

Forget The Weights, Forget The Cardio

A Very Controversial
Fitness E-book

By Matt Furey

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Disclaimer

The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader(s) should consult a physician before engaging in them.

The author and publisher of this book are not responsible in any manner whatsoever for any injury which may occur through reading and following the instructions herein.

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Combat Conditioning Book

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Matt Furey Bio

Edinboro University of Pennsylvania's Hall of Famer Matt Furey is a native of Carroll, Iowa. He began competing in swimming and wrestling when he was eight years old - and through dedicated practice, became a champion in each sport.

In 1981, Furey was the state runner-up in the Class 3A Iowa High School State Wrestling Championships at 167-pounds. He attended The University of Iowa from 1981-1984, where he wrestled for Olympic Gold medalist, Dan Gable, and was a member of three national championship teams.

In the fall of 1984, in order to help rebuild a doormat wrestling program, Furey transferred to Edinboro University of Pennsylvania, and in 1985 he won the NCAA II national title at 167-pounds, defeating two-time California state champion, Howard Lawson, in the finals. While at Edinboro he was coached by Mike DeAnna and two-time Olympic Gold Medalist Bruce Baumgartner.

In February of 1987, Furey opened a training business for wrestlers and fitness enthusiasts. Most of the high school wrestlers he trained went on to wrestle in college.

Furey began studying various martial arts in 1990 and immediately saw the physical, mental and philosophical links these arts had with wrestling. This led to the publication of his first book and videos in 1996, entitled, *The Martial Art of Wrestling*.

In 1996, Furey began competing in the ancient Chinese grappling art of Shuai-Chiao, the oldest style of kung fu. Furey's teacher, Dr. Daniel Weng, a national champion from Taiwan, and a ninth-degree black belt, guided Furey to three national titles - then over Christmas of 1997, Dr. Weng brought two U.S. teams to Beijing, China, to compete in the world championships. In Beijing, Furey won the gold medal at 90 KG (198-pounds), and was the only non-Chinese to win a title. In addition, Furey's world title was historic because it marked the first time that an American had won a gold medal in any world kung fu competition held in China.

In 1999, Furey traveled to Tampa, Florida to train under the legendary Karl Gotch. Several months later Furey moved his family from California to Tampa, Florida, so he could train with Gotch full-time. Gotch taught Furey a treasure trove of knowledge on conditioning as well as the real professional style of wrestling, known as catch-as-catch-can (catch wrestling).

Furey quickly excelled as a catch wrestler, earning him the covers of *Grappling* and the U.K.'s *Martial Arts Illustrated*.

In 2002, *Grappling* magazine dubbed Furey, "The King of Catch Wrestling" - and

in the book *Grappling Masters*, Furey is one of 22 elite world class grapplers who are interviewed and featured.

In addition to *The Martial Art of Wrestling* and the international best-selling ***Combat Conditioning***, Furey's other best-selling books include ***Combat Abs*** and ***Kick Ass - Take Names***. Furey also has several best-selling courses, including: ***Combat Stretching***, ***Gama Fitness***, ***Magnetic Mind Power*** and ***Farmer Burns Catch Wrestling Video Course***.

Furey publishes a FREE daily e-mail newsletter on his website at www.MattFurey.com that all are encouraged to sign up for. And he has an exclusive member's only website at www.MattFureyInnerCircle.com.

Furey writes a monthly column for *Grappling* and has been featured in *GQ*, *Black Belt*, *Inside Kung Fu*, *Martial Arts & Combat Sports*, *Blitz*, *Martial Arts Illustrated* and many other publications throughout the world.

Along with his wife, Zhannie, Furey has two children, a son Frank, and a daughter, Faith. As a family they travel back and forth between their two homes in Florida, and Hainan Island, China.



Matt Furey with son, Frank, daughter, Faith, and wife, Zhannie.

There's Only One Weight You Should Be Pumping - Your Own

Andy Darling of the United Kingdom Interviews Fitness Guru MATT FUREY

[Note: This article previously appeared in the U.K. based Independent on Sunday, Jun 8, 2003]

In recent times, the buzzwords in the health industry have been core stability and functional fitness. To strengthen the deep internal muscles around the lower spine and pelvis, health and fitness professionals have been promoting Pilates, Astanga Yoga and workouts with wobble boards and Swiss Balls.

The claims for these practices are impressive: improved posture, coordination, balance and flexibility, and the elimination of back pain. But the majority of their adherents are women. Most men, it seems, have different goals. They can't be bothered with posture and balance exercises - they want to become more powerful, so they lift weights, lots of them, the heavier the better.

Matt Furey, an American trainer based in Florida, has the air of a WWE wrestler and the physique of a hardcore weight trainer. As his book, **Combat Conditioning**, and his sell-out seminars make clear, though, Furey has no time for pumping iron. (He is a wrestler, however - he's the only non-Chinese world champion in the grappling art of Shuai-chiao, his ring nickname being "the Surgeon of Submission".)

The 40 year old has developed an exercise system that involves one's own bodyweight alone - no barbells, dumb-bells or resistance machines. And while the natural constituency for Furey's **Combat Conditioning** is among male martial artists, it has plenty in common with Pilates and Astanga Yoga . As with those practices, Furey's approach rejects the way in which weight training isolates distinct muscle groups; rather, he envisions the body as a single entity.

"Pec deck, cable crossovers, triceps kickbacks... all those overly isolationist, pretty-boy movements are not only pointless," Furey snorts, "but you're going to injure yourself, because you end up building up your body in a way that isn't functional. So, it's a good idea to think of the body as one unit, not a bunch of unconnected muscles."

Like all high school and college wrestlers in the USA, Furey initially lifted weights, following the kind of bodybuilding routines still practised, by gym-goers all over the world today. Later, as a personal trainer in California, he realised that some of his clients didn't enjoy lifting weights, so he devised regimes involving handstands, push-up variations, and one-legged squats. "They started getting much better results than the weight trainers. I began realising that it's one thing to push and pull a weight around, it's quite another

to master your own bodyweight from every conceivable angle and direction."

The day Matt Furey binned the weights forever was the day he met Karl Gotch, a wrestling veteran. Gotch was 75 years old, yet he had what Furey calls "an ungodly strength". "He showed me that strength wasn't simply how much you could lift, but how long your strength could last. He showed me that flexibility and strength went hand in hand, that exercise was for health as well as to improve as an athlete. He got me to do some exercises, and when I couldn't do them for any length of time, he said: 'What's the matter? Didn't those weights prepare you for this?'"

