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30 DAY UFC WORKOUT PROGRAM
UPPER BODY ROUND- MON/THURS





Go through each of these exercises in rapid fire then take a one minute break at the end of the round. After the minute, jump back into it again. Do 4 rounds total.


- 1  3 Prong Pushup
- 2  Earthquake Pushup
- 3  Helicopter Exercise
(20 seconds each side)
- 4  Cow Jumping over the Moon Exercise
- 5  Barbwire Pushup

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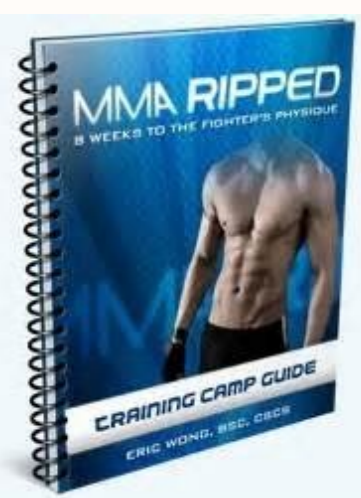
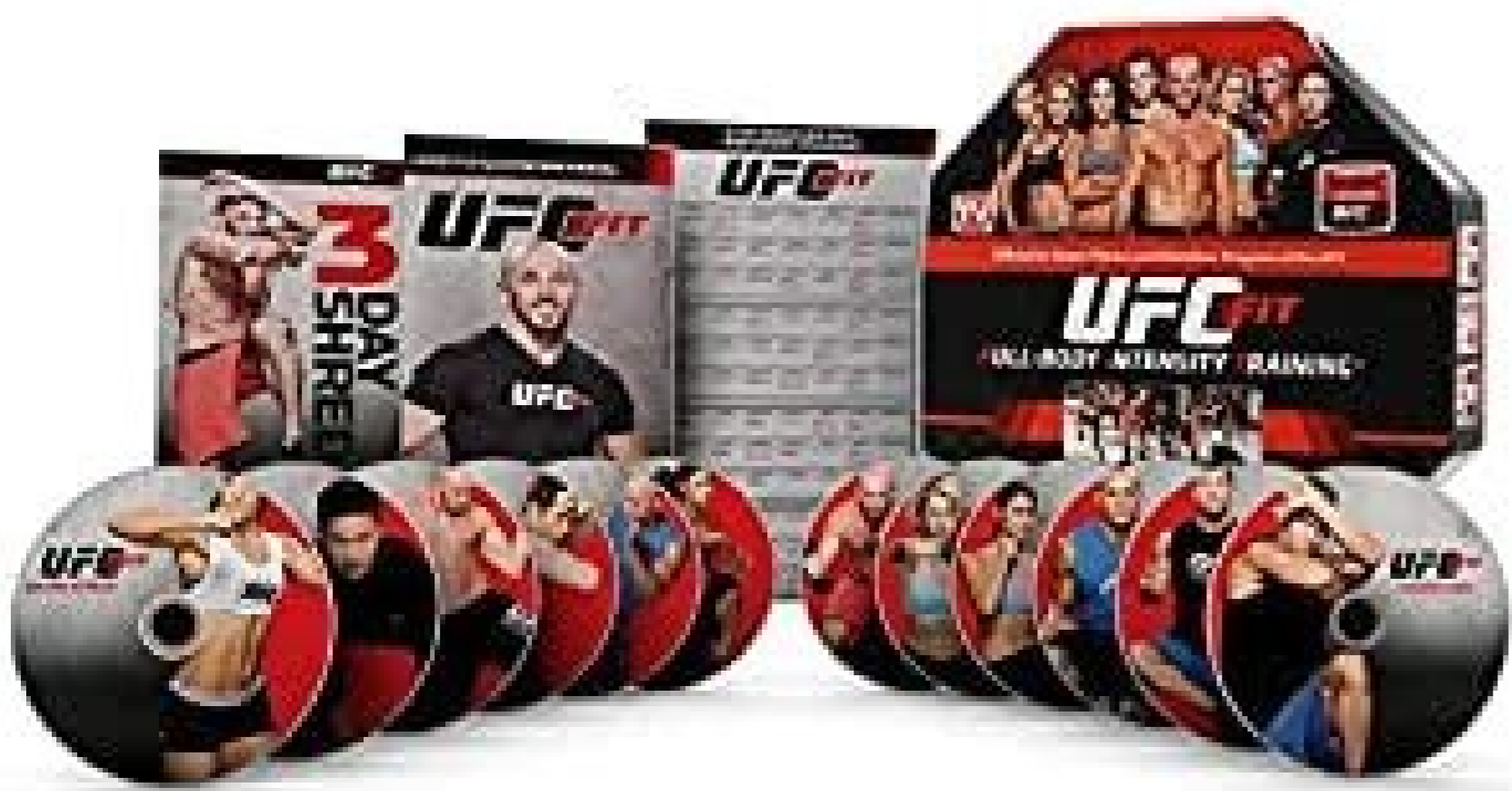
30 DAY UFC WORKOUT PROGRAM
LOWER BODY ROUND-TUESDAY/FRIDAY

