1. **UFC Iowa Social Media "A-Side" Report**
2. **UFC Iowa Free Write**
3. **UFC Des Moines (Iowa) Prelim Preview (Rotogrinders)**
4. **UFC Des Moines (Iowa) Main Card Preview (Rotogrinders)**
5. **Betting Strategy Guide- Des Moines, Iowa**

Picks on Upcoming MMA Fights by Liam Picks Fights

UFC Fight Night: Sandhagen vs. Figueiredo, Des Moines, Iowa, 3rd May '25

Straight Pick	Opponent	Odds	Unit Bet	
$ Ryan Loder	Azamat Bekoev	+300	0.5	UNIBET
$ Juliana Miller	Ivana Petrovic	+210	0.5	williamhill

Props and Parlays				Unit Bet		
	Fight	Pick	Odds			
PrPi	$ Yana Santos vs Miesha Tate	Tate wins inside distance	+410	0.25		UNIBET
	Fight	Pick	Odds			
PrPi	$ Don'tale Mayes vs Thomas Petersen	Petersen wins by submission	+700	0.25		UNIBET
	Fight	Pick	Odds			
Pr	$ Don'tale Mayes vs Thomas Petersen	Fight doesn't go the distance	+100	0.5		sportsbook.ag
	Fight	Pick	Odds			
Pr	$ Santiago Ponzinibbio vs Daniel Rodriguez	Fight doesn't go the distance	+160	0.63		sportsbook.ag
	Fight	Pick	Odds			
PrPi	$ Marina Alcalde Rodriguez vs Gillian Robertson	Robertson wins by (T)KO round 2	+3,300	0.1		FANDUEL
	Fight	Pick	Odds			
PrPi	$ Marina Alcalde Rodriguez vs Gillian Robertson	Robertson wins by (T)KO round 3	+4,500	0.1		FANDUEL
	Fight	Pick	Odds			
Pr	$ Marina Alcalde Rodriguez vs Gillian Robertson	Fight ends by (T)KO	+600	0.17		FANDUEL

Fighter Notes & Profiles, Previous Writeups, Etc.

- Cory Sandhagen
  - Cory Sandhagen Fight Tape

    - UFC Abu Dhabi: Sandhagen vs. Nurmagomedov Rotogrinders Main …
    - UFC Nashville Rotogrinders Article - Vs. Rob Font
    - Rotogrinders UFC San Antonio: Vera vs. Sandhagen Full Card Preview
    - Rotogrinders UFC Vegas 60 Full Card Preview - Vs. Song Yadong
- Deiveison Figuieredo
    - Deiveson Figueiredo Fight Tape (Figgy)
    - UFC Macau Main Card Preview (Rotogrinders) - Vs. Petr Yan
    - UFC Abu Dhabi: Sandhagen vs. Nurmagomedov Rotogrinders Main …
    - UFC 300 Prelim Preview - Vs. Cody Garbrandt
    - UFC Austin: Dariush vs. Tsarukyan Full Card Preview - Vs. Rob Font
    - UFC283: Rotogrinders Article - Vs. Brandon Moreno IV
    - Brandon Moreno Fight Tape - Vs. Brandon Moreno
- Bo Nickal
    - Bo Nickal Fight Tape
    - UFC 309 Main Card Writeup - Vs. Paul Craig
    - UFC 300 Main Card Preview (Rotogrinders) - Vs. Cody Brundage
    - UFC 290 Rotogrinders Full Card Preview - Vs. Val Woodburn
    - UFC 285: Jones vs. Gane Rotogrinders Full Card Preview - Vs. Pickett
    - Dana White Contender Series Week 10 Action Network - Vs. Beard
    - Action Network: DWCS Week 3 Preview - Vs. Zachary Borrego
- Reinier de Ridder
    - UFC 311 Main Card Preview (Rotogrinders) - Vs. Kevin Holland
    - UFC Vegas 100: Main Card Writeup - Vs. Gerald Meerschaert
- Santiago Ponzinibbio
    - Santiago Ponzinibbio Fight Tape
    - UFC Vegas 101 Main Card Preview (Rotogrinders) - V. Carlston Harris
    - UFC Denver Main Card Preview - Vs. Muslim Salikhov
    - UFC 287 MAIN CARD Rotogrinders Preview - Vs. Kevin Holland
    - Rotogrinders UFC 282 Full Card Preview - Vs. Alex Morono
- Daniel Rodriguez
    - Daniel "D-Rod" Rodriguez Fight Tape
    - UFC Vegas 98 Rotogrinders Main Card Preview - Vs. Alex Morono
    - UFC Saudi Arabia Rotogrinders Writeups = Vs. Kelvin Gastelum
    - UFC Charlotte Rotogrinders Article - Vs. Ian Garry