The exercises form the basis of Furey's **Combat Conditioning** programme. Among the basic moves are Hindu Squats and Hindu Push-Ups. Hindu squats involve swinging the arms and rising onto the toes while performing the up and down squat movement; Hindu push-ups are a big circular movement, combining components of Yoga's classic greeting the sun sequence - starting with the Downward Dog position - with US bootcamp style pushing up with the arms.

This fusion of Eastern and Western approaches is central to Furey's thinking (never mind that his business card features the motto "Kick butt, take names!"). Bruce Lee, the first crossover Asian movie superstar, was also a practitioner of own-bodyweight movements; indeed, the only time Lee was seriously injured was lifting weights. Some of the **Combat Conditioning** moves can be found in the recently republished Bruce Lee: The Art Of Expressing The Human Body (Tuttle), which documents the Little Dragon's workouts.

Furey has also unearthed training manuals written by Farmer Burns, a US wrestling legend of the early 20th century, and again there are areas of intersection between East and West. Burns mentions various breathing exercises that resemble the Chinese practice of chi kung, though Burns simply called them "breathing exercises". (Burns's pedigree, incidentally, can be gauged by a testimonial from William Cody, aka Buffalo Bill: "I'll bet all my ponies that he can whip any prize fighter on earth.")

"It's that combination of the ancient and the new that makes it appealing and relevant," reckons Paul Thomson, from Worthing. A practitioner of Astanga Yoga for several years, he has started to incorporate elements of Furey's **Combat Conditioning** into his gym workouts. "Just doing yoga and nothing else ends up a bit hippyish, and just lifting weights makes me feel too tight and immobile. These exercises make me feel stronger, but more fluid, too," says Thomson. "And they mean I don't look like a skinny yoga student."

To Matt Furey, getting fit means gaining control of one's body, and broadening the range of what it can do, as opposed to piling on muscle with the limited, linear movements of traditional weight training. In other words, it's better to

attempt a couple of handstand push-ups, with every major muscle group straining to keep you stable, than to be supported by a bench while your arms push a barbell upwards in a straight line.

But why not let Furey explain his beliefs in his own inimitable way: "Look at animals in the wild - they're in far better shape, they have greater endurance and more flexibility. Monkeys and primates that climb trees for a living work with their own bodyweight - they don't lift weights."

To place your order for ***Combat Conditioning***, go to www.mattfurey.com/conditioning_book.html.

My Less-Than-Humble Opinion About Weight Training

Dear Friend,

Last week an angry reader of my daily ***Combat Conditioning*** tips sent an email, calling me every name in the book, accusing me of playing up the weight training injury scenario for 'marketing purposes' only and telling me that I was 'losing customers' by talking about the negatives of weights.

He also, interestingly enough, is upset because my email tips aren't 'balanced' enough. By this he means I need to print more hate mail, like his, instead of only positive messages.

My response: Dude, there's an old saying that goes something like this: Truth is stranger (and usually better) than fiction.

When I speak about the injuries people get from doing the bench press, including blown rotator cuffs, or deadlifts or heavy barbell squats, I am not making something up simply to market my product. It just so happens that the facts line up and write my marketing for me.

Fact, I hurt my shoulder doing bench press. Fact, I hurt my back doing deadlifts. Never hurt my knees doing barbell squats - but did hurt my back a time or two. Wish I had hurt me knee as it would give me more fodder to 'market' my product.

Now, lucky for me, none of my injuries were severe. This is not the case with some of my friends who do have MAJOR injuries from weight training, including blown rotator cuffs, totally shot knees, fused vertebrae, etc.

Yes, there are people who have trained with weights over a lifetime and they are not racked with pain. But in many cases, including that of Jack LaLanne,

you will find that he spent and spends a great deal of his time doing bodyweight calisthenics. In fact, LaLanne became famous, not for weight training prowess, but for hand balancing, handstands, bodyweight exercises and swimming feats - not to mention the records he set for pushups, pullups and so on.

In my less-than-humble opinion, LaLanne prevented serious injury by incorporating bodyweight calisthenics into his weight training routine. I have no argument with this and have said so numerous times. I do, however, believe with 100% conviction that you get in shape faster and better with the bodyweight exercises taught in ***Combat Conditioning***.

I make no bones about this.

You may think I say what I do just for marketing purposes - (which is ironic then, that you'd simultaneously be warning me about losing customers) but marketing built on a flimsy foundation doesn't carry weight.

And besides, whose kidding whom? Most people, worldwide, have been sold the 'weights only' hype for so long I probably have no chance of ever convincing them that my way is right. Compared to all the information already in circulation, I'm like a lone voice crying out in the dark of the night. The fact that anyone is listening is amazing. If I wanted to make some REAL money, I'd be selling weight training. But I sell what I believe in. Period. And I totally believe in what I teach.

Funny, isn't it? I write a book that goes 100% contrary to conventional wisdom - and upsets an entire herd of people who believe the opposite of what I teach, and you're worried about 'little ole me.' It should be the other way around. I should be worried about you.

If what I say upsets you and 'the others' who think like you - and you choose to keep pumping your iron, you'll hear no argument from me. It's really none of my business. If, however, you ever join that group of people who are racked with pain from years of weight training - or who simply didn't get the results they wanted from the practice, I'll be here for ya.

Kick butt - take names!

Matt Furey

P.S. Urgent News Bulletin: Weight Training May Be Losing Its Strangle Hold on the Fitness World.

Combat Conditioning, Yoga, Pilates and various other forms of bodyweight exercises are gaining customers by the thousands. Why? Because bodyweight exercises simultaneously increase strength, stamina and flexibility. According to

Matt Furey, author of the international best-selling **Combat Conditioning**, nothing works better than his program - and weight training experts are shaking in their shoes about it. 'They're terrified that I'm going to own the fitness world,' says Furey. 'Truth is, I don't want to own it. There's plenty of pie for everyone. In fact, there's not only enough pie, there's plenty of ice cream to go on top.'

'Truth is,' Furey added. 'I wish all these guys would stop pissing and moaning and get real. Why don't they come out with ads that tell the masses that bodyweight exercises are a joke, that they don't work, that they're a con? That would make sense, wouldn't it?'

'Well, fact is, they really can't do that because too many people are finding out that they do work.'

Tis true. Tis true.

