are an awesome training tool for strength, flexibility, and endurance. They are incredibly versatile and the amount of different exercises you can do with them is vast.

Kettlebells are a weighted cannon ball with a handle that delivers an all in one strength and cardio workout. Kettlebells work the entire body with each movement. They are used as the latest fitness tool to achieve the core, functional strength and fat burning that is missing in most workout programs. A typical 40 minute kettlebell workout can burn up to 1200 calories.

Kettlebell workouts strengthen the body as a whole unit by using multiple muscle groups in each exercise. Mike Mahler, a kettlebell instructor, expert and strength coach, indicates, like weight training, there are five areas that are worth focusing on for balanced development of the body Five Pillars of Strength Exercises. The Five Pillars are Press, Pull, Squat, Lower Body Pull, and Core.

Most people who use the kettlebell are sick of the traditional gym's same old boring workouts that don't produce satisfying results. Others use a kettlebell program because of prior injuries that prevent them from participating in traditional weight-lifting. Those who prefer to workout at home can benefit from kettlebells and have a complete home gym.

Using cast iron weights ranging from nine to eighty-eight pounds, kettlebells workouts deliver fast results using about half the time of a traditional weight-lifting regimen while using about a quarter of the weight requirements. Kettlebell exercise routines are for males and females of all ages, focusing on building functional strength by conditioning muscles that are used in everyday activities while delivering a complete cardio workout. The result is increased stamina and strength without the bulky muscles typical of traditional weight lifting.

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WHAT KETTLEBELL WEIGHT IS GOOD FOR ME?

BY Michael George Russian Kettlebell Challenge (RKC) certified kettlebell instructor http://www.riversidekettlebells.com/

Are you out of shape or older? Do you have little experience with weight training? A woman should probably start anywhere in the 10 lb to 15 lb. range. Men should consider the 26 lb. (12 kg). Maybe even the 18 lb. (8 kg).

Are you in average to good shape? Do you have some experience in weight training? “An average woman should start with an 18 pounder (8 kg). An average man should start with a 35 pounder (16 kg)”. It does not sound like a lot but believe it; it feels a lot heavier than its weight suggests! Pavel Tsatsouline, Enter the Kettlebell

Are you in excellent shape? Are you experienced in weight training? A strong woman can go for a 26-pounder (12 kg). Some women will advance to a 35-pounder. A strong man can start with a 44-pounder (20 kg), but there is no shame is using a 35-pounder (16 kg). Most men progress to a 53-pounder (24 kg), the standard issue in the Russian military.
WHO USES KETTLEBELLS?

- Top K-1 fighter Bob Sapp stated that he now uses kettlebell training to enhance cardio in a Muscle & Fitness interview.
- Welterweight UFC champion BJ Penn uses kettlebells to ramp up his muscular endurance for killer MMA battles
- Fedor Emelianenko is widely regarded as one of the top MMA fighters in the world trains with kettlebells
- Matt Serra is another mixed martial arts fighter who I have personally heard says his trainers have him use kettlebells to "avoid bulking up."
- Frank Shamrock uses kettlebells
- Many UFC and MMA fighters like Chuck Liddell use kettlebells in their training regime to build explosive power.
- Kevin Kearns who trains many UFC fighters including Kenny Florian uses kettlebells
- Kettlebell expert and trainer Steve Maxwell trained UFC fighter Diego Sanchez!
WHAT IS THE KBELL FIGHTER MMA WORKOUT

The KBell Fighter MMA Workout Series is five kettlebell workouts designed to help make the MMA fighter become the best conditioned athlete in the ring. I know these workouts alone will not make up for the hours of technique, sparring and mat work that the athlete does, but these workouts will definitely increase your strength, power, agility, and cardio.

Because the kettlebells teach the body how to work as one unit, your body uses many muscle groups to get the job done, hence strengthen the muscles and making the body more durable. No question that strength is a physical attribute every fighter needs.

What is the best way to acquire the strength you need to get you through a 3 or 5 round battle in the ring? The KBell Fighter MMA Workouts are kettlebell workouts that try to mimic different aspects of a fight. The workouts are split into 5 different exercises that last for 50 seconds each and collectively work every muscle in the body, while taxing your cardiovascular endurance.

You will perform the KBell Fighter MMA Workout as a circuit, doing one set of each exercise in succession. Each exercise is timed for 50 seconds with 10 second break to transition to the next exercise. You will do as many reps as you can in that duration (with perfect form) then move on to the next station in the circuit.

