



Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports

By Rob Carry

[Download now](#)

[Read Online](#) 

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry

Many fighters say they'll do whatever it takes to win... few mean it. Cutting weight is an essential skill in modern combat sports. There's no getting away from it - you simply can't afford to step into the ring, cage or onto the mat at the same weight you walk around at.

Why? Because fighters at all levels are now cutting as much as 10 kilo (22 pounds) for weigh-in before putting it all right back on in time for the bell. Ignore the weight-cut process, and you'll wind up facing opponents who are far, far heavier than you.

Word is out and today, most fighters involved in boxing, MMA, Muay Thai, wrestling, BJJ, Judo and other fight sports all cut weight. Unless you're fabulously gifted, you're going to have to learn how to cut weight if you want to be competitive.

The pay-offs are huge. Use 50 Fighter Secrets to Making Weight to nail your weight cut, and you are going to be more physically imposing than your opponent. Even from a psychological stand-point, being bigger and stronger is going to stack the odds in your favour.

But cutting weight is a highly complex process that demands the correct know-how. You need to avoid the myths and mis-information cluttering up the internet. It could result in you messing up your weight cut and either not making weight, or suffering a loss in performance. It's a risk that's simply not worth taking – you need expert information you can rely on.

That's where 50 Fighter Secrets to Making Weight comes in. It pulls back the curtain to reveal the facts behind this crucial aspect of the fight game – highlighting for the first time hard-won tricks, tips and wisdom from real fighters who have been successfully cutting weight for years.

It contains fifty facts you can put your house on. Follow them – and come fight

day, all the smart money will be on you getting your hand raised at the final bell.

Willing to do whatever it takes to win? Then give yourself the edge. Get your copy of 50 Fighter Secrets to Making Weight now.

 [Download Fighter Secrets to Making Weight: 50 Secret Weight ...pdf](#)

 [Read Online Fighter Secrets to Making Weight: 50 Secret Weig ...pdf](#)

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports

By Rob Carry

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry

Many fighters say they'll do whatever it takes to win... few mean it. Cutting weight is an essential skill in modern combat sports. There's no getting away from it - you simply can't afford to step into the ring, cage or onto the mat at the same weight you walk around at.

Why? Because fighters at all levels are now cutting as much as 10 kilo (22 pounds) for weigh-in before putting it all right back on in time for the bell. Ignore the weight-cut process, and you'll wind up facing opponents who are far, far heavier than you.

Word is out and today, most fighters involved in boxing, MMA, Muay Thai, wrestling, BJJ, Judo and other fight sports all cut weight. Unless you're fabulously gifted, you're going to have to learn how to cut weight if you want to be competitive.

The pay-offs are huge. Use 50 Fighter Secrets to Making Weight to nail your weight cut, and you are going to be more physically imposing than your opponent. Even from a psychological stand-point, being bigger and stronger is going to stack the odds in your favour.

But cutting weight is a highly complex process that demands the correct know-how. You need to avoid the myths and mis-information cluttering up the internet. It could result in you messing up your weight cut and either not making weight, or suffering a loss in performance. It's a risk that's simply not worth taking – you need expert information you can rely on.

That's where 50 Fighter Secrets to Making Weight comes in. It pulls back the curtain to reveal the facts behind this crucial aspect of the fight game – highlighting for the first time hard-won tricks, tips and wisdom from real fighters who have been successfully cutting weight for years.

It contains fifty facts you can put your house on. Follow them – and come fight day, all the smart money will be on you getting your hand raised at the final bell.

Willing to do whatever it takes to win? Then give yourself the edge. Get your copy of 50 Fighter Secrets to Making Weight now.

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry Bibliography

- Sales Rank: #419807 in eBooks
- Published on: 2013-05-23
- Released on: 2013-05-23

- Format: Kindle eBook



[Download Fighter Secrets to Making Weight: 50 Secret Weight ...pdf](#)



[Read Online Fighter Secrets to Making Weight: 50 Secret Weig ...pdf](#)

Download and Read Free Online Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry

Editorial Review

Users Review

From reader reviews:

Mary Ybarra:

Have you spare time for a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to often the Mall. How about open or perhaps read a book titled Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports? Maybe it is to become best activity for you. You recognize beside you can spend your time together with your favorite's book, you can more intelligent than before. Do you agree with its opinion or you have other opinion?

Michael Walker:

The actual book Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports will bring someone to the new experience of reading any book. The author style to clarify the idea is very unique. Should you try to find new book to see, this book very acceptable to you. The book Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports is much recommended to you to learn. You can also get the e-book from the official web site, so you can quicker to read the book.

Paul Green:

As we know that book is very important thing to add our expertise for everything. By a book we can know everything we want. A book is a range of written, printed, illustrated or blank sheet. Every year had been exactly added. This guide Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports was filled regarding science. Spend your extra time to add your knowledge about your scientific research competence. Some people has several feel when they reading the book. If you know how big advantage of a book, you can sense enjoy to read a guide. In the modern era like right now, many ways to get book that you wanted.

Jim Loop:

As a scholar exactly feel bored to help reading. If their teacher expected them to go to the library in order to make summary for some e-book, they are complained. Just minor students that has reading's internal or real their passion. They just do what the teacher want, like asked to the library. They go to right now there but nothing reading critically. Any students feel that reading is not important, boring and can't see colorful pics

on there. Yeah, it is being complicated. Book is very important for yourself. As we know that on this era, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore , this Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports can make you experience more interested to read.

Download and Read Online Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry #XT6L2PEWAG7

Read Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry for online ebook

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry books to read online.

Online Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry ebook PDF download

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry Doc

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry MobiPocket

Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry EPub

XT6L2PEWAG7: Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports By Rob Carry