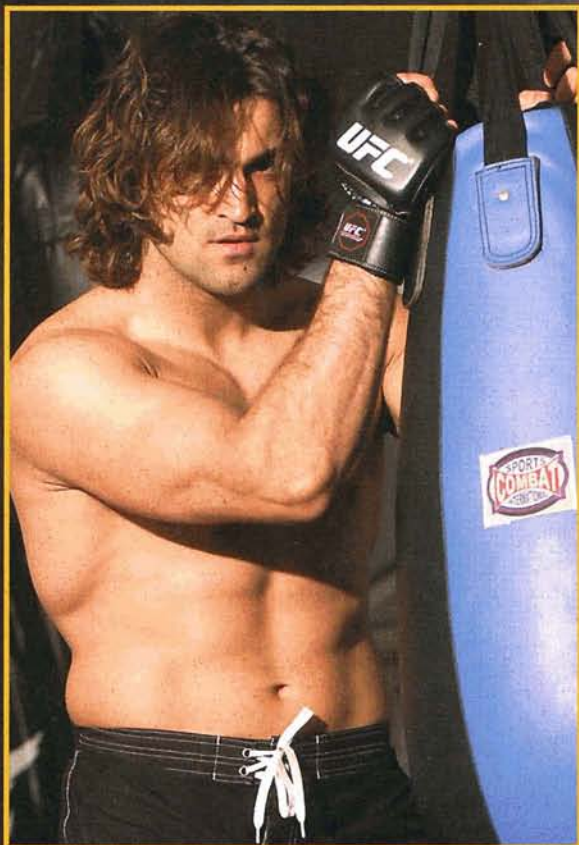




ANDREI the pitbull

POWERED BY
GAMMA-O.COM

GAMMA-O
TESTOSTERONE



**"I DON'T GET IN STREET FIGHTS,
I WALK AWAY. IF YOU WANT TO
FIGHT, GET IN THE RING!"**

PLANET ATHLETE SPECIAL

**By Oleg Danilov, Sports Performance Coach,
Andrei Arlovski/John Napolitano/Keith Golman.**

Introduction by Jeff Everson

While today, you may see him shopping out on Chicago's Miracle Mile, maybe down at Water Tower Place, twenty-six years ago, Andrei Arlovski was born in Minsk, Belarus, you say? For those of you somewhat geographically-challenged, just think of the immense great land of powerful Mother Russia. Russia has an incredibly deep and rich cultural history, a vast expanse, a veritable majesty of soaring country-sides, but with an equally gilded grand architecture in the gleaming cities. It's an empire that meanders uncontrolled by nature, but governed by the focus of an enduring, iron-willed people.

Yes, millions of the strong, till the fields, laboring without pause, long used to economic hardships. The Russian peoples occupy miles and miles of grand lands, sometimes in the clasps of bitter, brutal, cold winters, but so are they freed by the spectacular springs and summers, the wild rushing rivers, furiously pounding streams, and high, noble hills and wide valleys, all festooned with wild brilliances of flowers, the bloom of the life-giving Russian summer suns.

This is a very proud land and people, with a wonderful culture of history, pomp and heritage. There was the long bloodline of the great Romanov dynasty of Czars from 1613-1917, Peter the Great and the intellectual Catherine the Great, up through the Socialist Bolshevik revolution, where the workers rose up to throw off the oppressive yoke of the Proletariat. This was a time driven by the dynamic intellect of Leon Trotsky, and twisted into final form by the unyielding force of Vladimir (Ulyanov) Lenin. Then came Joseph Stalin, the second great war and famine, the tumultuous Cold War years, the Cuban missile crisis, the falling of the Berlin Wall, and the tearing asunder of the fabric of the Iron Curtain.

The new Russia unfolded out of the old unions of the Soviet Socialist Republics (USSR), yielding to the glamorous Gorbachev Glasnost, the jovial Boris Yeltsin's jaunt to freedom, and finally, up to the penultimate engineer of modern Russian Democracy, that is to say the styling of Vladimir Putin.

Over the years, most of us have been just as enthralled, by the magnificent athletic marvels of the then Soviets and current Russians. Consider the tremendous athletes, such as Valeri Brumel. Valeri stood less than 6 feet, but high jumped 7'5" - way back in 1961! And Valeri Borzov, two-time Olympic gold medal sprinter in '72, both the 100 and 200 meter events. Yes, white men can jump, and they also can run very fast.