After you complete all 5 exercises or one circuit in succession you will rest for 2 minutes. Then repeat two more times. That is what is called a 50-10 Workout Interval (50 seconds of work followed by 10 seconds of rest or transition). Total workout will take 30 minutes with warm up and stretching.

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If you can’t go for the entire 50 seconds on an exercise, go as long as you can, rest for a few seconds, then go again until your time at that exercise is up. This will allow you to customize the workout to your current fitness level.

The weight of the kettlebell that you use is an important aspect to the KBell Fighter workouts. You want to make sure the weight is challenging. The workouts push your power and strength endurance, but you also want to focus on loads (weights) that you can use and maintain a high power output (speed) and not just pushing the weight through the motions. I suggest men use a kettlebell no lighter than 16kg with swings and cleans and snatches at 20-32kg. For women I would suggest 12kg and for swings, cleans and snatches 20 kg

When you start doing these workouts, it’s going to be tough. You may not be able to get through each exercise or the workout, but NEVER QUIT, NEVER TAPOUT or NEVER GIVE UP. It will get easier for you, but that’s because you are making yourself better, not because the workouts are easier.
WHY YOU SHOULD USE THESE WORKOUTS

If you are in Boxing, Taekwondo, Muay Thai, Wrestling, Jiu Jitsu, Karate, Grappling or if you just want to get super strength and a ripped body, then you should use these workouts.

Due to their design, kettlebells are great for training movement patterns, seamlessly transitioning from one exercise to the next and enhancing athletic potential, as they teach your body to function as one unit rather a sum of isolated parts. In the ring you are often using your body in throws, grappling, or general movement as one and doing exercises that teach this is essential.

The KBell Fighter workouts can help develop incredible strength endurance and stamina. Two of the main elements a great fighter needs to last five, five minute rounds at maximum output.

Kettlebells are a versatile sub maximum load (weight) and that’s what you want a sub maximum load with maximum speed effort. KBell Fighter workouts will develop endurance strength, power, conditioning and mental toughness. Again invaluable attributes the best fighters need to endure a battle in the ring.

Whether you are an MMA fighter, wrestler, Muay Thai fighter, boxer, martial artist or just want to look like one then the KBell Fighter Workout Series is for you.
WHY KBEll FIGHTER WORKS

From the KBell Fighter workouts you can expect dynamic strength gains, cardiovascular conditioning, joint durability, flexibility and athletic movement. Fighters are weight class athletes. It is extremely important to increase your strength and not gain weight. A fighter needs to be as strong as they possibly can be at a given weight class.

With traditional strength training programs, strength is gained through muscle hypertrophy. The muscle fibres are broken down (or torn) and then as they heal, they scar as a larger fibre. This enables the body to handle a larger resistive load due to the increased muscle fibre, which leads to a larger stronger muscle.

Kettlebell training has variety of benefits that go beyond simple muscle development and fat loss (even though kettlebell training is good for that too). Because of the dynamic, ballistic exercises involved in kettlebell training, users can gain power, strength, speed, flexibility, and endurance more quickly and efficiently than ever before. Better yet, the strength gained through kettlebell training is functional strength; in other words, strength gained through kettlebell training is applicable to your MMA fights in a way that traditional weight lifting could never be.

The workouts are designed to move you through kettlebell exercises like a fighter through different attacks, fast and powerfully. You will be changing levels on your feet, on the ground, you will be doing upper body, lower body and core exercises, that will help you increase your power, strength, explosiveness, cardio, endurance, speed and agility.

Some exercises even mimic specific moments in a fight, such as when you are holding an opponent and then must explode with a kick, knee, punch or throw despite fatigue.

Even if you never find yourself in a fight, training your body to be powerful when tired will do a lot for your muscle gains and overall caloric expenditure, not mention you’ll get leaner and be mentally tougher.

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KEY ELEMENTS OF KBELL FIGHTER WORKOUT

KBell Fighter Workouts

There are different aspects that are covered in each KBell Fighter workout that you will need to be an all-round successful fighter. Below are the key aspects that each KBell Fighter workout will help you to increase.

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<th>KEY ELEMENTS OF THE KBELL FIGHTER</th>
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STRENGTH

For the MMA athlete maximum strength is essential. Maximal strength is the total force one can exert under voluntary effort. In a MMA fight competition you may need to lift and throw, physically restrain, clinch & move or manipulate the joints of an opponent, all of which require the ability to exert influence over a resistive opponent.

