

THE DETROIT DIESEL

Combat and Conditioning Circuit: Crazy Ass Gadgets and Gizmos

by **Fred George "The Detroit Diesel"**



Thanks to the UFC Fan Expo I met some new friends and found some new gizmos for you guys to train with. Of course, the main players were there like TRX, the Burn Machine, the War Machine and my boys at Dollumar/Swain Mats. Well guess what? We got some new kids on the block this year. I found these crazy, sadistic guys from Stroops.com, Jump Stretch Bands and the BodiRocker to finish off my fitness quest. So try my new psycho fitness circuit circus.

I overloaded the leg training section in order to simulate an anaerobic burst on the ground which is immediately followed by an aerobic stand up exchange to pay back your oxygen debt. Then we go back to an aerobic scenario on the heavy bag with nonstop kicks followed by a grueling core session on the BodiRocker and the Burn Machine. By the time you hit the TRX and War Machine, you are ready for a puke bucket. Make it through my gauntlet three times and you are up to pro speed.

Good Luck! You'll need it!

www.theburnmachine.com
www.crosscore-usa.com
www.stroops.com
www.fitnessanywhere.com
www.getbodirocker.com
www.jumpstretch.com

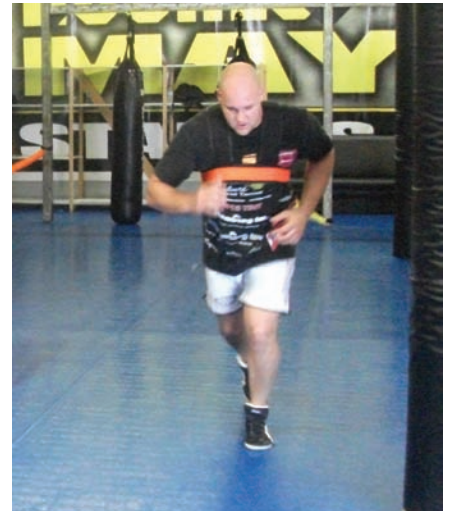
TIME:

Each station 45 seconds followed by 15 second rest and moving to new station. Go through circuit three times with three minute rest between circuits.

STATION 1 Stroops sprints (acceleration/deceleration)



STATION 2 Sprint to a Bear Crawl



STATION 3 Jump Stretch bands (quick squats)



STATION 4 Medicine Ball Wall Slam



Fred George can be reached at detroitdiesel34@aol.com • CSWTrainingCenter.com • 714.675.4666

STATION 5 Hanging Abs (bring your knees to your chest and back down)



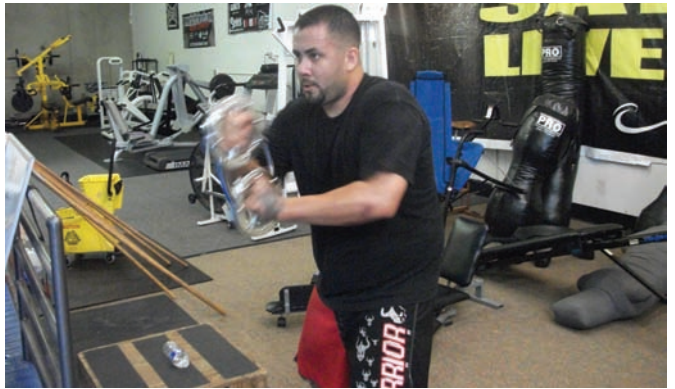
STATION 6 Leg Kicks



STATION 7 BodiRocker push ups w/ one leg on ground



STATION 8 Burn Machine (speedbag)



STATION 9 2lb Dumbbell Shadow Box



STATION 10 Two Hand Kettle Bell Swing



STATION 11 War Machine MMA Punches



STATION 12 War Machine or TRX Rear Delt Flys