To find out how they work - gallop on over to www.mattfurey.com/conditioning_book.html

Bridging Part of Tanzania Tribal Ritual & Mutant German Muscle Baby

Dear Friend,

A lot of good, bad and ugly stuff to cover this morning. Have my morning cup of java in front of me and am raring to go. Let's do it:

Hi Matt,

*I thought you might like this. Yesterday I received my copy of the July 2004 National Geographic. In it they had an article on the Barabaig, a tribe in Tanzania, who still hunt lions and elephants with spears as a sign of bravery and strength. Before they set out on their hunt, they train for several weeks doing a variety of exercises. (Talk about **Combat Conditioning**). One of these includes a bridge (with a twist). This bridge is not only nose to the ground, the man also has to be able to pick up a stick with his tongue and then stand up without losing the stick. That would be a difficult variation. The other exercise they showed was a variation on a handstand/headstand.*

Christian

M.F.: Thanks Christian. I saw the photo online. Bridging truly is a universal health and 'warrior' practice. In China, the so-called 'wrestler's bridge' is

practiced by men and women alike, most of whom are NOT wrestlers. In Russian Pavel Katzen's Greco-Roman video tapes, the FIRST thing he teaches is bridging to the nose with kick-over. The bridge is a staple of Eastern-European conditioning, not to mention India and China and Mongolia - and now, thanks to National Geographic - we see it in tribal villages in Tanzania. As the U.S. Marines are fond of saying, 'oooooraaaah.'

Hi Matt,

I am a 31 year old guy who used to hit the gym 5-6 days per week starting around the age of 19. My whole impression was if you can lift heavy weight, you will be better in anything you take on (basketball, football, martial arts, etc). Stupid. Simply stupid.

I've been reading your emails for about 8 months now, and want to move forward from reading about your exercises to doing them. I am recovering from my second rotator cuff surgery (go figure, right?) and wonder if I can expect to be able to do any of the handstand exercises. Is there a progression you would recommend?

Any guidance you could provide would be GREATLY appreciated.

*Sincerely,
David Woods*

M.F.: David, I think you'll be able to work into handstands, but first, rap with your physician about this. Being you're fresh out of surgery, I would think you're better off starting with the chest expanders put out by Lifeline USA. For more information on this product go to www.mattfurey.com/expander.html Rehab the shoulder from all directions and angles before you move on to pushups and handstands. Then once you move on, start with holding the handstand position for time. You're not ready to do the pushups until you can hold for time.

Dear Matt,

First off, thanks for all the great emails you provide us about self defense, fitness, mental attitude, etc. They're awesome. I just have one complaint about you: Your [magnetic mindpower advertisement](#). What you say is pretty unbelievable:

'You'll lose all fear. All timidity. All awkwardness. You'll gain supreme self-confidence. You'll be given an altogether different outlook on life - instantly' How can it be possible to gain 'supreme self-confidence' instantly?

Lazo

M.F.: Lazo, my friend, going from fear to self-confidence is done all the time. I'm surprised you're still in the dark on this. Think of something you're afraid of. Hold that image in mind for a few seconds. Feel the trembling in your body. Now move that image off to the left and bring up a screen of what you really, really want to have in your life. Make the image larger. See the image moving closer to you. Feel the image as it is totally real. That's only one method and the shift only takes an instant.

I remember the time my wife and I were hiking down the trails in the Grand Canyon. My wife was terrified when we got about halfway down. We're talking very steep drops if you were to fall. She shook with fear and told me she couldn't go on. I walked up to her and held her trembling hand. Then I told her to mentally pretend that she was surrounded by a bubble of supreme protection. I told her that this bubble would be with her the entire trail and that it would NOT let her fall. Guess what? She 'instantly' shifted into a supremely confident mode and we walked the trail without fear. I realize that these techniques may be too simple for you because you're much smarter than most people and may enjoy finding reasons why something won't work instead of why it will. Lucky for me I'm not in control of what will or will not influence your mind. Us 'simple folk' are more easily convinced in how something can and will change if you are curious and adventurous enough to quickly change a useless image of fear to a more powerful one of supreme confidence. Doing so can make the difference of hiking or not hiking a trail - or anything else your fertile mind can ponder.

Matt,

*Did you see the article on Baby Hercules? Here's the link:
[www.dailycamera.com/bdc/nation_world_news/article/
0,1713,BDC_2420_2984793,00.html](http://www.dailycamera.com/bdc/nation_world_news/article/0,1713,BDC_2420_2984793,00.html)*

*What would happen if we put this kid on **Combat Conditioning**????*

Bill

M.F.: Bill, thanks for the link. Great story. Based on the guns we saw on 8-year old Austin Eicher, it's scary what **Combat Conditioning** might build this kid into. Btw, if you missed the picture of Austin, go to this page: www.mattfurey.com/kid_fitness_060504.html.

Matt,

*I wanted to thank you for choosing to share your knowledge of bodyweight excersizes and fitness in general with the world. I was a bit skeptical at first but I have stuck with your **Combat Conditioning** excersizes and I have been*

blown away by the results of just a few months on your program. I've quit smoking, drinking etc etc... I'm feeling better every day! I only wish I had heard of you sooner.

I was wondering what your exercise routine was on an average day so that I might get a feeling of how others balance out their exercise schedule... I thought hmmm, since this guy wrote the course why not give it a shot and ask his opinion.

Again, many thanks!

Nikolai

M.F.: Nikolai, many of my students post their routines and tell of their experiences in my members-only site at www.mattfureyinnercircle.com - be sure to check it out. You get 2 months of access 'on the house' with a purchase of the **Combat Conditioning** book and videos.

All for now.

Kick butt - take names!

Matt Furey

P.S.: The link for my **Combat Conditioning** book and videos is www.mattfurey.com/conditioning_book.html.

What About Cardio and Combat Conditioning?

Dear Friend,

Finally recovered from last weekend's [Combat Conditioning seminar](#). Had a blast and now it's time to pour it on with some of that down home Q&A. Enjoy!

Hi Matt,

I'm a little confused about bodyweight exercises and was wondering if you would answer a quick question? I have read a few places that say once you get up to 12 or 15 pull ups or push ups you should add a weight belt for further muscle growth. Then I read that some people do as many pull ups and push ups as they can. Is this for muscle endurance and/or will it make you stronger, if not bigger?

Brad

M.F.: Brad, both ideas are fine. You can add resistance to pullups with a belt or a weight vest. But even if you don't and you go for higher reps, you are still building strength as well as endurance. Also, you can increase resistance without adding weight. You do this by using fewer fingers, changing into positions that are difficult for you, changing the speed, and so on.

