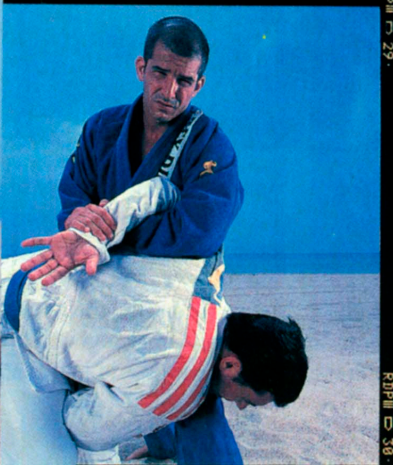
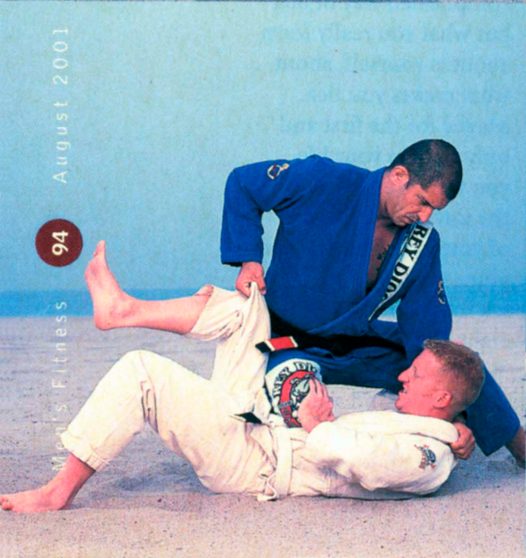


▷ 34
Ricardo "Rey" Diogo, four-time Brazilian jiu-jitsu champ, puts a couple of guys—the redhead is our always-game nutrition editor Mike Carlson—through a training session guaranteed to improve endurance and cut fat. Oh, yeah, it'll make you sore, too.



www.mensfitness.com

August 2001

94

Mens Fitness

RDPIII ▷ 29

RDPIII ▷ 38

RDPIII ▷ 35