

# The Dolce Diet: 3 Weeks To Shredded Read EBooks PDF English Mike Dolce



**The Dolce Diet: 3 Weeks to Shredded download or read online Mike Dolce PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, SPORTS ILLUSTRATED:**

"Mike Dolce has earned the reputation as one of the top coaches in mixed martial arts."

**MEN'S FITNESS:**

"Dolce trimmed himself from 280 pounds down to 170 when he was competing.

It's safe to say that he is an expert in training and nutrition."

**ESPN:**

"Dolce is a lifestyle changer."

**ELLE MAGAZINE:**

"Mike Dolce is the go-to guy in the world of martial arts."

**UFC WOMEN'S BANTAMWEIGHT CHAMPION RONDA ROUSEY:**

"The Dolce Diet's Results were impossible to ignore."

**UFC WELTERWEIGHT CHAMPION JOHNY HENDRICKS:**

"When I have a fight scheduled the first person I call is Mike Dolce."

Mixed Martial Arts is a sport known for its drastic weight cuts! For the first time in print, MMA's 2013 Trainer of the Year, Mike Dolce, shares his powerful weight cut and rehydration techniques used with the world's greatest combat athletes! 3 Weeks to Shredded includes the incredible new weight-cut method used for Thiago "Pitbull" Alves' 2014 career-defining comeback performance, which earned him UFC Fight of the Night honors.

NOTE: A bonus section detailing Mike Dolce's original 2007 3 Weeks to Shredded meal plan in which he cut 42 lbs. in 6 weeks is included only in the PAPERBACK version. It is not in the eBook version.

**What's Inside:**

How to manage a weight cut

Exact meal plan used during a real weight cut

Hydration & Rehydration techniques

Traveling while cutting weight

Dangers of weight cutting

AND much more!

Called "the patron saint of weight cutting," Mike Dolce has coordinated the high-profile weight loss for many of the world's top athletes, including...

\* "Rowdy" Ronda Rousey, UFC women's bantamweight champion

\* Johny "Bigg Rigg" Hendricks, UFC welterweight champion

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- \* Quinton "Rampage" Jackson, UFC world champion
  - \* Thiago "Pitbull" Alves, UFC world title contender
  - \* Chael Sonnen, UFC world title contender
  - \* Gray "Bully" Maynard, UFC world title contender
  - \* Mike "Quicksand" Pyle, WEC world champion
  - \* Duane "BANG" Ludwig, UFC/K-1 veteran & World MMA Awards 2013 Coach of the Year
  - \* Michael "The Count" Bisping, The Ultimate Fighter 3 winner
  - \* Nik "The Carny" Lentz, #6 ranked UFC featherweight
- and many more!

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If you realize your the dolce diet: 3 weeks to shredded so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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