Hello Mr. Furey,

My name is Jim Marsh, in the early 90's I trained with the Machado Brothers to the rank of blue belt while also bodybuilding/powerlifting. I was 35 years old 187lbs. I stopped training, marriage/ kids. Now at 45 I've started to train again with Chris Saunders a Rickson Gracie black belt at his academy in Oxnard Ca. My question is how often do you recomend doing the royal court? Can I do it every day without over training? Yes, I'm going to buy your book and share it with my fellow students.

Jim

M.F.: Hi Jim, yes, you can do the RC everyday. For most people it works to stagger the intensity. One day work hard, the next day light. In the beginning it doesn't much matter as the reps you can do aren't that high -but once the numbers start to climb I find staggering intensity to be best. You can also take a day off after each hard workout. Many ways to skin this rat, er, cat. Good luck.

Matt,

You don't mention any running or cardio in your articles. Do you also run? Or is the combat conditioning all you need. Also, do you warm up with jogging, jumping rope or whatever before you start the squats etc.

*Thanks,
Greg Nimmo*

M.F.: Hi Greg. You can get all the cardio you want by doing the **Combat Conditioning** exercises. If you want more, then you can run, swim, cycle, walk, jump rope, et. As for warmups, I generally just do a few reps at a slower pace, do some deep breathing exercises and a few dynamic stretches and I'm all set. Nothing complicated. If I train in the afternoon or evening I generally don't need any warmup at all.

Hi Matt.

*My name is Paul Smith and I live in Edinburgh, Scotland. I'm just sending you a short note to say thanks for some fantastic tips and inspiration that I got from your excellent book **Combat Conditioning**. The reason I'm thanking you is because on the 28th of September I won the open weight category at the British open Chinese martial arts tournament which was held in Wirral near Liverpool, England. I totally believe that my victory was definitely down to the fitness and durability that I attained mainly through the hill sprints, Hindu squats and the neck bridges, front and back, that I added to my routine after reading your book. When I read that you used hill sprints to help win the world championships I went straight out to look for a hill that would do the job, an easy thing to find in Scotland. I teach Wing Chun Kung Fu classes in Edinburgh and I use some of your exercises to get my students fighting fit. Thanks again Matt, I kicked ass and took names.*

Paul Smith

M.F.: That is awesome Paul. Thanks so much for letting me know. It will be a source of inspiration to many others as well. Keep kicking ass - and keep me posted on your continued success. You have a lot more in store.

Well, my friend, that's it for today. Gotta take my son to school.

Matt Furey

P.S. My **Combat Conditioning** book and vids on "special." Be sure to check it out at www.mattfurey.com/conditioning_book.html.

P.P.S. Got carpal tunnel, wrist or elbow pain. Then go to www.carpaltunelfix.com.

P.P.P.S. Need more mental toughness, then go to www.magneticmindpower.com

Man Crippled From Heavy Weight Training

Dear Friend,

'If people knew how hard I worked to acquire my mastery, they wouldn't think it worthwhile at all.'

- Michaelangelo

Thought I'd begin today's memo with the above quote. It meant a lot to me when I was a young buck, working hard to become a national; and later still when I worked to become a world champion.

Michaelangelo's words are profound in many ways, but mostly because of our tendency to label someone doing a job exceedingly well as 'more talented than everyone else.'

Talent plays a role - but as Mark Twain once said, 'Talent without work, is useless, thank God.'

You can have the talent to be incredibly fit, super strong and flexible - but if you don't work on bringing these talents out - a person with far less talent who also possesses a tremendous work ethic, can and will surpass you.

This is one of the great things about **Combat Conditioning**. You can look at the exercises and think 'No problem. Look at my big muscles.' Yet, when you finally make the decision to give the program a try, you find yourself unpleasantly surprised at how challenging it truly is.

Alrighty. Nuff said there. Now let me answer a couple emails:

Thanks Matt,

*These Q&A's really serve to educate and motivate me. I was able to hold the bridge flat footed, no hands for 3 minutes in the first week of receiving C&C and much of the pains and aches in my back and neck I get from wearing all my gear for long periods has subsided. I can't describe the feelings of well being and energy I get after doing the bridge. I feel like my spine has been in a cage my whole life and has just been let out. I make sure I do the Royal Court every day, and am working on handstand pushups. It is my intention to take this system with me when me and the Afghan soldiers we are training go 'downrange.' I can't wait for the other products of yours that I have ordered, especially **Gama Fitness**. Keep up the great work! What products do you have planned for the future?*

*Sincerely, Joshua Potvin,
3-172 INF(MTN).
Embedded Trainer, Afghanistan*

M.F.: Joshua, glad to hear of your results. The bridge truly is like a muscle relaxant for so many people. They have chronic pain for years, then they start bridging and it is the only thing that helps. The bridge is not for everyone - but it is good for and helpful to MOST. Please give my personal regards to the soliders in Afghanistan - and my best to all those in Iraq as well. As for 'what's new' - look for an announcement very soon.

Hey Matt,

I too have the joy of weight lifting with nothing but painfull memories. I benched 425lbs and military pressed 325lbs. Today I am lucky if I can bench 125 and military 90. My shoulders are beginning to show chronic problems. What good did this do me? I am now a regular visitor of a local chiropractor to regain some mobility in my upper body. Matt, I am 45 years old and need help. I am impressed by the testimony of the people that say that they are maintaining strength AND regaining mobility. I do not want to be a middle age cripple. Can this program help me regain strength and mobility? I am all ears.

*Regards,
Mike Dorn*

M.F. Mike, hate to sound like a parrot, but before beginning any fitness program, see your physician. Now, in regard to my opinion, I believe that my program can help you. There are many exercises in my books that you can probably do right now without pain. You may want to begin with my Combat Stretching - www.combatstretching.com - or you could start with the rubber chest expanders - www.mattfurey.com/expander.html ... the chest expanders are especially helpful in ridding people of chronic shoulder pain while also developing great strength. All the best to you.

Dear Matt:

I had just begun the Royal Court about two months ago then in a seperate, unrelated to exercise incident I tore the tendon on the back of my hand. I waited to let it heal but have been unable to begin the hindu pushups again. Any suggestions on how I might go through the same range of motion without putting direct pressure on my hand? Thanks.

