



# **Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports**

*Rob Carry*

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Many fighters say they'll do whatever it takes to win... few mean it. Cutting weight is an essential skill in modern combat sports. There's no getting away from it - you simply can't afford to step into the ring, cage or onto the mat at the same weight you walk around at.

Why? Because fighters at all levels are now cutting as much as 10 kilo (22 pounds) for weigh-in before putting it all right back on in time for the bell. Ignore the weight-cut process, and you'll wind up facing opponents who are far, far heavier than you.

Word is out and today, most fighters involved in boxing, MMA, Muay Thai, wrestling, BJJ, Judo and other fight sports all cut weight. Unless you're fabulously gifted, you're going to have to learn how to cut weight if you want to be competitive.

The pay-offs are huge. Use 50 Fighter Secrets to Making Weight to nail your weight cut, and you are going to be more physically imposing than your opponent. Even from a psychological stand-point, being bigger and stronger is going to stack the odds in your favour.

But cutting weight is a highly complex process that demands the correct know-how. You need to avoid the myths and mis-information cluttering up the internet. It could result in you messing up your weight cut and either not making weight, or suffering a loss in performance. It's a risk that's simply not worth taking – you need expert information you can rely on.

That's where 50 Fighter Secrets to Making Weight comes in. It pulls back the curtain to reveal the facts behind this crucial aspect of the fight game – highlighting for the first time hard-won tricks, tips and wisdom from real fighters who have been successfully cutting weight for years.

It contains fifty facts you can put your house on. Follow them – and come fight day, all the smart money will be on you getting your hand raised at the final bell.

Willing to do whatever it takes to win? Then give yourself the edge. Get your copy of 50 Fighter Secrets to Making Weight now.

## **Fighter Secrets to Making Weight: 50 Secret Weight Cutting Tips for Boxing, MMA and Other Fight Sports Details**

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