

Photos Courtesy of 2009 Zuffa, LLC



IFM EXCLUSIVE!

CHAMPION TRAINING

IFM SEALS THE DEAL AND REVEALS
GEORGES ST-PIERRE'S STRENGTH &
ENDURANCE CONDITIONING WORKOUT!

By Jonathan Chaimberg • Training Photos by Liana Saadi

We Go Where No Camera Has Ever Gone Before To Get The Goods On How UFC® Superstar GSP Trains For Victory

The most conditioned athlete in Mixed Martial Arts today, the name Georges St-Pierre has become synonymous with the UFC® Welterweight championship and recognition as the best pound for pound fighter in the world today. Already a Canadian icon at the young age of only 28, the secret to GSP's success lies in the ferocious approach he takes to his

training. A member of Greg Jackson's Submission Fighting Camp, GSP does his conditioning work in Montreal under the watchful eye of his strength and conditioning coach Jonathan Chaimberg; the founder of Adrenaline Performance Center in Montreal, Quebec, a gym known for its production of some of Mixed Martial Art's most impressive names. We recently sent our crew out to 'la belle province' to get a glimpse into strength and conditioning training - GSP style!

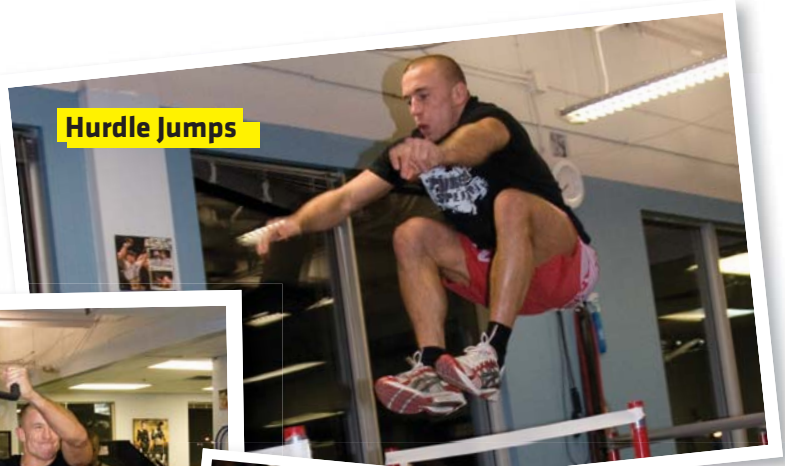
**Photos Taken At The
Adrenaline Performance Center
in Montreal, Quebec**

In this particular strength and conditioning workout for Georges St-Pierre, each set includes a number of different exercises that are done circuit style; back to back with no rest, until the giant set is complete, at which point he rests briefly until it's time to go again.

CIRCUIT ONE 

**3 Sets With Rest In Between
Each Completed Giant Set**

- Hurdle Jumps - Plyometrics
- Groin Slide - Pre-habilitation (Injury Prevention)
- Anti Rotary Helicopter - Core



Hurdle Jumps



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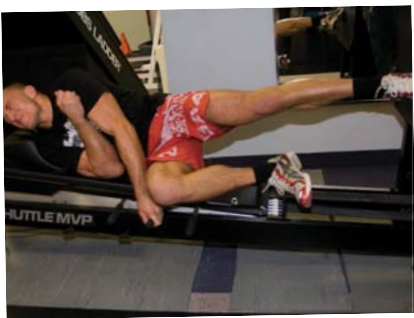
Helicopter



Photos Courtesy of 2009 Zuffa, LLC



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CIRCUIT TWO 

**3 Sets With Rest In Between
Each Completed Giant Set**

- Rope pull - Upper Body Power
- Anti rotary Landmine - Core
- MVP Shuttle Explosive Lateral Hop (Sidekick) - Lower Body Power



Photos Courtesy of 2009 Zuffa, LLC

CIRCUIT THREE



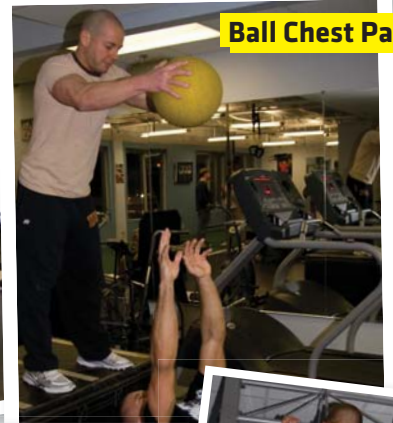
2 Sets With Rest In Between Each Completed Giant Set

- Weighted Chin Ups - Upper Body Strength
- Medicine Ball Slams - Core Power
- Weighted Single Leg Squats - Lower Body Strength
- Exercise Ball Roll-Outs - Core & Stability
- Flat Dumbbell Press With 5 to 1 Tempo - Upper Body Strength
- Medicine Ball Chest Pass - Upper Body Strength

Single Leg Squats



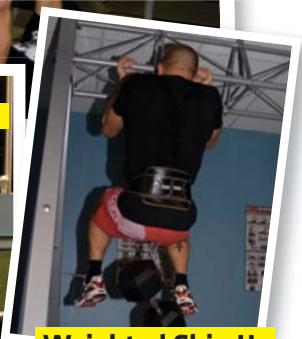
Ball Chest Pass



Ball Roll-Outs



Weighted Chin Up



Photos Courtesy of 2009 Zuffa, LLC

CIRCUIT FOUR



1 Set

- Weighted Inverted Rows - Upper Body Strength
- Eccentric Bodyweight Hamstring Curls - Lower Body Strength
- TRX Jackknife Routine - Core Stability
- TRX Body Rollouts (Anti Extension) - Core Strength



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CIRCUIT FIVE

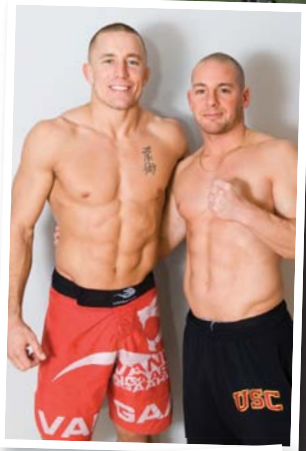


1 Set

- Sled Push - Overall Power & Conditioning



Sled Push



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UP CLOSE & PERSONAL
WITH GSP

Full Name: Georges St-Pierre

Nicknames: GSP and Rush

Birthday: May 19, 1981

Birthplace: Saint-Isidore, Quebec

Current Residence: Montreal, Quebec

UFC® Record: 18-2

Height: 5'10

Fighting Weight: 170 pounds

MMA Team: Jackson Submission Fighting Camp

Primary MMA Discipline: Kyokushin Karate

GSP NOTABLE
ACCOMPLISHMENTS

UFC® Welterweight Champion

2008 Canadian Athlete of the Year

2009 Gatorade Sponsorship Contract;

The First MMA Fighter to be Sponsored

by Gatorade

To Appear in 2 Movies later in 2009

For more information on Adrenaline Performance Center in Montreal, Quebec, visit www.adrenalineperformancecenter.com.

荣誉



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