*Yours truly,
Norman Ramsey*

M.F.: Norman, sorry to hear of the injury. Provided you have your doctor's blessing, you may want to consider the following:

- a.) try doing the Hindu Pushups on clenched fists rather than open palms
- b.) get a Chinese herbal linament called Zheng Gu Shui and rub it into the affected area. This linament is like magic. If you have a Chinese herb shop in your area - just print the words on a paper and ask someone and they'll know all about it. Otherwise just do a Google search and you should find it very

quickly. Also, another good herbal linament is Dit Da Jow. But my preference is Zheng Gu Shui. Keep me posted on your progress. Last but not least - my program for carpal tunnel pain sufferers is also good for anyone with hand, wrist and elbow pain. For more information on it go to www.carpaltunnelfix.com

That's all for today.

Kick butt - take names!

Matt Furey

P.S. Don't forget about my **Combat Conditioning** book and videos available at www.mattfurey.com/conditioning_book.html.

The Power of Getting Focused and How to Do It

Dear Friend,

Many of you are aware that I started my athletic career as both swimmer and wrestler. Sort of an odd combination, don't you think?

At any rate, one of the things I began doing as a young boy, that I was never formally taught, was a very simple but powerful task that I, sorry to say, had to 'relearn' later in life.

Here tis: Just before I went to sleep at night, I made a list of the exercises I was going to do the next day and how many I would do of each.

The next day, upon arising, I would glance at my list, then get to work. Oftentimes I began the day with a 2-3 mile run, followed by pushups, situps, pullups, dips, rope skipping - and so on.

After college I dropped the practice of making a list - opting instead to simply 'remember' what to do.

Now, I'm not saying I 'forgot' what to do when I didn't have a list. What I am saying is that 'the list' represented specific goals I wanted to accomplish in my workout.

And when I referred to it - then made a little 'check' mark next to each task I finished, I found that the practice built confidence, power and a feeling of momentum.

A couple years ago, during one of my frequent visits to my second home on China's Hainan Island, I went bowling with my brother-in-law. It was the first time I had picked up a bowling ball since 1997.

Anyway, the first day we just bowled - and as I'm not an avid bowler, and not very technical, I was happy to hit a 147 for my high of the day.

Then I got to thinking. The best score I had ever gotten in bowling was 154, and that was back in high school, when we went once a week for a six or eight-week period.

So I looked for and found a slip of paper on the desk, asked myself what score I would like to hit before leaving to come back to the states. My answer was 180. Considering I rarely bowl and have 'caveman' technique, this was quite a stretch.

Nevertheless, I folded the paper and put it in my jacket.

Over the course of the next four days, my brother-in-law and I went bowling every day. And my scores were, pretty much, what they had been for 20+ years.

But then, on the last day of my trip, in the third game, I was on fire. Nearly every frame was a strike or a spare. The numbers were adding quickly and I sensed I would meet my goal.

After the final score was tallied by computer, I nearly fell over when I saw I hit 182. What a thrill. I pulled the slip of paper out and showed my brother-in-law. He looked at me, smiled and said, 'You're lucky.'

Although I smiled back and said, 'Yes, I'm very lucky,' I disagreed. It wasn't luck. It was mental preparation and the science of achieving predetermined goals.

I took the folded paper out of my jacket and put a check mark on it. Done.

In the interim, start making a list before your workout and watch how much you instantly improve.

That's all for today.

Kick butt - take names!

Matt Furey

P.S. You can learn more about how I do this sort of thing regularly at www.mattfurey.com/magnetic_mind_power.html.

Best-Selling Novelist Barry Eisler Has Character Doing *Combat Conditioning*

Dear Friend,

Just got an email update from world renowned novelist, Barry Eisler, author of 'Rain Fall' and 'Hard Rain' - and another soon-to-be released smash hit. Barry is also a judoka and student of many of my methods.

Here's what he had to say.

Hey Matt,

*I added a new link to your website from mine. You'll also see in the new book that John Rain is staying in shape with **Combat Conditioning**. I'll send you a copy when they come back from the printer -- probably in June.*

All the best,

Barry

www.barryeisler.com

M.F.: Barry, thanks so much for the link - and for the plug. You are the greatest. I have included your link as well so my customers can turn your books in classics. Eager to read the next book. Keep crankin.

Also in today, a few answers to your email:

Matt,

4.5 months w/ the Royal Court and stopped all other exercises (even most of the cardio) and I am down 40lbs and am the strongest I have been in at least 20 yrs (now 43). I truly KICKED BUTT on the ski hill this year. Buried all of my buddies and gave my expert son a run for his money. Good stuff! I do get weird looks at the club when I am doing my CC exercises.

Matthew Balkman

M.F. Matthew, getting weird looks is half the fun of the program. Isn't it great that you get results like this without touching a weight. Great news!

Matt,

*Just got **Combat Conditioning** a week or so ago. I'm on 40 squats, 30 pushups and a few partial wall walks - can't quite get my hands down to the floor yet. The problem is I've been stuck at these numbers for a few days now. The squats especially I find hard when my legs just turn to mush. Will it get better if I just keep on hitting 40 or should I be moving up through the numbers easier?*

Do you know anywhere I can find information on Kushti (Indian Wrestling)?

*Cheers,
Mick Parker*

M.F. Mick listen dude. You've had the book for a week. Your progress is typical. Patience my friend, patience. You will soon be doing far more than what you're currently doing. Regarding Kushti, there's a book called 'The Wrestler's Body' by Joseph Alter. Talks much about Indian wrestling. Get it on amazon.com

Hey Matt,

Just a little note to say that was a cool email. Since reading Psycho-Cybernetics ive been using this technique of writing detailed lists of my plans for each day, and forming detailed pictures in my mind of my future goals. My life has gone from slow, stressful and struggling to 'zippy', driven and successful. Im simply amazed, and eternally grateful to you for your always inspirational emails. My training (in shootfighting and grappling) has also improved greatly- i received the award for most improved at Christmas and was very impressed with myself!!

So thanks heaps Matt, and keep up the good work!

Joanna Sherwell

M.F.: Joanna, what can I say? You've made my day. Keep up the awesome job.

That's it for today.

Kick-butt, take names!

Matt Furey

P.S. If you really want unreal results this year - be sure to join my online fitness mentoring program a www.mattfureyinnercircle.com.

465-Pound Squat Days Are Over

Dear Friend,

Hey, it's Monday again. Yippee. Time to rip through another week with controlled abandon. Let's start out with some good ole fashion QnA:

Matt,

Hindu Squats - Unbelievable! After one week of 5 Hindu Squat sessions I felt a difference. After two weeks of Hindu Squats it was amazing. I'm a rec league basketball player and everyone notices the difference in me. I kept getting 'What got into you?' looks and questions. Bear in mind I can squat 465 pounds right down to my ankles. Those days and weights are gone!

