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THE

# JUGGERNAUT®

C H A L L E N G E

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How UFC Heavyweight Mark Hunt lost over 20kg in 3.5 weeks in preparation for UFC 180 MEXICO 2014

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This manual contains the exercise and nutrition program that Mark Hunt used to lose more than 20kg of bodyweight for UFC 180 in a very short time frame (3.5 weeks) This program was specifically designed for MARK HUNT ONLY, and is not intended for use by any other person(s).

Losing large amounts of weight in a short time is not a healthy practice, nor is it recommended. This program was used by Mark solely out of necessity and is designed for a 3 week time frame only.

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Before beginning any workout routine, nutrition program or combination of the two, it is recommended that you consult with your Medical Doctor or Physician for authorization and clearance.

It is always recommended to consult with a Medical Doctor or physician before beginning any new exercise or nutritional program. If you have any problems with your health, you must seek clearance from a qualified medical professional.

The information contained herein is not intended to, and never should, substitute for the necessity of seeking the advice of a qualified medical professional.

This is an advanced training routine designed solely for the use of Mark Hunt.

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All efforts have been made to ensure that this manual is free from error or problems. Although we have worked hard, we do not take responsibility for loss or action to any individual as a result of the material presented here.

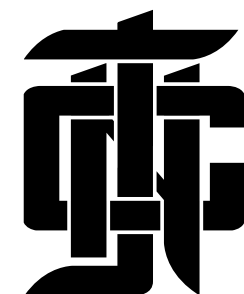
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The following information and material contained in this manual is for Entertainment purposes only.

It is not intended for direct use by any other person(s) as it is a specific program designed for Mark Hunt only.

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## INTRO VIDEO

**Mark's Intro Video**



In October 2014, whilst driving his kids to school, Mark received a phone call from UFC president Dana White.

Cain Velasquez had injured his knee, ruling him out of UFC 180 to be held in Mexico city on Saturday November 15th 2014. Dana informed Mark, that if he accepted the fight, he would be competing against Fabricio Werdum for the Interim UFC Heavyweight World Title.

Without hesitation Mark accepted the fight, which was little more than three weeks away. He dropped his kids at school and went home to get ready to leave immediately for Mexico City.

Having an altitude of 2250m meant that time was of the essence. Adapting to the higher altitude and less oxygenated air takes time. He could waste no time in getting there.

Mark also knew that he had gained a lot of weight since his last fight against Roy “Big Country” Nelson at UFC Fight Night 52 Japan.

Once he arrived home he jumped on the scales to find that he was weighing in at more than 140kg (over 300lbs). The UFC Heavyweight division weight limit is 120kg (256lbs). This meant that Mark would need to lose over 20kg in just over 3 weeks, in order to be eligible to fight.

**The following program is a documented version of what Mark ate, his training and a look at how his mental strategies helped him achieve such a massive feat.**



## WEEK 1 VIDEO

### Marks Week 1 Agenda

## Overview

### RULES :

1. NO WHEAT AND NO STARCHY CARBS
2. NO SUGAR (other than in a small serving of fruit @ breakfast)
3. NO DAIRY (three times a week Mark would have a low fat milk cappuccino as a treat)
4. DRINK ONLY: Water (fresh or sparkling), unsweetened black coffee (max 3 per day) and unsweetened green tea (unlimited)
5. Eat on a three day cycle:
  - i) Days one and two – have a breakfast meal, a lunch meal and a dinner meal
  - ii) Day three eat only breakfast and lunch. From lunchtime onward, every third day perform an overnight fast until breakfast the next morning (plain or sparkling water, black coffee and green tea are allowed during this fasting period.)
6. Eat a source of Protein (the size of Marks hand) at each meal, plus a large serving of fresh vegetables – either as a salad (without dressing) or a plate of steamed vegetables.
7. Ensure a source small amount of healthy fats is added to each meal. Avocado, egg yolks, fish oil, olive oil etc..
8. At breakfast eat 1 serve of fruit (equivalent to the size of 1 medium apple) This is allowed on training days only.





