

# Matt Hughes Promotes MMA Workout and Complete Fitness System

ORLANDO, Fla., April 22 (SEND2PRESS NEWSWIRE) – Nine-time Welterweight Champion, Matt Hughes, has endorsed and tested the next big fitness craze for women and men – [Cage Fitness](#). Hughes is a big proponent of fitness. In fact, every year he travels to Capitol Hill and meets with government officials to talk about the importance of health and fitness. Now, Cage Fitness will be added to his talking points.

Cage Fitness is a complete fitness system that is based on the structure of a championship MMA bout. It gives people a total body workout during the course of five, five-minute rounds.

Since MMA athletes are in incredible shape, Cage Fitness sought to replicate these workouts by creating this fitness program.

“Unlike many other fitness programs, the real value of Cage Fitness is that you get a full body, muscle toning, cardio workout in only 30 minutes. To top it off, it has the reality training of [Mixed Martial Arts](#); it’s fun and exciting and best of all – there are no partners and no injuries,” says Hughes.

The four key elements focused on are: endurance, strength, power and core. These are accomplished through the five rounds and broken up as follows: warm-up; upper body; lower body; combo round; and core/cool down.

Class participants use a patent-pending fitness dummy during their workout; this is a modified grappling dummy with handles, bands and straps.

In an effort to spread the word about this effective, new exercise program and to promote overall health and well being, Hughes is giving away two free weeks of training at any Cage Fitness facility.

## **About Cage Fitness:**

[Cage Fitness](#) is designed for teens and adults at all levels of fitness. Individuals can customize their workouts by simply adjusting their intensity level to best suit their personal fitness goals. Each 5-minute round incorporates aerobic and anaerobic exercises to help maximize fat burning and muscle building. This system of training allows people to burn more calories while increasing metabolism.

This exercise program is also endorsed by certified personal trainer, Kai Fusser, who has trained athletes such as Annika Sorenstam, golfer and LPGA major winner; NBA Allstar, Grant Hill; and Olympic gold medalist, Darin Shapiro.

For more information, or to take the Matt Hughes challenge, visit: [www.cagefitness.com](http://www.cagefitness.com).

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