And, of course, we can't forget the monolithic Moscovian, Vasily Alexeyev. The 345-lbs. Hammer-and-sickle behemoth, harnessed the strength of the river Don, becoming the unparalleled world strongest man, communist or capitalist. Vasily toyed with 561-lbs. in the clean and jerk in the mid-seventies and only now has his lift of Atlas, been broken by a couple of pounds, 30 years later.

ANDREI ARLOVSKI

Today, Russia, all of Belarus (and the entire world), are enthralled by the man who may be the best Ultimate Fighter in the world, heavyweight, Andrei Arlovski. The Pitbull, as he is "affectionately" known, is 6'4" and about 240-lbs. and the undisputed heavyweight king in the Ultimate Fighting Championship competition.

This man has incredible power, deadly speed and a lethal quickness. But, there is almost a spiritual physicality about him. He seethes below the handsome lady-slaying surface, possessing a controlled athletic survival fury and intensity, a true fighting-fire in the soul below!

How does a man build such strength, power, and an endurance of 10 men, one capable of rendering his opponents to so much jelly, in such short order? In an exclusive, that you would only find in Planet Athlete, we asked some very pointed questions, to the man who trains the "Pitbull", the very highly regarded sports performance trainer and conditioning coach, the master, Oleg Danilov.

PLANET ATHLETE: The base of power is the core. What exercises does Andrei prefer for strength and power in his low back, hips and abdominals, to lift an opponent, to kick so fast and hard? How does he increase punching power and develop the force to break a strongman's holds?

OLEG DANILOV / ANDREI ARLOVSKI:

For any athlete, in any Sports Performance, a coach must first recognize what type of "strength" an athlete must develop, such as maximal-relative strength, strength endurance, strength-speed, and speed-strength. Power and speed are present in any athletic event. But in UFC, because of the variety of skills used during the fight, an athlete must possess enough strength endurance to be able to execute movements with more power and greater speed, later in the fight, not just at the start! Learning to handle fatigue is critical. As an athlete becomes fatigued, this negatively affects strength and power. So, he must develop excesses of power and speed by sport performance training. Thus, even with the enemy fatigue, later in the fight, you still have enough of what is needed, to overwhelm your opponent. Andrei has a gift. Much of this can not be trained. He has real speed. Speed is a neuromuscular quality, if limited, is impossible to develop. He started weights at 14, joined the Police at 16, (a 4-

year program like your colleges) and Andrei has reached Lieutenant level. There he started training in Sambo and he reached World champion in this form of Russian submission wrestling (Sambo), at 19! This was incredible. The types of exercises he must utilize in his training are the ones that complement his built-in speed qualities. The foundation of our program are ground-based movements (these help to utilize the ground reaction forces to increase the rate of force development), such as modified Olympic lifting movements. This builds strength/endurance early in a preparation cycle. We slowly transition to maximal strength, explosive power, with modified exercises, reps, sets and tempo, to the goals of each preparation cycle. Flexibility is very important. We spend a lot of time on dynamic stretches which helps to prevent muscular

"I don't block out pain. I need to feel the pain or I can't get the results."

— Andrei Arlovski

injuries and improves joint integrity.

PA: Does Andrei prefer machines or dumbbells and free weights?

OD/AA: There is a very little room for machines in an athletic development program. The few that he uses are "free motion" cable apparatuses that allow change in the angle of force production, eliciting greater adaptations to his sport specific functions, enhancing stability and "core" control. The majority of exercises in the program are executed with some variation of free weights. We use multiple training sessions each day, 3 separate sessions, sometimes up to 7 hours, six days a week! Yes! He might do some 2 hours of boxing, an hour or more of jujitsu, an hour of Muay Thai kickboxing, an hour of more of sprints and running, two hours of drills, bodybuilding and weights. Your readers should know that Andrei trains separate body-parts on separate days, like arms on one day, then legs, then chest and back, then shoulders and so on. He trains his abdominals, full range, every day. Andrei uses the Sambo Clubbell, a short thick bat-like club, swung and moved for functional exercise. His barbell exercises are the standard ones, squats, rows, deadlifts, presses, bench presses and when in the right cycle, the Olympic lifts, power cleans, snatches and jerks. For most exercises, I generally have him do 4 sets of each, failing on rep

number 10 or close to it.

PA: Wow -- got out the glutamine and creatine, recovery naps and massages. That is a regime I have never ever heard of. Is there any super high intensity, so called slow training for "burning in" endurance or is it all training for power and speed? How does he find time to eat and what, by the way?