	BREAKFAST	LUNCH	DINNER	BEDTIME
<b>DAY 1</b>				
<b>FOOD</b>	4 egg omlette (1 yolk only) with lots of veges & 1 small piece of fruit	250g white meat (chicken or fish) + big salad and salsa	300g Lean Steak + Steamed veges	NIL
<b>FLUID</b>	Black Coffee / 1 cup Green Tea 500ml -1 Litre of water + electrolytes	Black Coffee / 1 cup Green Tea 500ml -1 Litre of water + electrolytes	1 cup Green Tea 500ml -1 Litre of water + electrolytes	NIL
<b>SUPPLEMENTS</b>	1 organic greens powder drink L-Carnintine (1500mg) Alpha--Lipoic Acid (500mg) Green Tea (EGCG standardized 300mg) Vitamin C (1500mg) Zinc (30mg) Fish Oil (3000mg) Mens Performance Multi Vitamin (1 tab)	L-Carnintine (1500mg) Alpha--Lipoic Acid (500mg) Green Tea (EGCG standardized 300mg) Vitamin C (1500mg) Zinc (30mg) Fish Oil (3000mg) Mens Performance Multi Vitamin (1 tab)	Vitamin C (1500mg) Fish Oil (3000mg)	6 - 10g BCAA Taurine 3000mg Magnesium 1000mg Melatonin 2 Tabs



	BREAKFAST	LUNCH	DINNER	BEDTIME
<b>DAY 2</b>				
<b>FOOD</b>	150g Salmon + 2 scrambled eggs + spinach and ¼ avodacdo +1 small pc fruit	250g Lean Steak + Large serve salad or steamed veges	300g lean lamb or other red meat + steamed broccoli and fresh salsa	NIL
<b>FLUID</b>	Black Coffee / 1 cup Green Tea 500ml -1Litre of water + electrolytes	Black Coffee / 1 cup Green Tea 500ml -1Litre of water + electrolytes	1 cup Green Tea 500ml -1 Litre of water + electrolytes	NIL
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Mark had to drink at least 5 litres of water per day. He did this at meals + in between meals around training.

	BREAKFAST	LUNCH	DINNER	BEDTIME
<b>DAY 3</b>				
<b>FOOD</b>	200g Lean Red meat patties or strips + 2 eggs + veges + 1 small pc fruit	300g white meat (chicken or fish) + big salad and salsa	NIL – OVERNIGHT FAST	NIL
<b>FLUID</b>	Black Coffee / 1 cup Green Tea 500ml -1 Litre of water + electrolytes	Black Coffee / 1 cup Green Tea 500ml -1 Litre of water + electrolytes	1 cup Green Tea 500ml -1 Litre of water + electrolytes	NIL
<b>SUPPLEMENTS</b>	1 organic greens powder drink L-Carnintine (1500mg) Alpha--Lipoic Acid (500mg) Green Tea (EGCG standardized 300mg) Vitamin C (1500mg) Zinc (30mg) Fish Oil (3000mg) Mens Performance Multi Vitamin (1 tab)	L-Carnintine (1500mg) Alpha-Lipoic Acid (500mg) Green Tea (EGCG standardized 300mg) Vitamin C (1500mg) Zinc (30mg) Fish Oil (3000mg) Mens Performance Multi Vitamin (1 tab)	Vitamin C (1500mg) Fish Oil (3000mg)	6 - 10g BCAA Taurine 3000mg Magnesium 1000mg Melatonin 2 Tabs





	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>
<b>MORNING ( Before Breakfast )</b>	Strength & Conditioning Session	Strength & Conditioning Session	Strength & Conditioning Session
<b>AFTERNOON</b>	Shadow Sparring, Pads & Heavy Bag Work	Shadow Sparring, Pads & Heavy Bag Work	Shadow Sparring, Pads & Heavy Bag Work

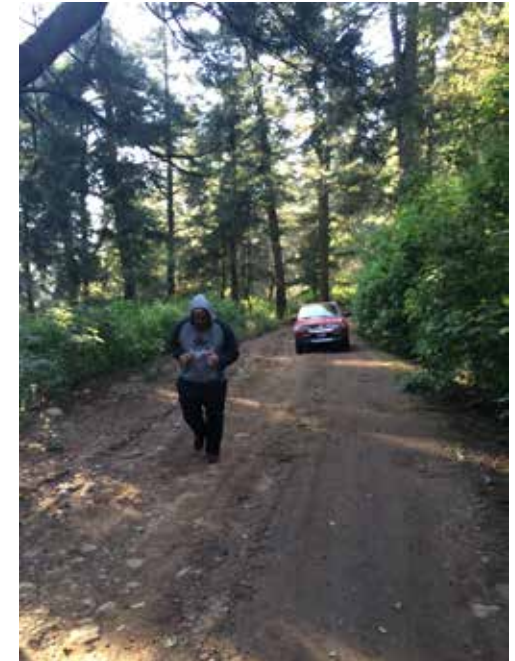


**Due to the time constraints placed on the camp (3 weeks) Mark's rest days were played by ear. Training was lightened--up or full rest days were had as we saw fit.**

