
Workout Pass

Posted by Richard - 2009/06/14 19:12

Okay- so TrainFightWin has been trying to find the right solution to the serious competitor's need for fitness and exercise. This is a unique problem for MMA fighters because of all the different needs that the competitor has. Not just blasting strength for striking, but also endurance strength for grappling- not just speed for takedowns, but also agility for takedown defense... The list goes on. So in trying to find a "one-stop shop" that would address all of these needs, my research brought me to a place called WorkOut Pass. This site features access to 43 (yes- you read that correctly, 43) websites that are specifically engineered to meet the needs of high-performance athletes. More specifically, I have gone through these workout routines and have tried to narrow down the ones that are most specifically designed to aid in Mixed Martial Arts competition. I've outlined some of those below and included a brief description of each:

Fast Weight Loss for Men - If you are a busy guy and want to lose weight - look no further. Our fat-blasting workouts will have you burning fat in half the time of traditional workouts.

Medicine Ball Workouts - Medicine Ball Workouts features the best workouts using just a med ball. Strength, power, fat loss - you'll find it all right here.

Golden Gloves Workouts - If you want to join the ranks of the top-ranked boxers, you need a serious training program. Everything you need to build explosive punching power, blinding speed and endless endurance is right here.

Abs Like Stone - Finally, discover the best workouts that'll get your abs hard like stone. Say goodbye to boring crunches forever! This is imperative for fighters to increase their core strength and ability to take shots to the body!

Agility Workouts - If you are looking for drills and workouts that will transform you into the most agile athlete on your team - then you've come to the right place!

Kettlebell X - Kettlebell X is your source for kettlebell workouts. Kettlebells are an essential tool if you want to get strong and lean quickly!

Bodyweight Fit - No weights? No equipment? No problem! Just follow our bodyweight-only exercises and workouts and you will get an incredible workout that will help you reach your goals.

Wrestler/Grappler Workouts - If you're a serious wrestler, you need a serious training program. Wrestler Workouts is your resource for a full year of wrestling specific training programs. **THIS SET ALONE IS WORTH THE COST!**

Healthy Back Workout - If you want a strong, healthy, flexible back - you need Healthy Back Workouts. The only website dedicated 100% to building a healthy back!

Sandbag Exercises - Sandbag workouts is crammed with sandbag-only workouts. Sandbags will get you stronger and more fit than you have ever imagined. You'll be challenged - but you'll love it!

Lower Body Workouts - Lower Body Workouts is your source for the best routines that focus on your legs, hips and glutes to get you strong and lean! This routine will get your kicks to be MUCH more powerful!

This is a serious resource that everyone should at least consider. At under \$100 and no recurring billing or hidden fees, this resource is one that you might not want to pass up on if you're wanting to take your competition abilities to the next level! Check it out by clicking the banner below:

http://trainfightwin.com/images/banners/440x150_WorkoutPass.jpg

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