



# 3 Secrets for a Fighter's Physique

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Hi, my name is Roger Luri and welcome to “**3 Secrets for a Fighter’s Physique (and 3 tips to make them work for you)**”. You're about to discover the secret of use these fighters secrets to achieve awesome fitness yourself.

We've developed these **3 Secrets for a Fighter's Physique (and 3 tips to make them work for you)** for you to give you the answers to these important questions and challenges every fitness enthusiast faces:

- Why i don't get the results i want from my workouts?
- How a fighter's mindset will help me stay in top shape.
- Why there's more to a kick boxers workout than just punching and kicking.
- How I can take advantage of these secrets to kickstart my physique.
- How to make your fears work for you instead of against you.

Also, if you're serious about wanting to discover the best way for you to take advantage of these secrets in your own life, make sure to check out this exciting resource right now - [Click Here](#)

*Enjoy!*

Roger Luri

# 3 Secrets for a Fighter's Physique

1) **The Mind - Body Connection:** Have you ever seen someone walking on the treadmill at the gym while reading a magazine or their e-mail? Treating your mind and body as though they are two distinct entities is a big mistake. Fighters have a powerful desire to win combined with a powerful fear of losing. These bring an intensity to their training which makes all the difference. Your mind and body need to be connected in order to get the most from your physical exercise. That's the whole point of mind-body activities like martial arts and yoga.

2) **High Intensity Interval Training** - Boxing, Kickboxing & MMA training are done in rounds, just like fights in the ring. HIIT (High Intensity Interval Training) is a fitness buzzword these days, but Boxing and Kickboxing have always been all about HIIT. Interval training is simply alternating periods of varying, pre-defined levels of exertion with periods of rest (or periods of lesser exertion). Sports such as bicycle road racing and running are all about speed and endurance, so these type of sports have refined interval training in order to get athletes to their highest possible fitness levels for competition.

3) **Powerful accelerated whole body movement.** *Throw your body around!* Powerful accelerated movement of your whole body (such as you'll do kickboxing) is key to getting your metabolism pumped up to high gear! The quick changes of direction provide a plyometric effect for your whole body.

Want to see for yourself what Kickboxing and Martial Arts training can do for you?

[Learn more](#)

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**Here are 3 more tips on how you can get started, plus a great offer:**

1) **Find a great Coach / Instructor / Mentor** to inspire you and show you the way. A great mentor will help you stay motivated by developing that desire to win while helping you build your skills and training techniques. A great gym will have the right equipment so you can take advantage of the latest technology such as wearables to track your heart rate and effort levels.

2) **Find some like minded training partners** to challenge you and keep you engaged. You won't accomplish much at home watching a video. **Great training partners are what make it fun.** Our F.U.D.s (Fears, Uncertainties and Doubts) are likely to hold us back unless we surround ourselves with like minded people to help us to build confidence.

3) **Try it! - If you like it, make the commitment** to apply yourself for at least a few months and you'll see and FEEL some real changes. Just keep showing up at least twice per week minimum (shoot for 3 in case you miss one). To see real results, change your priorities. Once you develop the habit, you'll look forward to your workouts and see great results begin to compound

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## Commit to getting started.

*Eliminate Stress...*

*We seldom stress over things that we are actually doing.*

*We stress about the things we are not doing.*

Don't kid yourself, there is interested and then there is committed. Does it make sense to think that you'll experience changes in your life by keeping your old habits and doing the same things you've been doing? In order to make positive changes, we need to develop new habits. Fighters have a high level of commitment to their training because it makes the difference between winning and losing. Being non-committal insures that you won't succeed. No one ever became successful at anything just by being *interested*.

## Getting Started is Easy!

Get in the best shape of your life, and have fun doing it. With our interval kickboxing training system you'll develop function core strength and flexibility while learning practical fighting techniques. No prior experience necessary!

[Check out our special offer!](#)