Kettlebells are one of the best tools to use, in order to increase overall strength quickly. Because the Kettlebells center of gravity is away from the handle when you grip the KB you need to use you major muscles and the small stabilizers and neutralizers. This causes more demand on the central nervous system while training and the more muscle fibres you recruit. The more muscle fibre the athlete activates, the stronger they get.

POWER

In MMA an athlete needs to be well rounded in many areas of hand to hand combat, including knockout power. I don’t know how many times I’ve seen athletes doing workouts that will not improve their fighting skills. All of your training sessions should be performed at intensities, durations and mechanical similarities to that of a fight. Kettlebells force you to use power from your entire body to move the KB through each exercise. This is where kettlebell training shines. Do the strength exercises or the power
exercises with high reps and develop the two important qualities for success in MMA, power and strength. These endurance qualities will supply you with incredible staying power.

**EXPLOSIVENESS/PLYOMTERICS**

Plyometrics have been used with great success to stimulate an athlete to use greater force in a shorter period of time while shooting in, jumping, punching or kicking. For explosive strength, kettlebells are often used to train Olympic lifts and their variations, along with plyometrics movements. These ballistic exercises are performed at high speeds and translate well into strikes with "knockout power".

**FLEXIBILITY**

The importance of flexibility is important in MMA. It prevents soft tissue injuries in the form of sprains (affecting ligaments), strains (tendon or muscle) and joint injuries. Flexibility becomes even more important as we age, because our ligaments, tendons and joint scapsules slowly lose elastin, resulting in decreased elasticity and further susceptibility to injury.

Flexibility movements performed with kettlebells allow for a greater range of motion than most traditional free weights. Imagine how having the flexibility of BJ Penn could enhance your ground game!

**CORE STRENGTH**

Core stability refers to the ability of the body to hold its core (low back and pelvis) stable. The more direct form of core stability comes from the strength and function of the large bracing muscles (erector spinae, latissimus dorsi, gluteus maximus, rectus abdominus and the oblique) as well as the deep stabilizing muscles (transverses abdominus, pelvic floor, multifidus)

Training MMA will build these areas up naturally, but what to focus on will depend entirely on your weakness or muscle imbalances. Because kettlebells can rotate around the wrist, they are a bit harder to control. This instability places more demand on the stabilizing muscles of the core. Core strength is a key to the proper mechanics necessary to throw a hard punch or devastating knee.
CARDIO AND ENDURANCE

Having incredible endurance means being able to work hard for a long period without bonking or puking. For MMA fighters, it’s the most important physical skill you can have after the technique itself.

For everyone else, endurance training is an ideal way to become leaner, more durable and mentally tough. This is where this program comes in. If you can survive these sessions, you will move faster, look better and feel endlessly energetic. The use of the kettlebell through dynamic movements helps you to achieve conditioning much faster.

CONDITIONING

The use of traditional skipping in the KBell Fighter workouts will also keep your heart rate up and force you to concentrate and focus, as your body will be taxed and tired and your mental focus will have to kick in.
KBELL FIGHTER MMA WORKOUT SERIES

KBell Fighter MMA Workout Series - 5 Weekly Kettlebell Workouts

Builds Power, Strength, Explosiveness, Balance, Core, Agility, Cardio and Conditioning

Conduct the workouts once or twice per week

KBELL FIGHTER WORKOUT #1

50-10 Intervals - 5 exercises - 3 rounds total

50 seconds of work followed by 10 seconds of transition to next exercise

Conduct all 5 exercises for 1 round and rest for 2 minutes - repeat for 3 total rounds

5 exercises - 5 minutes total - Don’t forget to set your Gymboss Timer

WORKOUT #1

1. 2 Arm KB Swing
2. KB Burpees-Deadlift
3. KB Cleans and Squat
4. KB Renegade Row
5. Skipping
KBELL FIGHTER WORKOUT #2

50-10 Intervals - 5 exercises - 3 rounds total

50 seconds of work followed by 10 seconds of transition to next exercise

Conduct all 5 exercises for 1 round and rest for 2 minutes - repeat for 3 total rounds

5 exercises - 5 minutes total - Don’t forget to set your Gymboss Timer

WORKOUT #2

1. Alternate One Arm Bottoms Up Swing
2. Two KB Cleans
3. Reverse Lunge and KB Press
4. KB Bear Crawl
5. Skipping
KBELL FIGHTER WORKOUT #3

50-10 Intervals - 5 exercises - 3 rounds total

50 seconds of work followed by 10 seconds of transition to next exercise

Conduct all 5 exercises for 1 round and rest for 2 minutes - repeat for 3 total rounds