Go through each of these exercises in rapid fire then take a one minute break at the end of the round. After the minute, jump back into it again. Do 4 rounds total.

- 1  Hindu Squat
- 2  Bear Squat
- 3  Crazy Lunge
- 4  Falling Tower Exercise
- 5  Squat Thrusts Exercise

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Time: 1 minute per side 2. Low Lunge Ryan O. Videos that have Creative Commons licenses or that are public domain are also usually okay to download. But is it actually okay to download videos from these and other sites? "People are so caught up in routine, doing the same thing over and over. "Aldo is powerful, and he's fast," said the new champion. If you're doing a response video or parody and want to reference someone else's content, you may not get into trouble. Time: 1 minute per side 4. Don't worry if you can't get into a position—just stretch as deeply as you can while maintaining good form. Continue until you've flowed through the first 5 movements. However, it's best not to save content that someone else created, especially if it's their intellectual property and they're monetizing it. YouTube videos usually don't have malware attached. 2 Weeks for \$2 at UFC GYM We deliver innovative, effective fitness experiences that enable our members to Train Different™ by fusing together the multi-disciplined approach of mixed martial arts with state-of-the-art equipment, group classes, elite coaching and tailored personal training, supported by a motivating community of fitness enthusiasts. File-sharing torrent websites and some video extractors, which are the sites on which you paste in the URL of the page that has the video you want to download and the site downloads a copy, may be infected with malware that they deposit onto your computer when you open the downloaded files. This daily routine, inspired by drills from McGregor's movement guru Portal, will help you unleash your full potential. Generally, if the content is likely copyrighted — say it comes from a streaming TV channel or news station — you shouldn't download it. UFC fighter Jose Aldo hadn't lost in 10 years—until Conor McGregor knocked him out in 13 seconds with a left hook on the chin. How'd he do it? Hinge Hold to Deep Squat Ryan O. Streaming services that allow you to do this are almost always safe because that functionality exists specifically so you can download videos — just don't distribute them or try to make money off of them. Photo Courtesy: Westend61/Getty Images There are a few limitations with this; for example, you'll need to let the video play the whole way through and have the volume level up while you're recording. This isn't exactly a download, but it is a safe option if you want to save video. Dead Hang Ryan O. Then hold the sixth move for the time prescribed. You might also opt to download certain content like videos from Netflix, which you can save to your computer and watch later offline. "Improved movement mechanics let you put your body in positions that enable you to make greater strength gains." Tight muscles sap power. Lean forward and place your hands on the floor. With your legs straight, hinge at your hips and lower your torso while keeping your back straight. Hang, breathing in and out deeply. Drop your butt and descend into a deep squat, with your torso as straight as possible. Push your hips toward the floor, feeling the stretch in your hips. However, there's no risk of malware contaminating the files because they're created on and saved to your device only. Make sure the sources you're downloading from are also safe. You'll feel your hamstrings stretch. Time: 4 minutes 6. "But prevision beats power, and timing beats speed." Truth is, McGregor thinks traditional strength training is overrated. For this reason alone, it's best to avoid torrent sites in particular — you have no idea who uploaded the content and what they might've done to it in the meantime. These usually have ratings from users about their performance, and you can spend some time researching what other people recommend as the safest options. Assume a side lunge position with your right knee bent and left leg outstretched to your side. Enable this option if you haven't already. Reverse the move and repeat 10 times. Just remember that downloading anything off of YouTube violates the terms of service no matter what, but it's not a criminal act to download public domain or Creative Commons-distributable video. Flexion Gapping Ryan O. Lean forward with your right hand on the floor and left hand near your foot, your elbow pressing your left knee outward. If you're using Google Chrome as your browser, for example, visit the Chrome Web Store to search for extensions you can add that help you download videos. Chrome and other browsers may incorporate these and automatically scan files to make sure they're safe. I want to be an expert in many different things." That's why he connected with the Israeli movement specialist Ido Portal, whose innovative approach borrows elements of martial arts, dance, circus, athletics, somatics, and