OD/AA: First, answering your question one, fast! I say, "Train slow, be slow." "Train fast, be fast!" Just look at the speed of the movement of any high intensity exercise and then look at the speed of movements in the fighting competition Octagon. I'm not here to argue the benefit of "high intensity" programs or not, there is definitely use for it in some cycles of some programs. It's just not practical to use it for preparation of the UFC

Fighter. Also, it is important to understand the difference between the sport performance training and "skill" training. Andrei trains his fighting skills many hours a day with boxing and wrestling coaches and all of the "skill" qualities (such as sport specific endurance) are trained at that time. Besides

amino acids, proteins and creatine, we use ample amounts of the enhanced Gamma-O for slow, steady build up of natural testosterone and for great sustained energy. Eating is scientific, four times a day with the good carbohydrates for high intensity, good fats and Gamma-O for energy. Protein supplements – overall, six protein feedings each day.

PA: Does Andrei do plyometrics and sprints?

OD/AA: Yes, proper plyometric progressions and speed development with sprints, after correct execution of various running drills (for improvement of his running technique), are both scientifically (and practical) proven methods for power and speed! Andrei uses these techniques in the designated preparatory cycles.

PA: Does Andrei train his neck, sets and reps?

OD/AA: Yes, neck and trap exercises are skill specific strengths in his wrestling program. Sport performance program is very structured and often there is no time left for things that are not performance oriented. Neck is!

PA: Most of us know boxing and wrestling some. Does he lay on his back and do drills where guys stand on him and do bridges for example, like a wrestler might

ANDREI ARLOVSKI

to avoid being pinned?

OD/AA: There are a lot of exercises in Andrei's sport performance program to target core development. It is obvious in his physique. We use a lot of bridging as well as med balls and physio balls to improve his core strength and core control. The particular exercise you mentioned in this question, is a skill specific drill and yes, could be used in his wrestling programs.

PA: Andrei, how do you block out pain, mental and physical.

AA: I don't block out pain. I need to feel the pain or I can't get the results.

PA: But we mean less training pain, but pain that might occur such as from a blow to the throat or sensitive point like ear, knee, eye or testicle? Do you feel this fear of anything?

AA: (Note: Andrei is not at all concerned over the nature of the question). Every person fears something in life and I think that is personal. I don't discuss this kind of thing and I do not concentrate on this pain or these things.

PA: Have you always been aggressive in sports and life?

AA: Outside the Octagon, I am relaxed and I really don't have aggression. In sport, I am determined to win and be the best fighter I can be. I guess I save my aggressiveness for the Octagon.

PA: If you genuinely like an opponent how do you get yourself to want to 'destroy' him?

AA: (PA-Andrei is slightly bemused by the question). I don't want to 'destroy' anyone, whether friend or foe. That is silly. I do not want to inflict unnecessary pain on anyone. I most want to do my job...that is to win the fights.

PA: Are you more offensive, or defensive and wait for mistakes?

AA: Both, as I prepare for each fight individually. Based on that opponent, I develop my strategy. From there I decide how I want to prepare for the fight and some may be offensive while others may be more defensive. I don't really have one specific strategy. I work with my trainers in boxing and jujitsu to decide a game plan for each specific fight.

PA: What was your father like, and his height and weight?

AA: (Andrei smiles). My father is still alive. He is 6'0 and a lean, strong 180-lbs. He was a freestyle wrestler and won numerous competitions in the former Soviet Union.

PA: Where did you grow up, and what sports did you do? Why did you start fighting?

AA: When I was a kid, I played lots of sports, a lot of soccer and I really liked track and field. As I got older, I lifted a lot

of weights and ended up joining the police academy. It was there I picked up judo and kick boxing and submission wrestling, all together known as SAMBO.

PA: How did you learn to fight? Why?

AA: Bullies at first, but honestly, I learned how to fight because I wanted to really test my ability. I wanted to see how good I could be.

PA: What makes you tough, gives you your edge?

AA: If I start doing something, I will go all the way and be dedicated to it. My determination makes me competitive. I am a humble person and believe strongly in God.

PA: Do any family members worry about you?

AA: Yes, my mother and grandmother are usually very worried! I actually never tell them the exact dates of my fights, (so that way I know they don't get worried).

PA: Our readers will want to know what to do in a two against one street fight?

AA: Two on one, one on two; I don't believe in getting in street fights. If pushed, you should be calm and walk away from situations that you may regret. If you want to fight, get in the ring.