5 exercises - 5 minutes total - Don’t forget to set your Gymboss Timer

WORKOUT #3

1. 180 Degree KB Swings
2. Two KB Alternate Cleans
3. KB Goblet Squat and Front Kicks
4. Two KB Mountain Climbers
5. Skipping

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KBELL FIGHTER WORKOUT #4

50-10 Intervals - 5 exercises - 3 rounds total

50 seconds of work followed by 10 seconds of transition to next exercise

Conduct all 5 exercises for 1 round and rest for 2 minutes - repeat for 3 total rounds

5 exercises - 5 minutes total - Don’t forget to set your Gymboss Timer

WORKOUT #4

1. KB Side Swings (5 per side)
2. Two KB High Pull
3. KB Meet the Queens
4. KB Alternate Floor Press
5. Skipping

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KBELL FIGHTER WORKOUT #5

50-10 Intervals - 5 exercises - 3 rounds total

50 seconds of work followed by 10 seconds of transition to next exercise

Conduct all 5 exercises for 1 round and rest for 2 minutes - repeat for 3 total rounds

5 exercises - 5 minutes total - Don’t forget to set your Gymboss Timer

WORKOUT #5

1. KB Walking Swing
2. Alternate KB Bottoms Up Clean
3. KB Back Lunge and Twist
4. KB Renegade Row and Push Up
5. Skipping
INTRODUCTION TO NUTRITION FOR MMA

MMA Athletes are some of the best conditioned in the world. Training without a good nutrition program will not get very far in your quest to becoming the best fighter or to achieve a ripped body. Fighters know that the ultimate way to achieve a winning edge over the fighting competition is through optimal diet and nutrition. You must be willing to put as much planning into your nutrition as they do with your training. This can be the defining factor that separates champions from those athletes who have a short lifespan in the sport.

It is essential that the right nutrients are delivered to the cells for the body to effectively repair, nourish and rebuild. With the right nutrients fighters will lose fat, enhance performance and reduce injuries.

I sourced Dr. David Ryan, Athlete, Strength and Conditioning Coach and Doctor on the following information. This will give you real insight on how to ensure that you are getting the best diet and nutrition information for the MMA fighter. Thanks to Dr. David Ryan (http://www.bodybuilding.com/fun/drryan.htm)

Diets must adapt to your specific athletic needs, and they must adapt to changes in the season, as well as your age. Failure to follow these guidelines will result in the ref raising the other guys arm at the end of the match. Remember your opponent has the same access to this article and they might just be motivated enough to follow it.

Basic nutrients and their calories per gram:

1. **Protein** contains 4 calories per gram
2. **Carbohydrates** contain 4 calories per gram
3. **Fat** contains 9 calories per gram

- When you chose to be involved with mixed martial arts, you separated yourself from the regular athletes that do not want to go the extra mile with their training. Most athletes thinking about getting into fighting want to be involved in the speed, strength, flexibility, and technical work, believing that that will lead them to improved performance. This belief is true, but do not forget one important piece of training that cannot be left out if you are going to reach your potential. That piece is what we call performance nutrition.
- You are first and foremost an athlete. This means you cannot feed your body with the same food that regular people use. You are special, and have special nutritional requirements if you are going to perform at your highest level. Your body is a high-performance vehicle, and you need to fuel it as such. You, therefore, need to search out
quality nutrition information that will help you to eat correctly for the rest of your life as an athlete.

- Performance nutrition is important to an athlete for four major reasons. First, you need the proper fuel to sustain your performance out in the ring or on the mat. Second, the correct fuel will also help you to build quality muscle and prevent injury. Third, eating correctly will minimize body fat levels, which will allow you to be faster and improve your endurance. Fourth, following proper nutrition habits will prevent future health risks, lengthen your career, and lead to increased self-esteem.

- Before you should worry about whether you even need supplements or not, first begin with the basics. All too often, athletes will jump to the extras, before they have done their groundwork. Nutrition should first be seen as simple before you try to look at it as complex.

- Make sure you drink plenty of water throughout the day. (Avoid soda and high-sugar juices.)

- Eat 5-6 smaller meals throughout the day instead of 2-3 larger ones.

- Avoid products containing high amounts of sugar, high-fructose corn syrup, and fat.

- Make sure that there is a balance of protein, carbohydrate, and fat in every meal that you eat throughout the day.

- Make sure that you have a high-quality post workout meal immediately following exercise such as a carb-protein shake.

- Try to eat 1 hour before exercise or a training session.

