



AN AVERAGE LOSS OF 22LB OVER THREE MONTHS.

AN AVERAGE OF 1200 CALORIES BURNT IN 60 MINUTES.

FAT
BURNING

CUT LIKE A FIGHTER

THE SECRET TO BURNING MORE CALORIES AND FAT THAN YOU EVER THOUGHT POSSIBLE IN THE LEAST AMOUNT OF TIME

Words by Kevin Kearns

As someone who is in the trenches every day with regular people, UFC fighters, actors and athletes, I'll show you what works for everyone. The formula involved is far from complicated; it's just a matter of commitment and consistency.

START THE AFTER BURNERS
Excess post-exercise oxygen consumption – aka the afterburn – is an increased rate of oxygen intake following strenuous activity intended to erase your deficit.

In historical context, the term "oxygen debt" was popularized to explain (or perhaps quantify) anaerobic energy expenditure, particularly as regards lactic acid/lactate metabolism. In fact, the term

"oxygen debt" is still widely used to this day. However, direct and indirect calorimeter experiments have definitively disproven any association of lactate metabolism as causal to an elevated oxygen uptake. That means you are burning more calories while you are sleeping.

I have seen this for years because one of the toughest things for combat athletes, especially MMA fighters, is cutting weight. To add full to the fire, they also need to maintain muscle mass. Since muscle is active tissue and burns calories, even at rest, it's important to preserve as much of it as possible.

This lends itself to another challenge of maintaining the athlete's strength and what type of

model for conditioning they should be performing this late in the game.

PERFECT PROTOCOLS

We found it very useful to have our athletes on a High Intensity Interval Training (HIIT) protocol, which is an excellent way to maintain muscle mass and help athletes drop fat.

Fighter, athlete or average Joe, you use this same formula and this same workout prescribed here to lose weight, gain muscle endurance and keep muscle mass.

Most work to rest ratios people use are generally two to one (30 seconds on; 15 seconds rest). I've found the 35 on 15-second rest ratio to be more effective, and we've clocked the burn at 475 calories in 17 mins.

YOUR WORKOUT STARTS HERE

Check out Bodybuilding.com for help and instructional videos

CIRCUIT A

1. PUSH-UPS

- A) Get into a push-up position with your hands on the floor and feet on a stability ball.
- B) Bend your elbows to lower your chest to the ground then return.

2. MED BALL RUSSIAN TWIST

- A) Ball between your knees, above the hips so they form a 90-degree, prop up into a half a crunch.
- B) Lower your knees to the left but don't touch the ground. Return legs to the middle and repeat to the right.

3. BODYWEIGHT SQUATS

- A) Stand, feet shoulder-width apart.
- B) Bend your hips and knees to lower yourself towards the ground. Stop when the bottoms of your thighs become parallel to the floor. Rise to the start position.

CIRCUIT B

1. BENT DUMBBELL ROW

- A) Stand with your back flat, bend forward at the hips until your back is almost parallel with the ground.
- B) Slowly draw the weights up to your sides. Pause, then slowly lower.

2. MED BALL WOODCHOP

- A) Stand and hold a medicine ball over the outside of your right foot.
- B) Lift the ball across your body in an arc, so that it ends up above you on the left hand side of your head with your arms and legs straight.

3. BODYWEIGHT LUNGES

- A) Stand, feet hip-width apart.
- B) Take a giant step forward with your left foot and bend your left knee until your left thigh is parallel to the floor and your knee is at 90-degree. Reverse the motion.

CIRCUIT C

1. CHEST PRESS

- A) Lie on a stability ball holding a dumbbell on either side of your chest.
- B) Straighten your elbows to press the weights above your chest.

2. CORE SLEDGEHAMMER DRILLS IRON T

- A) Stand with the hammer over your shoulder and behind your back.
- B) Lunge forward, bringing your arms as far out to the sides as you can. Return and repeat on other leg.

3. SLEDGEHAMMER SQUATS

- A) Load one side of a barbell and rest it over your right shoulder.
- B) Squat down then up, switch shoulders and repeat.

CIRCUIT D

1. INVERTED ROWS

- A) Set the suspension trainer to waist height then hold a handle in each hand and lie beneath it.
- B) Pull your chest between the handles, pause then lower.