Paul Sousa

M.F. Paul, you are an animalistic stud. Great work.

Matt,

Thanks for creating a great workout program; I have been using combat conditioning now for 2 months and I am in the best condition of my life. I have a question on leg position when doing the Hindu Pushups. Is it possible to have your legs spread too wide when you do them?

*Thanks
Ben Hays*

M.F.: Ben, thanks for the kind words. Regarding leg position, the answer is 'yes' you can go too wide. I recently saw someone doing a version of Hindu pushups (and that's being kind), and the person's legs were 3x shoulder-width apart. This sort of defeats much of the purpose. Correct position is a bit wider than shoulder-width.

Dear Matt,

I am 49, and have been an avid weight lifter for 5 yrs. I squat, deadlift, etc. I

have been doing Hindu Squats for one week, started at 50, now up to 100 day and adding a few more daily. But here is the biggest difference, I am under an enormous amount of stress that has been draining my energy level, after the third day of Hindu's, my energy level has skyrocketed, I'm more calm and my ability to focus has peaked. I feel like I am on an endorphine high 24 hours a day. I have no joint pain anymore, and a new positive outlook on life.

It's probably been said before, but YOU ARE DA MAN!

PS I have worked out all my life, ran track in college and competed for yrs after. I used to think nothing could give me the high running did, I was wrong.

*Thanks,
Brad Booher*

M.F. That is awesome Brad. Keep up the fine work. It will only get better.

Matt,

***Combat Conditioning** is awesome. Seriously. Thanks. Along with **Combat Conditioning**, I do a light-weight/high-rep weight workout that I enjoy, and I don't want to give it up, but I also don't want it to take away from my **Combat Conditioning** in any way. Will it? Should I choose one or the other? I would like to do **Combat Conditioning** two or three times a week and my weight workout once a week. Would you advise this?*

*Thanks,
Fred Reahm*

M.F. Fred, glad you like the program. If lifting light weights is something you enjoy and you're benefiting and not getting hurt, then no problem. Mixing the two sounds like the perfect program for you.

Matt,

*I wanted to share with you what has happened in my life. I used to be an avid weight lifter looking for a good job. I decided on police work. Around the same time I decided to become an officer, I decided to take up **Combat Conditioning**. After a grueling try out and months of waiting I finally got my job. I truly feel that **Combat Conditioning** helped me get into shape to pass the tests. I graduated the academy and again CC helped me. Like a moron, I decided to go back to weight lifting to give me an edge when I'm out on the streets. Several months back I had to take into custody a fairly good sized*

*man, approx. 5'10 225lbs who was relatively solid. He was hallucinating and threatened to kill his family and himself. During the struggle we went to the ground where he popped me one in the mouth. I took the shot then laid one into him, no reaction. I hit him again, forearmed him, then went to an ankle lock to restrain him. Again he gave no reaction. It took 3 officers in total to subdue this man. Even with cuffs on he was a struggle. I learned the hard way that weight lifting didn't really help me. I was one whipped puppy after that experience. My arms, back, stomach, everything was sore and I was tired the next day. As of now I am weight room free and pounding away on my **Combat Conditioning**, including dips and pull ups.*

Thank you Matt.

Brian

M.F.: Great story Brian. Glad you made it through that situation without getting seriously hurt. This proves that functional strength and strength-endurance is key in today's world. Wish you the best.

Hey Matt,

After reading your previous email on writing lists of your goals, I finally reached the 500 mark in the Hindu Squat. Before I retired the night before I wrote down that I would do my regular 200 Hindu Squats + Push-ups etc. I would normally tire at 200 repetitions but felt i could go on, and on I did... all the way to 501. Man I felt so great and I could have carried on. Ive reached my goal a whole lot faster than I had planned which is great. My previous goal for attaining the magic 500 went like this- 500 Hindu Squats / 365 days=1.37 per day. By putting it in writing Im well ahead of that one so Ill be starting handstand push-ups next Thanks a lot

Pete

Auckland, New Zealand

M.F.: Pete, all I can say is 'Awesome.' Yes, there is 'magic' in putting goals on paper and reviewing them often. You da man. Keep on.

That's it for today's dose of motivation.

Kick butt - take names!

Matt Furey

P.S. A complete set of **Combat Conditioning** book and videos is waiting to be claimed by 'YOU.' Get my product and change your life for the better. Go to

www.mattfurey.com/conditioning_book.html.

P.P.S. And don't forget to make me your online personal fitness trainer by going www.MattFureyInnerCircle.com.

5 Things You Can Do To Maximize Metabolism

Dear Friend,,

People often wonder why the exercises in **Combat Conditioning** are so effective in helping them lose unwanted fat. Especially when they were told that 'weight training' will do it.

Well, truth be told, the keys to dropping excess fat lie in maximizing your metabolism.

And the best exercises for cranking up your body's metabolism are NOT barbell or dumbbell curls, tricep kickbacks, pec deck, leg extensions, leg curls, lat pulldowns and a host of other expensive and totally unnecessary machinery.

Do you want to know why? It's because most weight training exercises are isolation movements. They do not require a large amount of your body's total muscle mass to move. Therefore, when doing these isolation exercises, you rarely if ever get out of breath.

If you can breathe normally through an exercise, your body isn't going to change very much.

And so, when you do **Combat Conditioning**, one of the first things you discover is how quickly you are huffing and puffing. The increased oxygen helps generate more body and more energy. Ultimately this leads to a fitter, stronger, healthier person.

Listed Below Are 5 Exercises That Get You Huffing and Puffing. As a Result, They Maximize Your Metabolism:

- 1. Hindu squats** - these work all the major muscles of the legs, as well as the hips, arms and back. This exercise builds lung power along with lower body strength-endurance.
- 2. Hindu pushups** - quickly get you out of breath; this exercise hits your chest, back, shoulders, triceps, forearms, abdominals, hips, thighs, calves - and so on. It also strengthens the internal organs of the body and gives flexibility to the spine, shoulders and hips.
- 3. Bridging** - whether doing a bridge on your head and hands, your hands only

or your head only - the bridge hits many major muscle groups. Once you master it, your body's metabolism is in overdrive.

4. Hill sprints - running uphill sprints quickly gets you out of breath. This is one of the things I did to get into kick-butt condition on the way to winning a world title in China.

5. Rope skipping - 10 minutes of rope skipping are equivalent to 30 minutes of running. If you're crunched for time, skip some rope and save 20 minutes.