Mark had 4 full rest days over the 3 weeks of the camp (approx. 1 day per week). We used saunas, massages, cryotherapy, hot and cold plunge pools and relaxation as much as we could throughout the three weeks to stimulate recovery.

At least one type of therapy was sort every day. Mark also did 40mins - 1 hour of mobility and stretching every day pre and post workout.

All workouts have been provided in video format as separate downloads.



ZUU SESSIONS	HURRICANE SESSIONS	ENDURANCE SESSIONS	SHADOW SPARRING / HEAVY BAG
<p><b>#1</b> : Ankorr Harness + ZUU Session (a)</p> <p><b>#2</b> : Ankorr Harness + ZUU Session + Metcon</p> <p><b>#3</b> : 16 x 1 min sprint sets</p> <p><b>#4</b> : 9 x 40s on 20s off + 500m row (2 rounds)</p> <p><b>#5</b> : 9 x 40s on 20s off (2 rounds) + 2 x 4 min tabatas</p>	<p><b>#1</b> : 4-5 Round gym based hurricane session</p>	<p><b>#1</b> : Stair Session</p> <p><b>#2</b> : Mountain Run</p> <p><b>#3</b> : Run / Row session</p>	<p><b>#1</b> : 8 x 3 min round Heavy Bag</p> <p><b>#2</b> : 5 x 5 min round shadow sparring</p> <p><b>#3</b> : *Specific Fight preparation, BJJ grappling and pad work with coaches Lolo Hemuli and Steve Oliver</p>

\*not provided as is individual / technical work which is unable to be broken into 'layman's' format.



SESSION ONE	SESSION TWO	SESSION THREE	SESSION FOUR	SESSION FIVE
<p>2 x 2min Ankorr Harness fwd + rev bear crawls REST 60 sec b/w each</p> <p>5 x 30 sec AMRAPs of: 4 frogs, 5m gorilla, 5m rev. walks, 4 kicksits REST 15sec between sets</p> <p>REST 60 sec</p> <p>5 x 30 sec AMRAPs of: 4 explodes, 5m bear crawl 4 Hindus, 5m rev. walk REST 15sec between sets</p> <p>REST 60 sec</p> <p>5 x 1min AMRAPs of: 4 frogs, 4 kicksits, 4 insect push-ups REST 30sec between sets</p> <p><b>Approx. total workout time 21 mins</b></p>	<p>30 x Standing 5m Ankorr Sprints 10 x forward, 10 x left side, 10 x right side</p> <p>REST 60sec</p> <p>8 sets Ankorr floor drills 5m gorilla, 5m rev. bear, 4 half hindus</p> <p>REST 60 sec</p> <p>8 sets Ankorr floor drills 5m rev bear, 4 push-ups, 5m fwd bear</p> <p>REST 60 sec</p> <p>1 set Ankorr 2min fwd / Rev. bear crawl</p> <p>REST 60 sec then repeat entire sequence (sets 1-4) above a second time</p> <p>4 x 30sec gorillas with 30 sec rest between each</p> <p><b>METCON finisher: Bar rows, Explodes, Plank Holds 3 rounds – rd 1: 10 sec each, rd 2 : 20sec, rd 3: 30 sec each</b></p>	<p>5 minute stair climber warm-up</p> <p>16 x 1 minute works-ets 60 sec rest between each set</p> <p>Work-sets 1-4 6 kicks-sits, 6 hindus, 6 explodes, 2 x 6m fwd / rev bear crawl</p> <p>Work-sets 5-8 2 x 6m gorilla + rev. bear crawl, 6 cobra push-ups, 6 walk throughs, 6 sprawls</p> <p>Work-sets 9-12 2 x 6m side bears, 8 frogs, 8 sumo scissors, 8 rock press</p> <p>Work-sets 13-16 6m joey jumps, 6 push-gorillas, 6 straddles, 6m rev walk, 6 rev. hindus</p> <p>5 minute stair climber finisher (fast pace)</p> <p><b>Approx. 26min-28min total workout time</b></p>	<p>Perform 40 sec of each exercise in the sequence followed by 20 sec rest then move to the next exercise –</p> <p>9 exercises in total = 9 mins</p> <ol style="list-style-type: none"> <li>1. Sumo Scissors</li> <li>2. 7m Forward / Reverse bears</li> <li>3. Half Hindus</li> <li>4. Walk Throughs</li> <li>5. Frogs</li> <li>6. Snakes</li> <li>7. Straddles</li> <li>8. Reverse Hindus</li> <li>9. Forward Gorillas + Reverse Walks</li> </ol> <p>REST 60 sec</p> <p>500m rower sprint @ full pace</p> <p>REST 60 sec</p> <p>Then repeat the whole above sequence again</p> <p><b>Approx. 25min total workout time</b></p>	<p>Perform 40 sec of each exercise in the sequence followed by 20 sec rest then move to the next exercise –</p> <p>9 exercises in total = 9 mins</p> <ol style="list-style-type: none"> <li>1. Sumo Scissors</li> <li>2. 7m Forward / Reverse bears</li> <li>3. Half Hindus</li> <li>4. Walk Throughs</li> <li>5. Frogs</li> <li>6. Snakes</li> <li>7. Straddles</li> <li>8. Reverse Hindus</li> <li>9. Forward Gorillas + Reverse Walks</li> </ol> <p>REST 60 sec</p> <p>Then repeat above sequence again</p> <p>REST 60 sec</p> <p>Then 4 station ‘tabata’ for 8 mins – 20 sec at each station, 10 sec rest then to next station – 4 cycles</p> <p>Battleropes, kettlebell swings, sit-ups, slam ball</p> <p><b>Approx workout time 28 mins</b></p>



