

1,106 WAYS TO BUILD CARDIO

FITNESS AND TECHNIQUE WILL CONQUER ALL

# TRAIN HARD FIGHT EASY



SPARRING PARTNER OF **FIGHTERS ONLY**

## MMA VS TALIBAN

FRONTLINE FIGHTERS

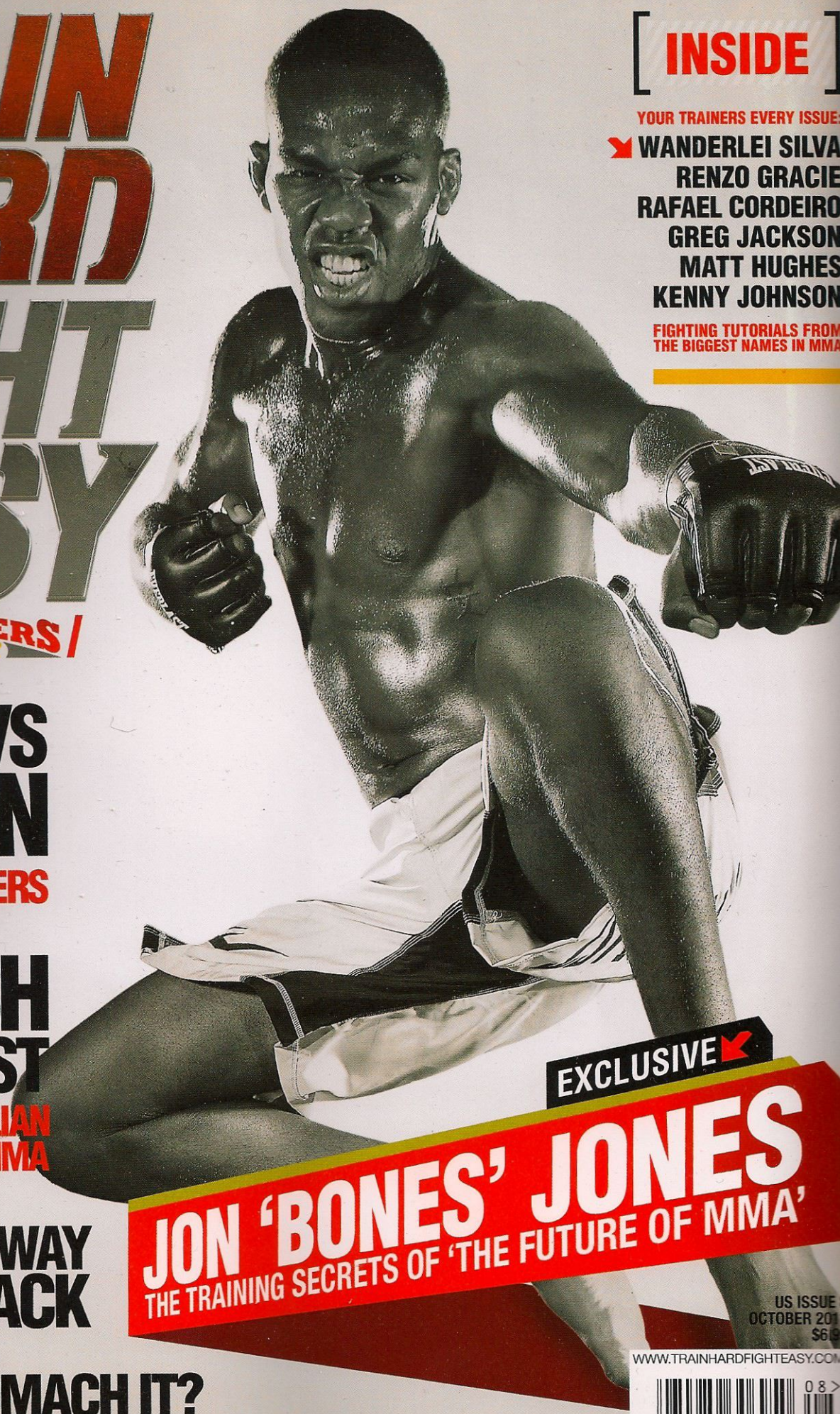
## UNLEASH YOUR BEAST

THE LATEST BRAZILIAN CRAZE SWEEPING MMA

## LAUGH YOUR WAY TO A SIX-PACK

## CAN YOU STOMACH IT?

NIGHTMARE FOODS FOR DREAM RESULTS



[ **INSIDE** ]

YOUR TRAINERS EVERY ISSUE:

- ✦ WANDERLEI SILVA
- RENZO GRACIE
- RAFAEL CORDEIRO
- GREG JACKSON
- MATT HUGHES
- KENNY JOHNSON

FIGHTING TUTORIALS FROM THE BIGGEST NAMES IN MMA

**EXCLUSIVE** ✦

# JON 'BONES' JONES

THE TRAINING SECRETS OF 'THE FUTURE OF MMA'

US ISSUE  
OCTOBER 2011  
\$6.99

WWW.TRAINHARDFIGHTEASY.COM