other disciplines. Switch sides and repeat. YouTube, Facebook, even TikTok — plenty of sites are known for providing high-quality, user-generated video content. "I've learned new footwork patterns," he says. When Is It Okay to Download Online Videos? That should be okay. Before you download the first browser extension you come across or paste a URL into a potentially shady video extractor, it's important to learn about how to — and when you can — download videos online safely. Kneel with your hands on the floor. THE ONLY TIME SUCCESS COMES BEFORE WORK IS IN THE DICTIONARY #TRAINDIFFERENT AT UFC GYM Photo Courtesy: athima tongloom/Moment/Getty Images Whether you want to save a viral Facebook video to send to all your friends or you want to keep that training for online courses from YouTube on hand when you'll need to use it in the future, there are plenty of reasons you might want to download videos you find online. Look for those that are highly rated and the most frequently downloaded; they're generally the safer choices. Photo Courtesy: MoMo Productions/DigitalVision/Getty Images Instead, look to trustworthy sources for obtaining downloads. Put your left leg forward with your right leg stretched behind you in a lunge position. Low Side Lunge Ryan O. Hold for time. 1. (Read the full story of McGregor's comeback—along with a guide to the new science of fat loss—in the September issue of Men's Health, available now on newsstands and the Apple iTunes Newsstand.) DIRECTIONS Do the exercises as a "flow." Start with the first move, hold it for the allotted time, and move directly to the next. Hold the position for 5 seconds. The entire round should take 13 minutes total. Perform 1 to 3 rounds total, or do 1 round as a warmup to your regular strength routine. You can also do 1 round on your rest days. Place your left ankle behind your right knee. McGregor says he began studying Portal's methods on YouTube late in 2013, and eventually reached out so they could work face-to-face. Related: 3 Exercises You Should Do Every Day The fighter believes the unconventional training quickly helped him become a better fighter. Surefire Safe Saving If you want to save a video that you're sure is safe to keep — maybe it's something personal a family member shared on social media and you have their permission — there's one way to do so that may be the safest: screen recording. Protecting Yourself While Downloading Just as you take precautions when opening an email that might be a phishing scam, you also need to take precautions when downloading videos online. Sink into the stretch, pushing your hips toward the floor as low as you can. You may be able to find more information about this and similar content at piano.io Tired of your fitness routine? But, you might also wonder if it's okay to save the media you find online — from both ethical and personal-security standpoints. If you already own the videos — say they're posted on your YouTube channel — and you want to back them up? Assume a squat position with your feet close together, heels elevated slightly, and fingers on the floor for balance. You should also run a virus scanner on files after you've downloaded them. Sit as low as you can, and move your hips side to side very slightly. Do this for time; switch legs and repeat. Photo Courtesy: Spiffy/E+/Getty Images YouTube is one of the sites from which people most commonly want to download videos (or just the audio from those videos). Deep breaths help relax tight muscles. Deep Toe Squat Ryan O. Hold a pullup bar using an overhand grip; flex your abs and glutes. However, there are some situations in which it may be okay to download media. Here's What Happened PRO TIPS Breathe deeply throughout. You should feel the stretch in your lats. Time: 1 to 2 minutes This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. So are we. Time: 1 minute 5. Its terms of service require you not to copy, distribute, transmit or sell content that you didn't create that's uploaded to the site unless you have explicit written permission from YouTube or the original creator to do so. You should feel the stretch in your hips, ankles, and lower back. Hold the position for time; then switch sides and repeat. Related: This Man Stretched 10 Minutes a Day For a Month. "I've learned how to find a lower center of gravity and found more angles to throw shots." Emphasizing graceful movements may sound hippy-dippy, but it works, says Marco Sanchez, a trainer at Mike Boyle Strength and Conditioning. MORE FROM QUESTIONSANSWERED.NET Many computers and other devices these days are equipped with this feature, which creates a video of whatever you're playing on the device's screen while the recorder application is running. However, there's some grey area when it comes to things you find on social media and other sites, and it also matters what you're going to do with them. Spend the rest of the time in a deep squat, using your elbows to push your knees outward. Time: 1 minute per side 3.

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