2. MEDICINE BALL BIG CIRCLES

- A) Stand holding a medicine ball at arm's length.
- B) Move it over your head and back in front of you in a circular fashion.

3. FIREMAN LATERAL JUMPS WITH SLEDGEHAMMER

- A) Hold a sledgehammer with both hands.
- B) Jump out to your left then to your right in an alternating fashion.

CIRCUIT E

1. CAR TIRE BURPEES

- A) Begin in a squat with your hands on a car tire in front of you.
- B) Kick your feet behind you to a press-up position. Return to the squat then leap as high as you can.

2. CORE HAMMER DRILLS ROOF BLOCK

- A) Hold a hammer in each hand, heavy side facing up.
- B) Bring the hammers around the back of your head in a clockwise fashion with both hands.

3. MEDICINE BALL REACHES

- A) Hold a medicine ball a chest height with both hands.
- B) Press the ball overhead by straightening your elbows.

TWEAKING FOR RESULTS

The exercise formula is upper body, core and lower body. We are going to use a Mon, Weds and Fri schedule (or whichever three days you choose).

- Day 1:
30 seconds of exercise, 15 seconds of rest (one rep per second), 30 exercises.

- Day 2:
35 seconds of exercise, 15 seconds of rest, one minute of aerobic exercise between every third exercise.

- Day 3:
45 seconds of exercise and then 15 seconds of rest.

CIRCUIT F

1. RESISTANCE BAND ROWS

- A) Loop a resistance band around a pole that's at chest height and grab a handle in each hand.
- B) Bend your elbows to pull handles to either side of your head.

2. SLEDGEHAMMER TOE TOUCHES

- A) Lie on the floor while holding a sledgehammer behind your head.
- B) Bring the hammer from behind, over your body and make it touch your toes.

3. OVERHEAD LUNGES WITH CAR TIRE

- A) Hold a car tire or light dumbbell overhead, arms straight.
- B) Lunge forward with your right leg, push back to the start and repeat on the opposite leg.

CIRCUIT G

1. ROTATIONAL PUSH-UPS

- A) Get into a push-up position.
- B) Do a push-up. As you're pushing back up to the start, raise one hand above your head. Return that hand then repeat on for the other side.

2. DIAGONAL MEDICINE BALL CHOPS

- A) Hold a medicine ball on the outside of your right foot.
- B) Stand up and raise the ball above your left shoulder. Repeat on opposite side.

3. SQUAT TO PRESS WITH WATER JUG

- A) Hold a water jug in each hand at shoulder height.
- B) Bend into a squat position and then straighten your legs, pressing the jugs overhead.

CIRCUIT H

1. ONE ARM JUG ROW

- A) With a water jug or dumbbell in-hand, bend forward at the hips so your torso's parallel to the ground.
- B) Lower the jug to the ground then bend your elbow to pull it back.

2. CORE HAMMER (THOR'S HAMMER DRILL)

- A) Load a barbell on one side and stand with your feet shoulder-width apart with it raised above your head, two hands on the barbell.
- B) Lean to the left, then repeat right.

3. JUMPS ONTO TIRE

- A) Stand in front of a tire or on a box.
- B) Perform an explosive jump onto the tire or box, then jump back down and repeat.

CIRCUIT I

1. BAG/BAND PUNCHES

- A) Stand facing a punch bag/using a band, with your feet in a diagonal stance.
- B) Alternate between punching with your left and right hands.

2. MEDICINE BALL SEATED RUSSIAN TWISTS

- A) Sit upright holding a medicine ball to your right side.
- B) Bring the ball across your body to the left side before returning back to the right.

3. OVERHEAD LUNGES WITH SLEDGEHAMMER

- A) Hold a sledgehammer or light dumbbell overhead, arms straight.
- B) Lunge forward with your right leg, push to the start and repeat.

CIRCUIT J

1. DUMBBELL UPPERCUTS

- A) Hold a dumbbell in each hand.
- B) Alternate between performing an uppercut in the air with your right and left hand.

2. PUSH-UP PLANK

- A) Set up in an elbow plank position.
- B) Take your right hand and place it where your right elbow was, push up, then straighten your left arm to the press-up position. Lower yourself and repeat to your left.

3. WATER JUG SNATCHES

- A) Standing, hold a water jug in each hand.
- B) Perform a snatch by lowering them to the ground and then raising them above your head.