Hurricane Session Outline

**ROUND ONE :**

1 minute Skipping + 12 heavy Lat-Pulldowns (or chin-ups) + 12 Heavy Dumbbell Press

Do three rounds of this without stopping

**THEN REST 1 MINUTE AND MOVE TO ROUND 2**

**ROUND TWO :**

1 minute Cross-trainer + 8 Heavy Dumbbell Snatches per arm + 12 Heavy Dumbbell Push Press

Do three rounds of this without stopping

**THEN REST 1 MINUTE AND MOVE TO ROUND 3**

**ROUND THREE :**

1 minute Treadmill sprint (on incline) + 12 -1 5 incline sit-ups + 12 Heavy Dumbbell bent over rows

Do three rounds of this without stopping

**THEN REST 1 MINUTE AND MOVE TO ROUND 4**

**ROUND FOUR :**

2 x 3 cone 20m shuttle runs + sprawls (@ each cone) + 8 Half Hindus + 12 Kick-sits

Do three rounds of this without stopping

**THEN REST 1 MINUTE AND MOVE TO ROUND 5**

**Choose 1 round from the above and repeat to make a 5th round**



#1 Stair Session	#2 Mountain Run	#3 Row / Run gym session
<p>Find the longest set of stairs you can (they should take at least 20 sec to climb (longer is better))</p> <p>For 30 minutes run stair repeats.</p> <p>Run fast and work hard on the way up, recover and walk on the way down</p> <p>Count how many sets you get through in 30 mins. Try and improve this each session.</p>	<p>40-60 mins of varied pace running, sprinting, jogging and walking</p> <p>IF you cant find a hill or a mountain – go to the gym and use a hill program on a treadmill</p> <p>Get outside if you can and utilize the fresh air and sunshine</p>	<p>On a concept 2 rower</p> <p>Row 2000m as fast as possible</p> <p>Without rest then move to a Treadmill set to a 2 degree incline and run 3000m as fast as possible</p>

**5 X 5 MIN SHADOW SPARRING**
**There are 5 x 1 minute combinations**

For each 5 min round – perform 1 minute of each combination, rest 10 sec and then move directly to the next combination.

After completing all 5 x 1 minute combinations rest 1 minute

Repeat this for 5 total rounds

Combo 1: jab, right, r/knee, l/knee

Combo 2: jab, right, 4 alt knees, 2 alt push kicks

Combo 3: 4 alt knees, 2 push kicks 6 x alt punches

Combo 4: 6 alt knee, 4 push kicks, 8 jabs, 2 sprawls

Combo 5: 4 sprawls, 8 alt knees, 8 x alt punches, 8 sprawls

**\*Start and finish this workout with 2 mins of skipping + 50 crunches**

**8 X 3 MIN HEAVY BAG ROUNDS**
**There are 6 x 30 sec combinations**

For each 3 min round choose 2 of the combinations and cycle them 3 x each to make a 3 minute round.

