--- Special Report---

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ULTIMATE FIGHTER'S

READ THIS......

“CUTTING WEIGHT GUIDE”
We're going to get right into it...

This first portion of the guide is from an article by
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Steve Preston is a Sports Performance Specialist in Virginia Beach, Virginia. He specializes in strength, conditioning, and nutrition for wrestlers. You can find out more about his consultations, individualized training and nutrition plans for wrestlers by going to www.sports-strength.com For a FREE copy of Steve’s “63 Must-Have Strength, Conditioning, and Nutrition Tips for Wrestlers” e-book by going to www.wrestlingstrenghttips.com

The article...

Let’s take a look at the typical year for a wrestler. During the off-season, the wrestler is in the gym lifting weights. The workouts are intense. The wrestler eats normally, sustaining muscle, and adding strength to their body. The wrestler might compete occasionally in a tournament or go to a wrestling camp. The wrestler is learning more moves, and skills, along with improved strength. All is good. Things look great for the upcoming season!

Then the season arrives. The wrestler decides to cut 15-20 lbs. to move to a lower weight class, where they will be big, strong, and ready for any competition. The wrestler eats very little, runs a lot (even with plastic suits on), spits, uses saunas, etc. to make weight. The wrestler makes weight. The wrestler has a good season, making weight each week, and binging after each match.

BUT THE WRESTLER COMES UP SHORT OF THEIR POTENTIAL!

The wrestler doesn’t understand. He practices hard, really hard! He dropped two weight classes, and makes weight each week. He drills after practice, and works as hard or harder than anyone else in the mat room. He doesn’t strength train during the season because he practices so much, and doesn’t have the time or energy to work out. Besides, all that hard work in the weight room during the off-season has made him really strong!

Or did it?

If you are cutting weight for wrestling, and want to be the BEST your potential will allow, make sure you:

1. Keep Up Your Strength Training
   During the off-season you want to work to gain as much strength as possible. I recommend training 3 times each week in the weight room, working the muscles that are used for wrestling. Be consistent and document your progress.
   Always strive to add a little more weight or repetitions. During the wrestling season, YOU HAVE TO STRENGTH TRAIN! You will not keep strength gained during the off season if you neglect training during the season. If you are cutting weight, it is even more important to keep up your strength training. If you are cutting weight, practicing, and wrestling in dual meets and tournaments, your body is using its own muscle for food.

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You can prevent some of this by getting in a full body strength training workout every 4-5 days.

2. Eat More Frequently
Don’t starve your body to make weight! If you starve your body, you are slowing your metabolism down. Metabolism is the rate at which your body burns calories. A calorie is a unit of energy. By starving, you will cause a rebound effect, and have even more trouble making weight next season. The answer lies in trying to lose fat, not muscle and water. You do this by eating more frequently. Four smaller meals each day will allow you to lose body fat while sparing muscle, give you energy to wrestle hard, and be strong the entire match.

3. Give Your Body The Correct Amount of Calories
To find out how many calories your body needs to keep up muscle while cutting weight, take your current body weight, and multiply times 13. This is the minimum number of calories you need to consume each day.

4. Eat a 40-30-30 Ratio
Now that you know how many calories you need to cut weight and still keep your muscle and strength that you’ve built up, you need to eat the proper ratio of protein, carbohydrates and fats. 40% of your calories should come from lean proteins (egg whites, turkey, lean beef, whey protein powder, skinless chicken). 30% of your daily calories should come from complex carbohydrates (multi grain bread, baked potato, sweet potato, brown rice, oatmeal), and 30% of your calories should come from unsaturated fats (olive oil, nuts). Usually you don’t have to figure in the fats other than a tiny bit of oil on a salad, because the meats that you consume will have a small percentage of fat that will suffice for the day.

5. Don’t Jog excessively If Your Goal Is To Make Weight
Nothing is more grueling than a tough high school or college wrestling practice. You shouldn’t get in the habit of jogging for miles, and miles each week in order to lose weight. First of all, it will not give you the endurance for wrestling like good old-fashioned live wrestling in practice will. If you try to lose weight by jogging, you will start eating the muscle off of your body. Aerobic activity is NOT an efficient means of losing fat. A controlled meal plan is the answer.

6. Don’t Dehydrate
In order to wrestle at your best, and have your body working efficiently, you need to have all of the body systems working optimally. Each of your body systems requires water. If you have to lose a couple of pounds to make weight after you have followed the above tips, then you will restrict your water intake. Restricting water intake is not the same as not drinking water at all though. You still need to give yourself 3-4 ounces of water every 3 hours on days that you are trying to make weight. Remember, this is to keep up your strength. You need to plan well in order to do this right. Don’t wait until two days before, and get drastic in your weight loss system.
7. Stay Away From Sugar
Wrestlers who cut weight by eating very little and doing excessive jogging tend to get sugar cravings. Sugar has no place in your wrestling meal plan. The only time my clients consume sugar is immediately following an intense strength training session. If you are within 3 or 4 lbs. of your weight class, you might want to consume 60 grams or so of high glycemic carbohydrates (sugar) on the form of grape juice or apple juice within 20 minutes of your strength training session. This replenishes the body’s glycogen stores and helps with recuperation. In general, stay away from sugars. They have no longterm positive effects on your energy. They are much more likely to be converted and stored as fat.

