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Training x Technique
Fight Like A Pro



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MMA MEETS THE NFL

Jay Glazer, famed NFL insider and host of UFC on FUEL, has created a unique cross-sport training program



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FUEL UP

How Joey Beltran used food to lose 100 pounds of bad weight



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YVES JABOUIN

The seasoned Canadian striker pulls out some crafty feints from his bag of tricks



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CARLOS CONDIT

How do you get strong enough to take the welterweight belt from the champ? Train like a Natural Born Killer.

**ON THE
BACK COVER**
Carlos Condit

Photography by
JAMES LAW



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MODEL SEARCH

If you hadn't noticed, this has nothing to do with fitness