
ELETE Athlete Profile: Justin Robbins, Ultimate Fighter



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Justin Robbins, 26, is a rising star in Ultimate Fighting or Mixed Martial Arts (MMA). This impressive Ultimate Fighter has participated in 13 professional fights with 10 wins, two losses, and one draw.

For those who may be unfamiliar with Ultimate Fighting, this new sport, which is the fastest-growing sport in the U.S.,

Japan, Brazil, Canada, the U.K., and other countries, is a mixture of martial arts (MMA) combat sports that incorporates interdisciplinary forms of fighting that include boxing, kickboxing, wrestling, judo, jui jitsu, and tai kwon do. Peak conditioning is a must for this sport. "Ultimate fighting is an awesome sport for the ultimate athlete," said Justin. "You have to be in perfect shape and able to have the stamina to



compete for up to five, 5-minute rounds of intense fighting.”

An athlete from a young age, Justin wrestled throughout high school and into his first year of college before moving back to his hometown to marry his high-school sweetheart. Justin first became involved in Ultimate Fighting in college through his college roommate who was a professional UFC fighter. Shortly after moving back home, Justin began training and a few years later started competing in MMA events. He trains out of Team Warrior Concepts in Springfield, IL.

How did you first become involved in Ultimate Fighting?

“I first became involved in it because it’s that motivating drive to push myself. No one—other than me—can do it. Ultimate fighting involves studying your opponent,

and developing a strategy, but it also involves your instincts, and that’s why I like it so much.”

What is your typical training regimen?

“I train 2½ to 3-hours a day, six days a week, focusing on sparring, boxing, kickboxing, jiu-jitsu, MMA techniques, followed by takedown techniques that include judo, wrestling, and other techniques. Twice a week, I have a strength and conditioning coach who comes to my house and we run through a circuit he has developed emphasizing speed, stamina, and muscle endurance to prepare my body 100 percent for the short, but intense rounds that characterize the sport.”

Little-Known Fact:

When he’s not training and competing in UFC fights, Justin works with his father



and brother in R&D of plastic composites and pursues a side interest in real estate.



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What is the biggest factor that contributes to winning?

“I tell beginners new to the sport that winning is 75 percent conditioning—being well-conditioned and not tiring out in a fight—the other 25 percent is technique in how well you adapt to certain situations and execute. For professionals, I would say that 40 percent depends on professional conditioning while the rest is experience, execution, and knowing the moves.”

What is your nutrition strategy?

“It’s important I maintain a healthy, consistent weight because I never know when I’m going to get a call asking if I can fill a spot. I take care of my body, eat lean protein, pasta, veggies, and avoid fast food. Two weeks prior I limit water and eat smaller meals.”

How were you introduced to elete™?

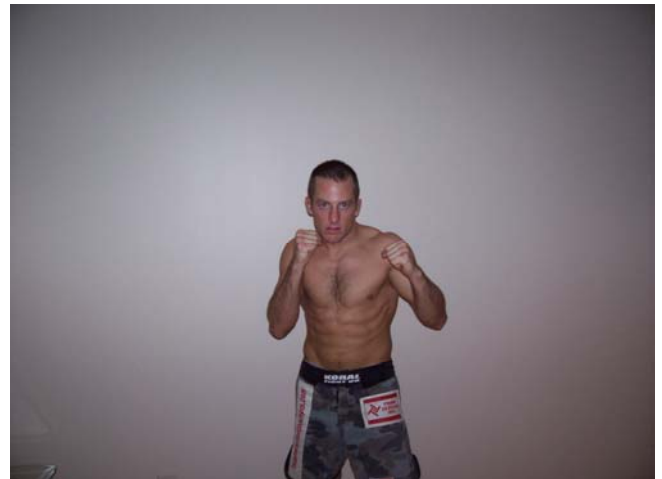
“I first found elete™ from my strength and conditioning coach who said this [elete™] is something we should think about doing. I tried it for one fight, and I noticed I could

go 100 percent. When you get dehydrated, you get cramps, and fatigue easily. I didn’t get tired, didn’t get cramps. After that, I purchased a big bottle of it, and I put it in my water.”

What you like about elete™:

“I can tell a big difference when I don’t use elete™. I can get easily dehydrated, and it’s hard to make weight. With elete™, it’s easy to make weight, and I’m not thirsty all the time.”

Of the other benefits he’s noticed with elete™, Justin states, “There’s no cramping, I stay hydrated. elete™ keeps me better hydrated. I don’t get as fatigued as much as when I don’t take it. I’m better mentally, too, which is a big part of this sport. I also notice I stay focused.”



Note: UFC® events air most Thursdays, 9 p.m., on Spike TV. Weekend Warriors, a reality-TV series about Ultimate Fighting, appears on Tuesdays, 9 p.m., on MSNBC. Check your local listings for more information. Ultimate Fighting is a proprietary term of the Ultimate Fighting Championship.