



TRAIN LIKE *THE FIGHTER*



Discover the Difference

In the movie *The Fighter*, Mark Wahlberg plays a struggling fighter who overcomes incredible odds to win. To prepare for the film, Wahlberg and his trainer Brian Nguyen developed an intensive strategy that allowed for a rigorous shoot schedule and efficient fat blasting workouts that packed on the muscle fast. Brian chose numerous functional training products with an emphasis on one of his favorite tools: the Power Plate machine. Train like “the fighter” with Nguyen and Wahlberg’s favorite Power Plate exercises.

Stretch



Squat-to-Stand

Settings: 30 Hz, 60 Sec, Low

Stand tall and reach high above your head, leaning back into a stretch. Hold 3–5 sec. Slowly bend forward and reach for your toes as you exhale; hold for 3–5. Grab your toes, pull your hips down and sit into a deep squat. Slowly shift from side to side, using your elbows to push your knees out for 3–5 sec. Raise your arms overhead, reaching as high and as far back as you can for 3–5 sec. Fully extend back into a standing position. Repeat until end of 60 seconds.

Coaching Key: Focus on hip mobility and proper hip action.

Sets: 1–2

TRX Saw Plank

Settings: 30 Hz, 30 Sec, Low

Hold a plank position with your forearms on the machine’s platform and your feet suspended in a TRX. Shift your body forward and back until end of 30 seconds.

Coaching Key: Focus is overall core stability and proper scapular thoracic rhythm and stability. A must for all the punching!

Sets: 1–2

Variation: If you don’t have TRX, try performing this exercise with your feet on the floor, an aerobic deck or a stability ball.



Strength



Push-Ups

Settings: 30 Hz, 30 Sec, Low

Place your hands on the machine’s platform and your feet on the floor, on an aerobic deck, on a stability ball or in TRX straps. Lower your body until your elbows are bent at a 90 degree angle. Return to the start position and repeat until end of 30 seconds.

Coaching Key: Keep your back straight and engage chest muscles and abdominals.

Sets: 3–4

Variation: We use the Perfect Push-Up tool on top of the machine’s platform, which allows for a deeper push-up and helps mimic the rotation that occurs with a normal punch.

Elevated Lunge

Settings: 30 Hz, 30 Sec, Low

Place your left foot on the machine’s platform and your right foot on an aerobic deck. Keeping your chest up, sit down into a lunge. Move back into the starting position and repeat until the end of 30 seconds. Repeat exercise with your other leg.

Coaching Key: Be sure to lunge up and down in a good rhythm.

Sets: 3–4 (each leg)

Variation: We suspend our back leg using TRX. We spice this exercise up by adding a reach (if your left knee is forward, reach forward and to the left with your right hand) or moving the elevated foot to the side with the lunge.



TRAIN LIKE *THE FIGHTER*



Discover the Difference

Strength

Squat and Curl

Settings: 30 Hz, 30 Sec, Low

Get into a squat position on the machine. Using an underhand grip, grab the straps (pro5) or cables (pro6). Keeping your upper arms close to the torso, bend your elbows and raise hand grips until palms face your shoulders. If you are using a pro6 model, add dynamic bicep curls.

Coaching Key: Keep your upper arms close to the torso and engage you abdominals.

Sets: 3-4

Variations: To increase difficulty, try single-leg squats or cable-rotations.



Side Plank

Settings: 30 Hz, 30 Sec, Low

Place your right forearm on the platform and make a fist with your right hand. Stack your feet on the floor. Keep your body straight and your hips up. Repeat on other side.

Coaching Key: Keep your hips up and engage you abdominals.

Sets: 3-4

Variations: If you're using the pro6 model, you can increase the intensity of the exercise with arm raises. Grab the handle with your left hand and pull the cable until your arm is straight up in the air. Return to the start position and repeat.



Massage

Child's Pose

Settings: 40 Hz, 60 Sec, High

Awesome after a day of sparring! Kneel in front of the machine and extend your arms across the mat on the platform. Exhale and bring your chest down to the ground.

Coaching Key: Reach forward with your arms and push your hips back to deepen the stretch.



Calf Massage

Settings: 40 Hz, 60 Sec, High

Place both calves onto the mat on the platform. Use a strap or towel to pull your toes toward you. There's nothing like a great calf massage after 12 rounds of jumping rope!

Coaching Key: Roll your legs slowly and push down into platform.

Variation: You can also utilize the foam roller attachment for this massage.



Brian Nguyen, ATC, CSCS

Brian has been working in the fitness industry for over 11 years. While his work started with professional and collegiate football, his aptitude for developing actors into athletes quickly became apparent when he was hired to work on the football classic *The Longest Yard*. When Brian was tapped to work on the set of *Invincible*, he had the privilege of working with Mark Wahlberg for the first time. While Wahlberg's athletic prowess is without reproach, the challenge of managing injuries became a formidable opponent. Brian introduced Wahlberg to functional training techniques including the high-tech Power Plate vibration machine. Brian has continued to work with Mark on numerous films including his most recent release: *The Fighter*. Brian is based in Los Angeles and works around the world training athletes, celebrities and other fitness clients.

Tips from the Pro:

- Take full advantage of the machine's vibration and focus on the quality of your movement! Stay balanced.
- Breathe ... don't hold your breath as you move.
- Always stretch and utilize the machine's vibration to really "open" and elongate that muscle length. Stretch before, during and after your workouts!