    - Heslin - Rotogrinders Main Card Preview Article (UFC Vegas 35)
- Junior Tafa
    - Junior Tafa Fight Tape
    - UFC Vegas 98 Prelim Preview Rotogrinders - Vs. Sean Sharaf
    - UFC 305 Prelim Preview Rotogrinders - Vs. Valter Walker
    - UFC Singapore Rotogrinders Full Card Preview - Vs. De Lima
    - UFC 284 Rotogrinders Full Card - Vs. Parker Porter
    - UFC Vegas 71: Pavlovich vs. Blaydes Full Card Preview | Rotogrinders
- Tuco Tokkos
    - UFC Tampa Rotogrinders Main Card Preview - Vs. Navajo Stirling
    - UFC Vegas 92 Prelim Preview - Vs. Oumar Sy
- Montel Jackson
    - UFC Denver Rotogrinders Prelim Preview - Vs. Da'Mon Blackshear
    - UFC Vegas 71: Pavlovich vs. Blaydes Full Card Preview | Rotogrinders
    - Rotogrinders UFC 281 Full card Preview - Vs. Julio Arce
- Daniel Marcos
    - UFC Tampa Rotogrinders Main Card Preview - Vs. Adrian Yanez
    - UFC Louisville Rotogrinders Preliminary Preview - Vs. J. Castaneda
    - UFC Vegas 86 Rotogrinders Full Card Preview - Vs. Aoriqileng
    - UFC London: Aspinall vs. Tybura Rotogrinders - Vs. Davey Grant
    - UFC283: Rotogrinders Article - Vs. Saaiman Oliveira
- Jeremy Stephens
    - Jeremy Stephens Fight Tape
- Mason Jones
    - Mason Jones Fight Tape
    - Rotogrinders Full Card Preview: UFC London - Vs. Ludovit Klein
    - David Onama Fight Tape - Vs. David Onama
    - Mike Davis vs. Mason Jones - Vs. Mike "Beast Boy" Davis
- Marina Rodriguez
    - Marina Rodriguez Fight Tape
    - UFC 307 Rotogrinders Prelim Preview - Vs. Iasmin Lucindo
    - UFC 300 Prelim Preview - Vs. Jessica Andrade
    - UFC Vegas 79 Rotogrinders Full Card Preview - Vs. Waterson-Gomez
    - UFC 288 Rotogrinders Article - Vs. Virna Jandiroba

- Gillian Robertson
  - UFC Vegas 100: Main Card Writeup - Vs. Luana Pinheiro
  - Gillian Robertson vs. Michelle Waterson Gomez - Vs. Waterson-Gomez
  - UFC 297 Rotogrinders Full Card Preview - Vs. Polyana Viana
  - UFC Jacksonville (AKA UFC on ABC 5) Rotogrinders Article
  - UFC Kansas City Rotogrinders Article - Vs. Piera Rodriguez
- Cameron Smotherman
  - Cameron Smotherman Fight Tape
  - UFC Vegas 99 Rotogrinders Main Card Preview - Vs. Jake Hadley
  - DWCS 2023 Week 2 Navigation Document - Vs. Charalampos G.
- Serhiy Sidey
  - UFC Edmonton Rotogrinders Prelim Preview - Vs. Garrett Armfield
  - UFC 297 Rotogrinders Full Card Preview - Vs. Serhiy Sidey
  - DWCS Week 5 Navigation Doc - Vs. Ramon Taveras
- Yana Santos
  - UFC Vegas 95: Rotogrinders Main Card Preview - Vs. C. Chandler
  - UFC Vegas 76 Rotogrinders Article - Vs. Karol Rosa
    Rotogrinders UFC San Antonio: Vera vs. Sandhagen Full Card Preview
- Miesha Tate
  - Miesha Tate Fight Tape
  - UFC Austin: Dariush vs. Tsarukyan Full Card Preview - Vs. Julia Avila
  - Vieira vs. Tate Main Event Preview - Vs. Ketlen Vieira
- Azamat Bekoev
  - UFC 311 Prelim Preview (Rotogrinders) - Vs. Zach Reese
- Ryan Loder
  - UFC Vegas 96 Rotogrinders Main Card Preview vs. Robert Valentine
- Thomas Petersen
  - Thomas Petersen Fight Tape
  - UFC Riyadh Prelim Preview (Rotogrinders) - Vs. Shamil Gaziev
  - UFC Vegas 94 Rotogrinders Prelim Preview - Vs. Mo Usman
  - UFC Vegas 85 Prelim Predictions - Vs. Jamal Pogues
  - DWCS Week 4 Fight Tape Doc - Vs. Chandler Cole
  - DWCS Week 4 Navigation Doc - Vs. Chandler Cole
- Don’Tale Mayes

    - Don'Tale Mayes Fight Tape
    - UFC Vegas 102 Prelim Preview (Rotogrinders) - Vs. Valter Walker
    - UFC Abu Dhabi: Sandhagen vs. Nurmagomedov Rotogrinders Preli…
    - UFC Vegas 91 Prelim Preview (Rotogrinders) - Vs. Caio Machado
    - UFC Sao Paulo Rotogrinders Full Card Preview - Vs. R. Nascimento
    - UFC Vegas 74 Rotogrinders Full Card Preview - Vs. Andrei Arlovski
    - Rotogrinders UFC Vegas 70 Full Card Preview - Vs. Augusto Sakai
- Julianna Miller
    - UFC Vegas 78 Full Card Rotogrinders Preview Artcle - Vs. Santos
    - Rotogrinders UFC 286: Edwards vs. Usman III Full Card Preview
- Ivana Petrovic
    - Ivana Petrovich Fight Tape
    - UFC Edmonton Rotogrinders Prelim Preview - Vs. Jamey-Lynn Horth
    - UFC Vegas 91 Prelim Preview (Rotogrinders) - Vs. Na Liang
    - UFC Vegas 76 Rotogrinders Article - Vs. Luana Carolina
- Gaston Bolanos
    - UFC Vegas 100: Main Card Writeup - Vs. Cortavious Romious
    - UFC Vegas 84 Rotogrinders Full Card Preview - Vs. Marcus McGhree
    - UFC Kansas City Rotogrinders Article - Vs. Aaron Phillips
- Quang Le
    - UFC Macau Rotogrinders Preliminary Preview - Vs. Long Xiao
    - UFC Vegas 95: Rotogrinders Main Card Preview - Vs. Chris Gutierrez