- Challenge yourself with the following question: "What is more important to me? To be successful in MMA or to eat poorly?" If you answered to be successful in MMA, then your decision has been made. Now you need to stick to it.

I advise you to read the entire article: MMA Nutrition and the Weigh-In – A Complete Guide for All Fighters - [http://www.bodybuilding.com/fun/mma_nutrition_guide.htm](http://www.bodybuilding.com/fun/mma_nutrition_guide.htm)

Dr. David Ryan

The KBell Fighter MMA Workout Series comes with a sample nutrition plan. The plan will give you suggested meals and snacks that you can follow, or substitute using the grocery list. The list will be in Excel and is to be used as a guide to proper nutrition. The link can be found under the nutrition section of the KBell website.
**WHAT IS NUTRITION?**

*By: Laura Discepola, Registered Nutritional Consulting Practitioner (RNCP/ROHP) [laura.cnp@rogers.com](mailto:laura.cnp@rogers.com)*

Fit Firm N Fab - [www.fitfirmandfab.com](http://www.fitfirmandfab.com)

Nutrition is about providing your body with all the essential micronutrients (minerals and vitamins), macronutrients (carbohydrates, proteins, fat), water and overall nutrients that it requires in order to properly function at the best possible level, everyday, in order to keep you healthy, happy and disease free, all whilst providing you with the energy and fuel your body needs to live and perform daily functions! Nutrition is important to sustaining life, for growth, activity and everyday normal functioning of the body, without it, we would not survive.

However, not all foods are equal and not all foods provide nutrients to your body. In fact, some actually harm your body and cause illness, disease and an overall unhealthy you!

Today, in North America, as a whole, we consume too few fruit and vegetables, too little water, too much refined white sugar and white flour, too little fibre, excessively large portions ("Would you like your meal Super-Sized?") and too little lean, clean protein (eggs, chicken and turkey breast, fresh fish). The result? An unhealthy individual who may already have or be well in his/her way to having high cholesterol, high blood pressure, Diabetes, heart disease, and cancer just to name a few. The good news is that these illnesses can be prevented through making healthy food choices and consuming a healthy diet, having a healthy mind, participating in regular physical activity and most important, having proper knowledge.

**NUTRITION TIPS**

Eat and drink the following with reckless abandon:

- Spinach
- Broccoli
- Green, Red, or Yellow Pepper
- Cucumber
- Apples
- Asparagus
- Cauliflower
- Green Beans
- Kale
- Celery
- Pretty much any green leafy vegetable with the exception of iceberg lettuce
- Water

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Eat 2 - 4 servings of the following throughout the day:

- Carrots
- Bananas
- Berries
- Peaches
- Plums
- Oranges
- Pretty much any fresh fruit you like

Eat one 4 - 6 ounce lean serving of the following with each meal. Preparation should be grilled, steamed, baked, or stir fried - no breaded and fried foods!:

- Turkey breast
- Chicken breast
- Steak
- Pork
- Fish
- Also consider eggs (2 or 3)

Eat one serving of the following with each snack. Truth be told, I recommend you avoid dairy during your weight loss quest, but if you feel you need it, eat it with you snacks:

- Almonds
- Walnuts
- Cashews
- Natural peanut butter (no sugar, no salt added)
- Yogurt
- Low-fat cottage cheese
- Low-fat milk

Eat these only with your meal that follows your fitness training and only in limited portion:

- Oatmeal
- Brown rice
- Legumes
• Potatoes
• Whole wheat bread
• Whole wheat pasta
• Other whole grain food items

Use the following in extremely limited portions or not at all:
• Salad dressing
• Butter
• Cheese
• Other condiments

5 FOODS AND DRINKS YOU MUST STAY AWAY FROM TO LOSE WEIGHT

• Soda (tons of sugar and lots of empty calories)
• Alcohol (empty calories and usually leads to bad food choices when drinking)
• Sugar
• Fast Food
• Creamy salad dressings (Ranch, 1000 Island, etc.)
IMPORTANCE OF WATER TO MMA FIGHTER

Water is extremely important especially to an MMA Fighter. Replacing water lost during exercise is vital to both performance and health.

Drink lots of water throughout the day and during each session. That also means *juice, soda, alcohol are out during the program and limit your coffee intake!*

I see a lot of people counting those drinks as part of their daily intake of water, but what they really do is increase your sugar (and calorie) consumption and DEHYDRATE you even more than you already are. And to be clear, dehydration does the opposite of what water does, which is hydrate your body.