All of these exercises are covered in detail in my **Combat Conditioning** book and videos. I suggest you order a set right now and discover what people in more than 90 countries worldwide are raving about. Go to www.mattfurey.com/conditioning_book.html to place your order.

That's it for today.

Kick butt - take names!

Matt Furey

P.S. Want to go to the next level in your fitness regime? Want to get the utmost out of every training sessions? Want constant kick-butt motivation and advice on what to do and when? Then be sure to join the **Matt Furey Inner Circle**. As your online personal trainer I have a very strong interest in seeing you succeed. Let me be your mentor. Go to www.mattfureyinnercircle.com and enroll today!

Marathons Are For The Birds

Dear Friend,

I ruffled a few feathers yesterday with my comments about cardio. Funny how some people 'insist' on a two-hour workout when the truth is that the marathon workouts do far more harm than good.

And I should know. I trained for and ran half-marathons and a marathon. I went out and pounded the pavement day after day, for long periods of time. And the truth is, overall, my body didn't change all that much.

I got better at running - but I didn't really look significantly different. But when I went out and ran hill sprints three times a week - wooooooh. Let me tell you, my body changed very, very fast. And I'm not just talking reduced bodyfat. I'm also talking about muscle mass.

One criticism of the method is the notion that the long/slow method is better

for your heart and cardiovascular system. Once again, this is simply not true. It is neither scientifically based - nor proven.

When you are healthy enough to engage in sprint training - it will do far more to strengthen your cardiovascular system than long aerobic workouts.

Granted, some people are in such poor shape that they cannot begin with sprint training right away. But for those who can but haven't - they will see a big difference when they make the shift. In fact, once they make the shift, they'll give up the long/slow training and stick with the short and speedy.

Why does sprint training give you more results in terms of 'changing your body'?

The answer is because sprint training forces your body to produce more than 500% MORE human growth hormone - the anti-aging hormone that speeds up metabolism, burns fat and builds muscle. **Combat Conditioning** exercises like Hindu squats and Hindu pushups have a strong anti-aging effect on the body as well.

And so, although I respect those who engage in distance training, and I respect the activity itself - I hold sprint training and the results it gives your body in much higher regard.

The same goes with weights. I respect those who train with weights. I respect the mental and physical strength that goes into the endeavor.

But, because I know that **Combat Conditioning** does far more good for the body than weights - I hold bodyweight calisthenics in much higher regard.

And now, time for a couple quick emails:

Matt,

I am absorbed in the last 2 hr. reading your fascinating approach as published in your web-site. One thing puzzles me unless I have overlooked it; how is your theory and workout replaces running cardio-vascular aerobic benefits? I mean OK, no weight-lifting required I was convinced-now, what about running (which killed my knee lately by the way). I am 55.

*Please advice,
Shlomo*

M.F.: Shlomo, see the answer above. Also, do **Combat Conditioning** for one month. Watch your resting pulse drop. Watch your body get leaner. And you'll

truly KNOW the answer.

Hi Matt

I did do 2 sets of 30 reps of the Hindu squats and all I can say is...wow! I do heavy squats regularly (yes I was starting to have knee probs) but my legs have never felt this. My calf muscles are killing me too, and these are soooo hard to work (I'm on my tip toes when I go down and this seems to really hammer them). Who would of thought that something this simple could work so well. I've foresaken the weight room as I like my shoulders and knees too much. Discovering your site has given me some new hope with regard to training. My right shoulder was hurting so much from lifting, I just gave up on bench. Who needs that over-rated meat-head exercise anyway? (Ever notice everyone measures strength with 'bench press'??

*Thanks again
Andy*

M.F.: Andy, great job. Watch your fitness levels soar.

Hey Matt,

*I wanted to let you know that I purchased **Combat Conditioning** about two months ago. I have to say that initially I was very skeptical (as most seem to be). I really like the Royal Court. I have a question for you. I love the squats 25 the first day and now over 150 without stopping, and the bridge, 5 secs the first day and almost 45 secs now. But I can't seem do many hindu pushups. I am having real trouble getting over 15 pushups. I get to the 15th and just run out of steam. I think I am doing them right. I am getting kind of frustrated. I know that how may is not as important as being able to do them period. Anyway, I just wondered if you have run across this situation before? Also I have added some resistance band exercises to help 'tone.' It seems to be working very well. Thanks for a great workout that saves me over \$400 per year in gym fees and new 'workout clothes.'*

*Craig
Tampa*

M.F. Craig, stay in the up position and catch your breath, then hammer out some more. This will get you through the sticking point.

Hi Matt,

I am a 47 year old female that has been working out for a little over 2 years, 2 to 4 times a week and I weight 124 pounds and 5'3' in height. I am getting burned out!! I have been reading your e-mails for about 2 weeks now. Do you recommend your program for me? The reason I ask is because I haven't read too many testimonies from women my age. Do you have any recommendations?

*Thanks,
Karen Houts*

M.F.: Karen, I recommend you start on the program and become another testimonial for me. The program works for both men and women. In terms of the title, it naturally appeals more to men - but women benefit just the same, if not more.

That's it for now.

Kick butt - take names!

Matt Furey

P.S. Excess pounds and inches are flying off the bodies of people following the Furey Fat Loss program - be sure to check it out at www.mattfurey.com/furey_fat_burning_diet.html.

P.P.S. My online personal coaching program is going gang-busters. Be sure to investigate at www.mattfureyinnercircle.com

P.P.P.S. A set of videos with a free copy of my best-selling Combat Conditioning book is waiting for you in my office. Claim yours today by going to www.mattfurey.com/conditioning_book.html.

Maximize your Metabolism with Major Muscle Movements

Dear Friend,

Early Thursday morning, one day after our daughter Faith was born, I got up early, kissed my wife and newborn baby - then hopped a plane to Phoenix, AZ, as I was committed to speak at a Dan Kennedy seminar. Actually, I was supposed to be there two days earlier, but rescheduled due to the delivery.

Anyway, my wife and I want to relay a hearty 'thank you' for the kind words and congratulations you sent our way. We appreciate this very much and will treasure it greatly.

Although it was hard to leave the family behind for two days, there was a benefit that I want to share with you. And that benefit was meeting so many people who are enjoying tremendous results with **Combat Conditioning**.

As soon as I entered the building, I was met by John Alanis who immediately began telling me how much the hill sprints have benefitted him. 'The results are huge,' John said 'and they're almost immediate.'

Tis true. Tis true.

