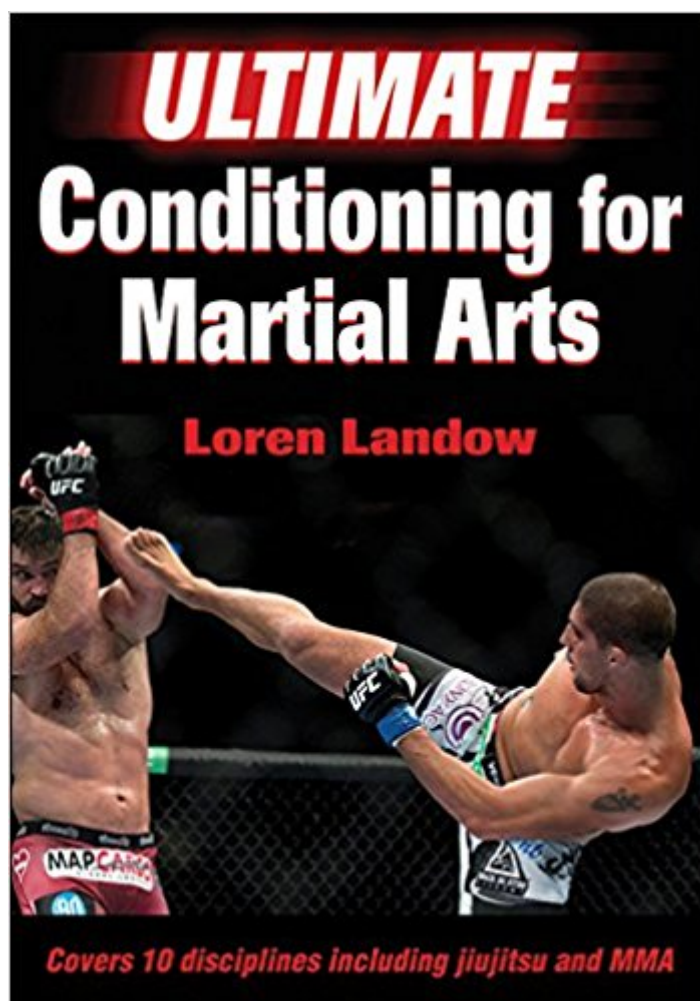


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# Ultimate Conditioning For Martial Arts



## Synopsis

Strike and kick with explosive power. Take down and grapple with sustained brute strength. Counter and evade with unmatched speed and agility. Be the best. Be your best with Ultimate Conditioning for Martial Arts, the complete guide for physical and mental dominance. Whether you practice MMA, Brazilian jiu-jitsu, taekwondo, karate, judo, aikido, kung fu, muay thai, krav maga, wrestling, or a combination of these, you have discovered your go-to training guide. Ultimate Conditioning for Martial Arts eschews the traditional one-size-fits-all approach. Instead, you'll learn to evaluate your conditioning along with physical strengths and weaknesses. You'll select from 120 exercises—each tailored to improve a key martial arts skill or attribute—to enhance performance in the discipline you practice and the goals you set. Then you will learn how to structure a conditioning program for short-term gains and long-term success—success you'll see and your opponents will feel. Loren Landow has been featured on The Ultimate Fighter and has trained some of the best martial artists and UFC fighters in the world. Now you can learn his secrets and follow his proven program in Ultimate Conditioning for Martial Arts.

## Book Information

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## Customer Reviews

Loren Landow has been an athletic performance specialist for more than 20 years. He has trained over 500 professionals from the Ultimate Fighting Championship (UFC), National Football League, Major League Baseball, Major League Soccer, and National Hockey League, as well as Olympic gold medalists and a world-record holder. Landow was the strength and conditioning coach on season 16 of The Ultimate Fighter reality television show. He is widely recognized as an authority