The more dehydrated you are, the dryer the skin which makes it easier to get a cut and that can lead to a fight stoppage.

An athlete who is properly hydrated will have urine that is light in color, large in volume, and has minimum odor. With the exception of those taking vitamins, poorly hydrated athletes have dark yellow urine with a strong odor. Drink plenty of water before, during, and after exercise.

Keep in mind that your body is made up of 80% water and most of the population is severely dehydrating themselves due to their westernized way of living. So, beyond the obvious reasons, you need to be drinking water all day. The more you pee the better you are.
5 WAYS TO GET MORE WATER

Registered Nutritional Consulting Practitioner, Laura Discepola, gives you five sure fire ways to help you get water throughout the day.

1. Get a stainless steel or glass water bottle and carry it everywhere you go.

2. Drink a 500 ml bottle (1/2 litre) immediately when you wake up. Or ladies, do so while you are drying your hair or putting on your makeup for the day.

3. Keep a full water bottle in the car and drink it to and from the office, grocery store, from picking up the kids at school or anywhere else you may be going.

4. Have a tall glass of water next to your desk or work station at all times and refills it often.

5. Make a goal to have 1.5 L before lunch, another 1.5 between lunch and dinner and then sip on water or herbal teas after dinner.
SupplementSource.ca and Funk Roberts Fitness - have teamed up to create the FunkMMA Supplement Package. These are supplements that I am currently taking to help build strength, recuperate from workouts, increase my immune system and ensure that I am getting the antioxidants and vitamins my body will need training. Funk Roberts truly endorses these products as supplements that each person should have and be taking during and after your KBell Fighter Workouts.

The supplements are suggested and not necessary for your success. Please consult your physician before taking any supplements.

MMA is a very demanding sport on your body! Training itself can be intense and physically taxing and Many people workout every single day of the week, cardio/sparring one day, lifting another. As a Mixed Martial Arts athlete it is important to keep your body nourished and healthy to perform at your maximum potential.

Using supplements can help with optimal performance and recovery. A body deficient of essential vitamins and minerals can't function correctly, much less perform optimally and gain strength and recover through an intense MMA training program. The vitamins and supplements that will best help you in your MMA training will depend on your workout routine and your diet.

If you are training for MMA you are likely completing vigorous conditioning and strength workouts. It is extremely important that you understand the effects of your exercise regimen coupled with the nutrition you put into your body.

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<tr>
<td>Multi-Vitamin</td>
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<tr>
<td>Beta –Alkaline</td>
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<tr>
<td>Silver Bullet– Kre-Alkalyn</td>
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<tr>
<td>Whey Protein – before and after workouts</td>
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<tr>
<td>Immune system – Youth Juice and Acai</td>
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<tr>
<td>Joint Supplement</td>
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<td>Fish Oil</td>
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<td>Glutamine</td>
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According to an article in the journal Nutrition Reviews, "A heavy schedule of training and competition can lead to immune impairment in athletes, and this is associated with an increased susceptibility to infections, particularly upper respiratory tract infections (URTI)." In other words, if you don't have a diet complete in the nutrients you need, your intense exercise program could actually be weakening your body rather than strengthening it.

We generally do not get enough proper nutrients in our bodies through regular nutrition plan and using the right supplements can make a difference

Below are the links to the Spartacus Supplement Packages – Remember these are just suggested supplements for the 4 week program to help you achieve your goals. You may be already taking some or all of these supplements. If so, just pick up the ones that you need.

I use Supplementsource.ca to get all my supplements and they deliver within days in Canada and US
FUNK SPORTS FORMULAS

WWW.FUNKSDRINK.COM

BLAST SPORTS FORMULA
Do you need an extreme energy boost before training? This formula is ideal for those high energy seekers who want to blast into action.

POWER SPORTS FORMULA
Do you want to maximize your workout performance? This formula gives maximum digestion of the ingredients needed to accelerate through intense workouts.

VICTORY SPORTS FORMULA
Do you want to dominate your sport? This ground breaking formula will propel any athlete into the zone needed to ensure victory.

REVIVE SPORTS FORMULA
Do you need to replenish lost fluids from intense activity? This formula is designed to deliver the proper blend to help rejuvenate the body.

www.FunkMMA.com
When I workout or train, time is of the essence. Even more, timing is extremely important. Whether it is the time between my strength and conditioning workout sets, on the pads or punching bag, or even when I am sparring, having the Gymboss Interval Timer is the key to my success.