There truly is nothing like shifting your metabolism into overdrive. Hill sprints and the other exercises in **Combat Conditioning** really do the trick. The key is choosing compound movements that hit the largest muscle groups - and the more you hit at the same time, the better.

Hindu pushups work both upper and lower body at the same time, so they fit the bill. And when you do Hindu squats with the proper arm movements, you're hitting both major muscle groups again.

Bridging hits almost everything from head to toe - and when you toss in the sprints, oh MY. We're talking rapid results.

When you're able, make sure you do your hill sprints 2 or 3 times per week. Hill sprints are incredibly taxing on your body - so don't get carried away and do them every day.

As for Hindu pushups, Hindu squats and bridging, you can do them daily 3x per week. Just vary the intensity level of each workout. It's not smart to strive for your maximum best in every day.

Well, my friend, that's it for now. I'll be in touch again very soon.

Kick butt - take names!

Matt Furey

P.S. Get off your arse now. A copy of **Combat Conditioning** is waiting for you in my office. Go to www.mattfurey.com/conditoning_book.html and retrieve it now.

What's Wrong With the Bench Press?

Matt,

*Loved the story about how you started your son Frank exercising when he was only a few weeks old. Do you plan to do the same with your daughter? Also, what age do you think I should start my kids on **Combat Conditioning**? My son is 9 and my daughter is 7. Do you think they're too young to start. Thanks for all you do and congrats on the forthcoming delivery of your baby.*

Bob M.

M.F.: Bob, now that I have some experience, I believe I will probably start my daughter exercising even sooner than Frank. I started putting him through assisted range-of-motion exercises at six weeks. Probably four weeks or sooner with the little girl. Afterall, she's going to need to be tough as nails to fend off all the boys who come calling, hehe.

Re. when to start your kids on **Combat Conditioning**, you're serious, right? Are you missing the obvious. My son Frank will be four in June. He's been doing Hindu squats since he was 18 months old. He's been doing baby Hindu pushups since then, too. And bridging. Now he hangs from the parallel bars for time, does bear crawls and sprints - and takes gymnastics. Key thing is he is NOT forced to exercise. He sees his dad training and comes over to join him.

Kids naturally gravitate to **Combat Conditioning**. They absolutely love it. If you set the example, they will follow. And if they don't, figure out ways to challenge them. For example, when they're sitting on the couch watching the idiot box, say to them, 'I bet you a buck you can't do 10 of these Hindu pushups.' Or, 'Hey, I'm curious, can you bridge and touch your nose to the mat?' This tends to work better than, 'Hey, get off your lazy arse and do some pushups.' Good luck.

Matt,

*I gotta start by thanking you for fearlessly telling the world about your **Combat Conditioning** program. I got your book and videos six months ago and honestly didn't use the program at first cuz I just didn't want to believe you could get strong without weights. I watched the videos one day with a friend and I was actually laughing and saying that you were a fake and that these exercises were no big deal. Well my friend said he wanted to try and see for himself. Turns out he was blitzed in just a few seconds. He says to me, okay tough guy, you try it. To my embarrassment I did less than he did. Now both of us train together with your **Gama Fitness** course. We're in better condition now than we ever were with the weights.*

Now, for a quick question. When you do the Hindu pushups, how wide should your hands be? It seems like shoulder-width is perfect for me. Look forward to more results.

*Thanks,
Samuel Dunn
New York*

M.F.: Samuel, thanks for the kind words. I'm glad you and your friend put the program to the test. Hand placement on Hindu pushups is generally shoulder-width, as you stated. However, you can play around with hand placement for a different effect on the body. You can literally do the Hindu pushups with both wide and narrow grips. And when you're feeling real studly, you can do the Furey One-Arm Hindu Pushup. Go for it.

Matt,

I noticed in one of your recent e-mails that you said bench pressing wasn't healthy. I was wondering why push ups are healthy yet bench pressing isn't - does it have to do with the fact that in a push up your whole body helps in support?

*P.S. I'm not doing any bench pressing, only the exercises in **Combat Conditioning**.*

Brandon L. Marzolf

M.F.: Brandon, most people who do the bench press set a goal to pile on as much weight as possible so they can set a personal record. This is natural and normal - but in order to increase their bench press total - many people end up destroying their rotator cuff. This is increasingly common today because the BENCH is what people look to for a measure of their strength. They think big pecs are the source of your power. They're not. When doing a pushup, the shoulder joint is not supporting excessive weight, nor is it put into an unnatural or compromised position. So pushups are far better for you from a health and fitness stand point than the bench press. And with all the variations of them you can do, including handstand, one-arm and so on - you'll get far more FUNCTIONAL strength from pushups than you ever will from benching.

Hi Matt,

Thanks for all the good tips. I'm 65 and was getting awfully tired of walking for at least 1/2 to 3/4 hours plus doing all those muscle bounding exercises every

day. You have now freed up about 1 1/2 hours every day.
Thanks for **Combat Conditioning**.

*Cheers,
Terry Strand*

M.F.: Welcome Terry. Walking is great as a source of relaxation or for 'thinking time' or meditation. It is also good for people who are just getting off their 'arse.' But when it comes to getting kick butt fit in the least amount of time, walking and other methods of long slow cardio are out - **Combat Conditioning** and all it entails, including hill sprints, the Royal Court, bear crawls and so on... they're the way to go. Don't you wish someone would have taught you this many years ago? I know I do. But you know what? It's hardly ever too late to start. If you can still move, you can still improve. Keep up the fine work.

That's all for now.

Kick butt - take names!

Matt Furey

P.S. A set of **Combat Conditioning** videos along with a free copy of my international best-selling book are waiting for you in my office. Claim your set of this incredible program and get 2 Free months in my **Inner Circle** where we give you ongoing support and answer all your questions in great detail. Programs, routines and additional exercises can be yours with the click of your mouse. Simply go to www.mattfurey.com/conditioning_book.html and you'll be all set.

Matt Furey Products

[**Combat Conditioning Book**](#)

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[**Combat Abs**](#)

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Matt Furey Mail-in/Fax-in Order Form

Combat Conditioning Book	\$29.95 + \$6 S&H (\$12 foreign)
Combat Conditioning Videos	\$129 + \$10 S&H (\$28 foreign)
Kick Ass - Take Names	\$29.95 + \$6 S&H (\$12 foreign)
Combat Abs	\$29.95 + \$6 S&H (\$12 foreign)
Gama Fitness	\$197 + \$15 S&H (\$21 foreign)
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