END OF ARTICLE

I understand your not a wrestler. But look around, there are a ton of active wrestler's fighting in the UFC and Pride both. Most are dominating their respective weight classes..

What I know about cutting weight worked for me and I'm a lightweight, still weighing less then 150 lbs. When I was training I could lose a solid 6 – 7 lbs in 45 minutes while sitting at 5 – 7% body fat. This was and is by no means the right way, but it wasn't harmful when done properly. I learned my lesson the hard way by the means of suffering from dehydration at its worst proportion. The education your about learn is some of what “Not To Do” as much as it is useful information.

I'll begin with "Using the Sauna"

After watching the Ultimate Fighter 5 and witnessing “Gabe” blow his chance of a lifetime. It almost made me sick. Considering the bad press wrestling has received over the years concerning weight loss. This was just as bad. Gabe being “helped” in and out of the sauna was pitiful.. I'll stop there, I don't want to get into a commentary review about that episode..

The Sauna shouldn't be used for anything but getting your sweat going and perhaps dropping the last ½ pound or so.

The system starts there and if necessary, ends there. Let's Begin:

I'd enter the sauna in shorts, carrying at least two t-shirts, sweat shirt (hoody), sweat pants, socks, shoes, hat and sauna suit (plastics).

Sit down and relax until sweat started to “beading up” on my body which took approx 3 – 5 minutes max.
Then, I'd start dressing in this order: sauna pants, sweat pants, socks, shoes, both shirts, sauna top, sweat shirt, then put your hat on and get out.

My preference of exercise was a stationary bike. I would ride for 5 minutes straight. Get off and: bounce, jump rope, push ups, sprawls, shadow box/wrestle or just sit down and rock FOR 2 MINUTES....

Get back on the bike and ride at a normal pace, with the occasional 10 second “sprint” in between your natural joy ride pace. I'd Continue riding for only 2 MINUTES. Get off, repeat the process 10 times.

10 sets x 4 minutes (2 minutes on, 2 off) = 40 minutes, plus the first 5- totals a 45 minute workout. I would personally lose a minimum of 6 pounds each and every time.

Keep in mind, I competed in the 118 lb weight class.. The max weight I should've been losing on any given week should've been around 4 – 7 lbs or less. I was losing an average of 10 – 15. Not good. I paid the price with overall results in folkstyle competition.. In freestyle, I was able to compete at 125.5. With the extra 7 lbs, my performance was much better earning All American honors. I used the same system, but I was eating more and more importantly drinking more. Even at 118 lbs, I never missed a meal. On some weeks, I didn’t get as much liquid in me as I should and those were the weeks my performance was down. Eating and staying hydrated was the key. Nutrition is one of the true advantages you can create over any opponent.

My point is, what I seen on television was a disgrace to the sport of MMA. Rapid weight loss doesn't have to be as painful as how it was displayed. You, as an athlete, shouldn't do that to your body. Eat good foods, drink plenty of water and electrolyte replacement drinks.

I recommend: eGel / eFuel- go here to learn more or purchase some before your next fight http://www.teamroehlig.com/recommends/eGel

This is not a bragging comment, I lost 14.5 lbs over night in 3 workouts using this exact same method. In between workouts, I ate and slept. Don't misunderstand.. I worked out at around 6 pm, went home, ate some soup, drank 16 oz. of water, slept for 3 hours. Woke up, worked out, came home, ate more soup and a baked potato, drank 16 oz. of water, slept.. Woke up the next morning at 8 am, had to weigh in at 12 noon. Was only 5 over at 9 am. Worked out the 3rd time.. Made weight in approximately an hour.

“What NOT to DO”:

Don't get 14.5 lbs over the night before a fight.. Follow Preston's article above so your not in “Gabe's” position EVER.
Don't Take a COLD SHOWER immediately after Intense Workout (weight cut).. Instead, run cold water on your wrists, wet your head and try to cool down without soaking or shocking your body with cold water.. Instant muscle cramps if you do.

Don't DRINK anything REALLY COLD right away.. I was given a warm Sprite the first and last time I ever dehydrated.. In less than an hour after drinking it, my cramps were gone..

Don't do what I did.. let's refresh:

- NO COLD SHOWER.
- NO COLD DRINKS.
- KEEP YOUR WRISTS AND HEAD COOL BY RUNNING THEM UNDER THE SINK WITH COLD WATER.

Once body temp is back to normal, you should be able to eat regularly and drink (sip) plenty of fluids. Depending on when your competing, don't stuff yourself or over eat. You mind will tell you one thing, when your body is thinking something different. Easier said then done, but stay disciplined with your goal in mind.

In closing, you don't have to put yourself through torture. As bad as losing weight can make you feel and have adverse affects on your mental state of mind, make sure your eating daily and drinking water daily.

More Recommendations I suggest you look into:

INTENSE ULTIMATE FIGHTER WORKOUTS (click)

WRESTLING NUTRITIONIST (click)

EGEL / EFUEL TRAINING SUPPLEMENTS (click)

FREE TRAINING NEWSLETTER (click)

ALL THE PRODUCTS LISTED ABOVE CAN BE FOUND AT: www.teamroehlig.com
TRAIN HARD. EAT RIGHT. KICK SOME A.!!

BEST OF LUCK,

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