Boxers, Grapplers, and Martial Artists can benefit from the Gymboss personal boxing training timer which allows you to time ANY round time followed by ANY rest time from 2 seconds to 60 minutes.

Training 3 minute rounds and 1 minute rest is good, but seldom are matches a steady 3 or 5 minutes of fighting. Often there are many short 10, 20, or 30 second high intensity bursts within a round followed by very short recovery periods. Training for these shorter, higher intensity periods that are followed by very short rests, may give you the needed advantage over a fighter who does not.

Running and jumping rope are a critical part of a fighter’s cardio training, and mixing intervals of high and low intensity to your training regime can increase your cardio endurance and VO2max. To successfully elevate your cardio fitness to the next level you should train above your comfort zone for 2-5 minutes followed by a 2 minute recovery at a reduced pace, these intervals should continue for 30 minutes. A Gymboss timer is easy and effective for training these intervals as well as any type of aerobic or anaerobic intervals.

A Gymboss timer is also a good tool for weightlifting whether you are training for strength or endurance. Stop guessing at your rest between sets and keep your workout on track by starting a set at a given time interval.

Most boxing round timers limit your training to 3 minute/1 minute intervals, with the GYMBOSS timer you can time any work interval and any rest interval you desire.
WE GUARANTEE 100% SATISFACTION, YOUR WORKOUT INTENSITY WILL GO THROUGH THE ROOF, OR WE WILL PROMPTLY REFUND YOUR MONEY!!

With the Funk Roberts KBell FIGHTER MMA WORKOUT SERIES having the Gymboss Timer will make it easy to plan the rest. Attach the timer to your pants or belt with the convenient belt-clip and set the timer to 50 seconds of work with 10 seconds of rest will be easy to time with an alarm of beep, vibrate, or both. Forget the stopwatch, clock, and other methods which demand too much of your attention, let Gymboss do the timing and you focus on the workout for the best results ever! GUARANTEED!

GET YOUR GYMBOSS

LEARN MORE ABOUT GYMBOSS
http://www.youtube.com/watch?v=mou8tYD2eDw

www.FunkMMA.com
WHO IS FUNK ROBERTS

I am a Certified Kettlebell Training Specialist through the KBell Training Academy, Certified Personal Trainer, Amateur Muay Thai Fighter, former professional athlete and by the time you read this a Certified MMA Conditioning Coach.

I put together the KBell Fighter MMA Workout Program out of the lack knowledge of the importance of strength and conditioning to an MMA athlete.

It became quite clear during my trip to Tiger Muay Thai and MMA Training Facility (TMT) in Thailand November of 2009. There were over 100 MMA fighters from all over the world and not a lot knew much about Strength and Conditioning. Sure TMT had facilities and great coaches, but when they head back to their country what would they do? Who will they go to?

I put my kettlebells and conditioning knowledge together and with the help of the original creator of KBell Fighter created the KBell Fighter MMA Workout Series.

FUNK STATS

- Mixed Martial Arts Conditioning Association Coaching student
- Former Professional Beach Volleyball Player – FIVB, AVP, Labatt’s Pro Tour
- Certified Fitness Trainer
- Certified Kettlebell Specialist – KBELL TRAINING ACADEMY
- Plyometrics Specialist - Trainer of world class athletes in jump and strength training
- Founder of Funk Roberts Fitness
- Founder of FunkMMA Training
- Co-Founder Fit Firm N Fab Fitness, Nutrition and Wellness for Women
- Amateur Muay Thai Fighter
- Canadian So Pro Beach Volleyball Chairman – 2004-Present
- Fitness Model and National TV Appearances
- Develop Funk Sports Formulas with Infinit Nutrition
- Spokesperson for Treadmill Factory
- Fitness Writer and Author
- Creator of Funk Roberts Fitness Boot Camp
- Appearance in Sgt Shanahan Boot Camp Video
- Business Executive