on speed and power development and presents nationally and internationally for renowned organizations in the sport performance and fitness industries. He is often hired as a consultant for many club and professional teams. Currently he is the owner/director of performance at Landow Performance in Denver, Colorado. During his career, Landow has been fortunate to work with some of the best martial artists in the world, including UFC fighters Brendan Schaub, Neil Magny, Shane Carwin, Cat Zingano, and Strikeforce champion Nate Marquardt. He has coached some of the top practitioners of Brazilian jiu-jitsu, muay tai, taekwondo, karate, judo, and Russian sambo along with world-class boxers and wrestlers. Landow's philosophy is simple: Maximize human performance through efficiency. With a full arsenal of exercises and a leave-no-stone-unturned mentality, he aims for efficiency in training, which transfers to each athlete's specific sport or individual playing position. He firmly believes that speed, power, strength, agility, flexibility (mobility and stability), balance, and conditioning are biomotor skills an athlete must develop for success.

Loren Landow gives a great overview of base conditioning and then moves into sport specific conditioning for maximum performance. What I enjoyed most is his understanding of cycles in training. As a 30 year veteran competitor and US team member in Karate I have used many of these principles and some took me years & different seminars to figure out/learn. Landow gives this road map now in one place. I have already begun to make some tweaks and implement some of his training cycles and exercises and I can feel and see the difference as I currently train for the upcoming World Championships. Although, as of yet, I've never personally met Loren Landow, I now consider him a coach I could/would and one day hope to train with. Thank you Coach!

Loren has an amazing way of making things simple. Especially with mixed martial arts, every aspect of training needs to be developed. Aerobic, anaerobic, keeping athletes healthy, strong, powerful and making sure they can endure the training. Loren's book is essential reading for anyone looking to improve their workouts for combat sports.

A good sound guide to martial arts conditioning. I knew the book was for competitive martial arts, but wanted a guide to help me as a hobbyist to ensure I consider all the key areas of training to avoid overuse injury and to give my limited martial arts workouts the best chance at improvement. Found it helpful even as a non-competitor.

excellent choice!

Based on scientific research and practical experience

This was a great book with very detailed instructions and programs. I've been looking for something exactly like this after hearing about Marinovich and Speed of Sport from Joe Rogan and The Fighter and the Kid. Loren really put together a comprehensive plan that tackles power lifting, speed and agility as well as debunked a lot of myths that cross fit made popular. I can recommend this enough and have already seen results. I am primarily a BJJ competitor and this book met all my needs and more.

Great book... really well done! Very helpful for all martial artists...as well as for anyone who is serious about their workouts. Easy to understand and great examples.

From an athletic standpoint, I have found several of the books published by Human Kinetics to be useful resources in supplementing my study of traditional Okinawan karate. Ultimate Conditioning for Martial Arts by Loren Landow, one of the publisher's most recent titles, can technically apply to any martial artist, but the book does tend to be geared more towards athletes and competitors. Landow also assumes that readers already have basic knowledge of anatomy, physiology, and sports training methods. While perhaps not suitable for absolute beginners, Ultimate Conditioning for Martial Arts does provide a good starting point for established martial artists who want to begin incorporating speed, agility, and conditioning work into their training. In addition to providing suggested conditioning exercises and programs, Landow also incorporates an overview of relevant and closely-related topics such as the evaluation and establishment of fitness baselines, warmups and flexibility, rest and recovery, and nutrition. The book includes a generous number of helpful photographs to accompany the descriptions of the specific exercises, but the photographs selected aren't always the ones that would be most illustrative or useful. Additionally, rather than explaining the particular functions and applications of the individual exercises, Landow tends to broadly generalize and categorize their benefits. This lack of specificity and guidance can make the creation of an individualized conditioning program challenging for someone who has never developed one before. Ultimate Conditioning for Martial Arts groups commonly practiced martial arts disciplines together as either striking and kicking arts or wrestling and grappling arts. Landow suggests specific conditioning exercises for each category but also emphasizes the benefits of using a blended approach when developing a training program. Mixed Martial Arts is the only discipline that's

addressed in-depth but Ultimate Conditioning for Martial Arts is still broadly applicable to other martial arts and a valuable resource, providing a fine overall introduction to conditioning and endurance training.

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