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A diet for mma fighters | - livestrong.com - lose weight

Jun 24, 2015 A Diet for MMA Fighters Last Updated: Jun 25, 2015 | By Andrea Cespedes. MMA requires you to be in peak form. Photo Credit Ryan McVay/Photodisc/Getty Images

Sensible eating plan for fighters - prokick

Sensible Eating Plan for fighters. This is a diet plan that ProKick s Billy Murray followed from as early as 1980 up to 1991 that helped him maintain a fight

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Many people have asked me over the years about nutrition for MMA. Eating healthy gave me the energy that I needed to train 2-3 times a day, 6 days a week.

Tapout xt nutrition guide | fighters wod

1. Drink lots of water. The body needs around 2 litres of fluid a day, this doesn't have to just be water, and it can be a mixture of juice, skimmed milk a cup of

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