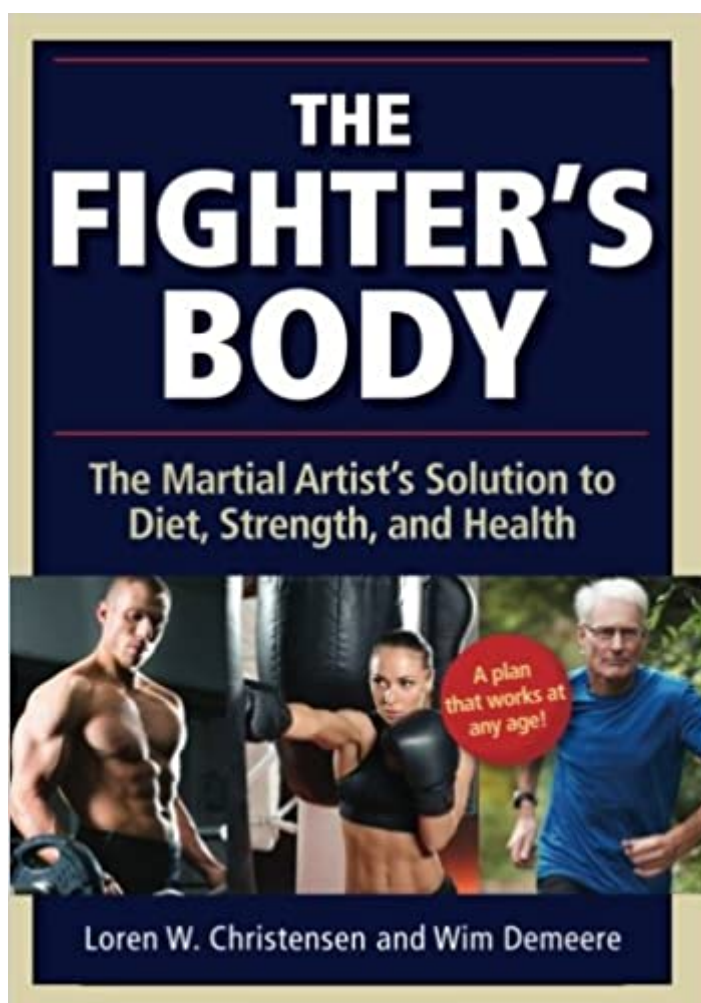


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# The Fighter's Body: The Martial Artist's Solution To Diet, Strength, And Health



## Synopsis

You have an owner's manual for your car, your stereo, and even your blender, so why not your body? The Fighter's Body is exactly that—an owner's manual for your most complex piece of equipment.

## Book Information

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## Customer Reviews

Loren W. Christensen has been involved with martial arts since 1965. He has earned an 8th dan in American Free Style Karate, 2nd dan in Jujitsu, and 1st dan in Modern Arnis. Loren has authored over 50 books (a couple non-fiction), and has written popular articles for numerous martial arts magazines during the past 30 years. Loren was inducted into the 2001 Masters Hall of Fame for a Golden Lifetime Achievement Award. He is a retired Army MP and Portland Police Officer. Loren Christensen resides in Portland Oregon. Wim Demeere began training at the age of 14, studying the grappling arts of judo and jujitsu for several years before turning to the kick/punch arts of traditional kung fu and full contact fighting. He won four national titles and a bronze medal at the 1995 World Wushu Championships. In 2001, he became the national coach of the Belgian Wushu fighting team. Wim instructs both business executives and athletes in nutrition, strength, endurance, and martial arts. Wim Demeere lives in Belgium.

There are a lot of great things about this book. 1. It's written by two amazing martial artists. One of which is Loren Christensen who is a legend. 2. it is a very entertaining read, and doesn't take the subject matter too seriously as I giggled quite a bit through this book. Some funny guys. 3. The book

is jam packed with great info about many aspects of health, fitness, nutrition, injury prevention, training tips and sample workout routines, motivation, inspiration, and of course the martial arts. A lot of training suggestions for becoming a strong, fit, bad ass fighter. Plus I had gotten the book dirt cheap! Highly recommended.

This book gives an excellent overview of general nutrition. It also gives an in depth discussion on various training systems to lose weight and prepare for a sporting event. It focuses mainly on martial arts but actually has applications to almost any competitive sport. The book goes over numerous personal experiences by the two authors with many funny stories that make the book even more easy to read. I have found the book to be immensely useful for my athletic requirements. It has definitely improved my training schedules and allowed me to get in excellent athletic shape. I highly recommend this publication.

This is a great book for both martial arts and non-martial artists. The fundamentals are great. There is no empty talk.

First of all, don't be deceived by the title. Yes, it was written especially for the martial artist and mixed martial artist, but this book has great basic diet information. By diet I am not referring to any of the "fads" out there, though the book talks about those, too. This book gives you the basic information about calories in carbs, protein, fat and how to find a proper balance. There is a whole section on fad diets--the good, the bad and the ugly. They address vitamins, minerals and hydration. They then move on to creating a personalized diet plan (how to create one for yourself). There are a couple sections that you can skip if you're not into martial arts, but there is still more than enough information in this book to help anyone who wants a healthier lifestyle.

This book is full of information that is very useful in managing your body. I compete in Taekwondo, and this book covers managing your diet while increasing, maintaining or dropping weight. After reading this book I dropped my weight from 100kg to 80kg and felt great the whole time I was dropping. It explains a lot about how your body works and what it needs. The only thing I've found that probably doesn't agree with other references is the amount of your calorie intake that should be taken as protein. This book recommends a higher number than a lot of other references. Overall, it is excellent.

This is the most informative book that you will ever find regarding diet, nutrition, and fitness as they relate to martial arts training. The author discusses measuring calories, body fat, protein, and much more. The author also discusses the benefits and drawbacks of using protein, creatine, energy drinks, and other supplements. Finally, many myths are challenged and explained. There is so much packed into this relatively small book that you will have to read it several times to internalize it all.

This is a great book. I am a Police Officer and this book has really helped me get into the shape I need to be in to handle the different scenarios that come with the job.

This book is very well written with lots of practical examples and personal anecdotes. I wish it had more specific recipes instead of carbohydrate/protein tables but it is well worth the price if you want to get serious about training. This book is not intended for people who just want to eat better and lose a few pounds! It is written specifically with the martial artist in mind.

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