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### The Diet of UFC Champion Georges St-Pierre: How He ...

Former UFC featherweight fighter, Dustin Poirier, will take his talents to the lightweight division after a four-plus year absence.Poirier will face-off with jiu-jitsu ace, Carlos Diego Ferreira, on April 4 at UFC Fight Night 63. The 26-year-old Louisiana native has compiled an 8-3 Octagon record at 145 pounds, but it's the steep weight cut that had Poirier thinking about his long-term health.

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With these 6 routines from UFC Gym SoHo coaches in your workout repertoire, you'll hone the skills, build the strength, and acquire the endurance of a UFC fighter.

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### SAPO Blogs

MMA Meal Planning: Unstoppable Success! You spend hours planning those training sessions that are going to make you the best conditioned most well rounded fighter you can possibly be.. You map out the training protocol... strength and conditioning on Monday, Wednesday and Friday mornings with grappling in the afternoon. Striking on Tuesday, Thursday and Saturday morning with Jiu Jitsu at night.

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### MMA Meal Planning For Unstoppable Success!

One thing to keep in mind before you begin: I recommend that you eat about 5 -6 small meals each day. This will consist of three main meals: a breakfast, lunch, and dinner, and two snacks or

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### UFC Fit...Lean, Confident, Healthy | 100.7 FM - KSLX ...

Georges St. Pierre, better known to fight fans worldwide as "GSP," is currently the UFC Welterweight Champion. His publicly stated goal is to retire as the best pound-for-pound fighter in the world and, at a record of 23-2, ESPN currently ranks him as the #3 pound-for-pound fighter in the wo...

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Ufc Fit Nutrition Guide File Type - reacthealthy.com By Week 12, you will be in the absolute best shape of your life, just like a UFC fighter when he peaks before fighting in the Octagon. Only registered users can use the tracker. Please subscribe to get instant access.

### How UFC Fit Got Me Ripped in 12 Weeks

This nutrition guide provides general guidelines to help optimize dietary intake for sports competitors. Fueling requirements can vary depending upon an individual's energy expenditure, metabolism, state of health, sport, etc. Now more than ever, athletes need accurate sports nutrition information.

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### 6 full-body UFC workouts for strength, endurance, and fat loss

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