

Avatar:

Kevin, 33, is an MMA fighter who is trying to improve his athletic performance. He is trying to get to the best athletic shape of his fighting life because he wants to be able to fight in the ring for 5 rounds and 5 minutes each without gassing out. His cardio is not the best, his critics have been saying and he is always getting tired in the 3rd round. Also, he seeks to improve his speed and strength so that he can be able to viciously have powerful strikes each time he punches and kicks. This can give him the advantage over his opponents. MMA is really his passion and he cares about it so much that he trains and obsesses about it everyday.

Current State:

Kevin is not the best known athletic person in the MMA world. He is not the strongest and the fastest so when he fights or spar with a more physically gifted person, he has a hard time because he gets overpowered by his opponents' strength and speed because he can't take the force behind his MMA movements. Kevin also gets more tired easily and he can't last for 5 rounds which has 5 minutes each and he really gets gassed at the 3rd round. He is yearning for an improvement in these aspects so that he can be a more respected MMA fighter.

Dream State:

Kevin has reached athletic prowess in that his MMA strikes and techniques have been more powerful which is noticed by his opponents, critics and people who just watch him at these MMA tournaments. Kevin's respect as a fighter has increased and his opponents are more weary of going toe to toe with him on his strikes because they can't take advantage anymore of their athleticism. He has reached an all-new level in athletic performance and he is extremely grateful that he has obtained this result and expresses it to people around him.

Roadblock:

Kevin's training program to increase his athleticism is not effective at all. He needs to unlearn these methods that he is doing. He just does jogging and sprinting to try and increase his endurance and speed. These methods are known to just burn energy not create more force which makes you in turn have more power in your movements. Also, Kevin does not want to lift heavy weights because he believes it will just get you stronger but slower which is true so he needs a training method that gets him both stronger & faster without sacrificing any of the other.

Solution:

Kevin is shown that his training program is not the way to increase his athletic prowess because his methods don't increase force, just burn energy. Kevin also is given an alternative program where he does not need to lift weights to sacrifice his speed and is just given a kettlebell & bodyweight program which focuses on improving strength & explosiveness through kettlebell exercises that does not make you slower compared to lifting heavy weights.

Email

Subject Line: The RIGHT FORMULA for Increasing Fighting Athleticism x10

Hey there Kevin,

Dying to improve the POWER of your MMA techniques?

Your strikes & takedowns are so explosive that your opponents get lackadaisical.

Your improved athleticism has earned you a lot of respect, making you feel unstoppable in the ring.

Elite-level MMA strength and speed is definitely achievable!

Practices like jogging or sprinting cannot increase FORCE, which produces power, they only burn energy. So if you're doing this, quit this garbage immediately!

The right formula involves bodyweight and kettlebell training to gain both speed and strength, without sacrificing one for the other. This can be helpful for you!

This will improve your movement skills as we incorporate exercises that mimic MMA techniques. This way, you can become more proficient which creates more explosion when you punch or takedown your enemy!

When you follow our training beliefs, you will become an exceptional and highly respected athletic specimen in the arena.

To find out how to become that man who will shock people with his new-found prowess click the link below:

[Use kettlebells to become an insane athletic MMA fighter](#)