www.FunkMMA.com
CONTACT FUNK

FUNK ROBERTS FITNESS EMAIL
FUNKROBERTS@GMAIL.COM

FUNK ROBERTS FITNESS BLOG
HTTP://WWW.FUNKROBERTSFITNESS.COM

FIT FIRM N FAB FITNESS FOR WOMEN
HTTP://WWW.FITFIRMANDFAB.COM

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FOLLOW FUNK DAILY ON TWITTER
HTTP://TWITTER.COM/FUNKROBERTSFIT

BE MY FRIEND ON FACEBOOK
HTTP://WWW.FACEBOOK.COM/FUNKROBERTS

JOIN FUNK FITNESS GROUP ON FACEBOOK
HTTP://WWW.FACEBOOK.COM/#!/GROUP.PHP?GID=7156231280&REF=TS

CANADIAN SO PRO BEACHVOLLEYBALL TOUR
HTTP://WWW.CANADIANSOPRO.COM

6 WEEK JUMP TRAINING PROGRAM
HTTP://WWW.FUNKJUMPTRAINING.COM

NUTRITIONAL HEALTH JUICE – YOUTH JUICE
WWW.OURWORLDNETWORK.COM/FUNKROBERTS

FUNK WORKOUT DRINK FORMUALS
HTTP://WWW.FUNKSDRINK.COM
BECOME A CERTIFIED KBELL TRAINING SPECIALIST

Ajamu Bernard is a graduate of the prestigious Russian Kettlebell Challenge (RKC), given by Pavel Tsatsouline. He has been working as a personal trainer and athlete development coach for over 10 years.

He is the founder of the KBell X-Training system, a simplified progression of KBell instruction that makes it easier for people to master Kettlebell fundamentals. Ajamu is a coach and teacher who specializes in helping all regular folks, personal trainers and athletes understand how to integrate the Kettlebell into their individual training routines.

Ajamu’s system of training is a rhythmic combination of eastern influenced body arts, gymnastics, the study of old-school strength training techniques and a spiritual appreciation of the power of the human body.

He is a resident of Mississauga, Ontario. Prior to his career as a trainer, Ajamu worked for many years as a Product Manager for Motorola. He is a former NCAA basketball athlete who attended Georgia State University and has been working as a personal trainer and athlete development coach for over 10 years.

He is an exceptionally talented KBell athlete who finds pleasure in sharing the physical and mental benefits of his favourite training tool.

For More Information about other KBell Training Academy programs visit: www.KBellTrainingAcademy.com
Request a Certification, Workshop or Master Klass!

DOWNLOAD YOUR COPY OF KBELL PHYSIQUE WORKOUT FOR FREE

CLICK HERE

www.FunkMMA.com
With the Tower 200, there's no more excuses.

C’mon, you can’t find 11 minutes a day? If you’re ready to get crazy, try out the Mother of All Workouts with our 11-minute body shredding routine, featuring Randy Couture’s MMA-inspired moves like The Warrior, The Demon, and The Freak!

This stuff is insane! Tower 200 gives you 200 lbs. of explosive resistance delivered through our multi-tension power cords, and over 200 exercises that push your muscles to the max.

Get it Done and Get Out. In just seconds, the Tower 200 fits on any door in the house, office, or dorm. Plus it’s padded so there’s no messing up your door.

Stop sitting around. Get Bigger, Harder, and Stronger in just 30 days or your money back!

CLICK HERE TO GET YOUR TOWER 200

www.FunkMMA.com
WHAT IS EVOLV
Evolv is the first all-natural enhanced beverage of its kind. It may look and taste like water, but don’t let that fool you. It’s a proprietary scientific formula that helps your body increase oxygen at the cellular level and promotes a healthy inflammatory response. This formula has been mixed with premium spring water that naturally enhances cell performance and increases stamina, energy and endurance.

It’s the extra advantage you need to compete, and the reason it’s being called a fighter’s "secret weapon".

THE SCIENCE OF EVOLV
The essence of Evolv’s effectiveness resides in the proprietary Archaea Active formula that is designed to help the body increase oxygen utilization at the cellular level. This proprietary formula was developed, refined and perfected over the course of more than 15 years by three scientists from Houston. Evolv has been tested by two of the top research facilities in the country, and was recently approved by the World Anti-Doping Agency (WADA) for professional athletes. This benefits-rich bioremediation formula was fused with the crisp, superior flavor of premium spring water and other all-natural extracts, proteins and enzymes. For more detailed information concerning the science, visit the Archaea Active website at: archaeaactive.com

THE BENEFITS OF EVOLV
Oxygen is one of the most important elements in all living organisms. Our bodies cannot function without oxygen. So, it is no surprise that increased oxygen utilization combined with hydration and the promotion of a healthy inflammatory response may help support:

- Increased stamina and endurance
- Improved memory
- Heightened concentration and alertness
- Increased energy levels
- Recovery from fatigue
- A healthy immune system

FOR MORE INFO ON EVOLV OR TO GET A CASE CONTACT FUNK AT FUNKROBERTS@GMAIL.COM

www.FunkMMA.com
GET YOU MMA GREAT AT TREADMILLFACTORY.CA

CLICK HERE

www.FunkMMA.com