

"THE ULTIMATE FIGHTER'S" CRAZIEST MOMENTS

ULTIMATE MMA

COMPLETE
MIXED
MARTIAL
ARTS
COVERAGE

ADRENALINE JUNKIE

Life As An MMA Ref

ONE LAST RUN?

The WEC's Jens Pulver

11 CAN'T MISS TIPS

Choose the Right
Fight Team

12

FIGHTERS TO WATCH IN 2010

KEYS TO A SUCCESSFUL CLINCH GAME

BROTHERS IN ARMS

THE NOGUEIRAS, MILLERS, LAUZONS

Welterweight Showdown



Hardy vs. GSP

www.ultimatemmag.com



May 2010 • C003262 U.S. \$5.99 • UK £3.15



1. Punishment Athletics

Product Sporty White T-Shirt

What's Up? Classy. Can you think of a better way to describe this shirt? Not only does it look good, but the quality of this 100% cotton short is superb. The Punishment Athletics design is on the front and a red star fist is on the back.

Check It Out www.punishmentathletics.com

2. Burn With Kearns

Product The Basement Tapes Series for MMA Conditioning Grappling Specific DVD

Roll Tape If you haven't seen Kevin Kearns "perform," you're in for a big treat. He's comfortable and humorous on camera, so his personality pulls you in and keeps you hanging onto every word as he takes you through every exercise.

Speaking of which, these exercises are amazing. He had us on the ground, in our office, working along with him. Working out may be the only thing in this world better than writing, so we decided to forego all work for a bit while we Burned With Kearns. Eventually, we got back to pounding the keyboard, but this DVD is going home with us. Guaranteed.

Get One Here www.BurnWithKearns.com

3. EFX Performance, Inc.

Product Wrist Bands

What's Up? The company's core product is a holographic personal energy system that "impacts the physical performance and general well being of users by harmonizing the body's bioelectric currents." The technology can be worn, consumed or embedded into an almost limitless number of products. One of those products is the energetic wristbands.

Get One Here www.efxstore.com or www.doordie.com

4. Polar Fusion

Product Tiger Tail Rolling Muscle Massager

Here's the Deal Do us a huge favor and don't tell Nick (our senior VP) what we're doing down here at our end of the office. After heavy lifting sessions, our muscles can get a little sore. So, yeah, man, we pull out the Tiger Tail, disregard all deadlines for a while and administer a quick massage here and there during the day. And this thing is unbelievable. Roll this baby over sore muscles, and you'll forget all about the pain. If you use it at work, just don't forget your deadlines.

Contact Info www.polarfusion.com