Rest 1 minute

Then chose 2 new combinations and cycle them 3 x each to make a new 3 minute round.

Continue this process until you have done 8 x 3 minute rounds in total

Combo 1: 2 x jab, right, l/ body shot

Combo 2: jab, right, l/body, r/body

Combo 3: jab, right, l/body, r/kick

Combo 4: jab, right, l/check, l/kick

Combo 5: jab, right, l/check, r/check, r/kick

Combo 6: jab, r/body, l/hook, r/kick

**\*Start and finish this workout with 5 mins of skipping + 30 lower ab floor leg raises**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	<b>AM</b>	#1 ZUU	Hurricane	#2 ZUU	Mountains	#3 ZUU	Stairs	#4 ZUU
	<b>PM</b>	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 2</b>	<b>AM</b>	REST	Row / Run	#5 ZUU	Hurricane	#1 ZUU	REST	REST
	<b>PM</b>	REST	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	REST	Light Pad Sessions
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 3</b>	<b>AM</b>	#2 ZUU	#3 ZUU	#5 ZUU	LIGHT PAD WORK + WEIGHT CUT	WEIGHT CUT	REST	FIGHT LATE NIGHT SAT / EARLY HOURS SUNDAY MORNING
	<b>PM</b>	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag	Pads / Sparring / Heavy Bag		WEIGHT CUT	REST	



**This is a procedure, which requires absolute precision and strict medical supervision.**

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DO NOT ATTEMPT TO USE THIS METHOD.

In the final week Mark would gradually increase his water intake up to 8-9L per day (this is based on his bodyweight – calculations must be on bodyweight)

Monday 6 Litres

Tuesday 7 Litres

Wednesday 8-9 Litres

Thursday 4 Litres by 12pm

After this time fluid intake is cut. Late night on Thursday then on Friday morning – Saunas, Epsom Salt Baths and low intensity exercise in Sweat Suits using sweet sweat cream is done to promote excess water loss. Mark was carefully monitored by trained professionals during this time.

This water-cut process was done gradually over a number of hours. His heart rate, state of attentiveness, discomfort levels, eyes, skin colour and vital signs were all monitored.

This cannot and must not be done without trained, experienced professional supervision at all times throughout the water-cut.

\*Mark also took 1-2 cups of Senna tea on the Monday, Tuesday and Wednesday night to help clear out his digestive system and bowels of any excess waste which may hold extra weight in his digestive system.

Directly after the weight cut and weigh-in for his fight. Mark then received oral and intravenous fluids.

He also ingested extra electrolyte drinks, protein, fruit, carbohydrates and a number of other specific foods designed to replenish his fluids, electrolyte balance, glycogen and energy levels, without gastro-intestinal distress.

**\*A qualified medical doctor in Mexico City administered the Intravenous re-hydration solutions.**



Mark on his IV in his room after weigh-in

## CLOSING COMMENTS



### **Mark and Alex moments before Marks Weigh-in for UFC 180 in MEXICO**

This was a very tiring, strenuous program which required careful monitoring and balance. Trying to keep Mark fresh enough to train every day and not get too sore was difficult.

For this reason strength and conditioning workouts were kept varied and shorter in nature to allow for regularity of training.

Fight specific training at night was sometime more than 1 hour long once it included pad work with Marks trainer , BJJ grappling, plus shadow sparring or heavy bag work.

We hope you enjoyed this insight into the lifestyle of a champion fighter and hope that it has given you an understanding of the discipline and hard work that goes into fight preparation.

We also hope it may give you the motivation to go on your own weightloss journey.

Just remember – if its possible, slow and steady weightloss and a sustainable healthy lifestyle program is always the best method - that is backed up by research as the best long term way to lose weight and keep it off.

You may also notice that Mark lost the weight over 3.5 weeks, even though this schedule is only for 3 weeks.

The rest he started to lose before he arrived in Mexico – via the same eating plan and beginning his training in Sydney for a couple of days before leaving



THE WEIGH IN

UFC 180 WEIGH IN MEXICO

