

**Testimonial on:  
Tony's Fusion Fitness Training system  
By: Craig Donald (FFMA mixed martial art student)**

I have for a while been a mixed martial arts student at Fighting Fit Martial Arts receiving tuition from coaches Tony Terranova and Mark Collett. During that time I took a personal interest in the functional fitness system Tony developed and uses to keep fit which he has calls Fusion Fitness.

Tony has being developing his own version of an integrated functional fitness system for some time. He is a mechanical engineer and designs his own weight training equipment that provides more benefits and options for workouts that does conventional kit. He says "its low tech training kit for high functional results". The workouts only take 30 minutes max.

He currently does his fitness training with a small select group who he has nicknamed the garage gorillas in his large custom designed garage (it is like Aladdin's cave for those of us interested in strength and conditioning). There are plans to make Fusion Fitness publicly available in the future.

Recently my friend and fellow police officer Oli had the opportunity to train in the Fusion Fitness system under Tony's instruction with the support of his 2 monsters (AKA garage gorillas Tim Coppin and Martin Febery) as they drove both myself and Oli through the pain barrier on a hot Saturday afternoon in April

I have trained hard pretty much all my life in sports such as football, amateur boxing and triathlons not to mention my time in the British Army, I have always thought of myself as both fit and knowledgeable when it came to exercise and fitness training, well not only did I learn something new on that painful day but I also felt the benefits immediately after and have as a result become committed to training in this fashion from here on

I found the system Tony has developed not only challenging but has supplemented other aspects of what I do as a competitor still in football and other sports, my fitness levels have soared trying to follow the tools your training system has provided and I'm hungry for more knowledge

Also as a Police officer with a young family my life like many others is hectic, your system of training allows me to train hard and effectively inside of 30 minutes, no more wasting time working on long routines that give me less back, I'm converted to training using your methods and urge you to take this training system to the masses so that others can be given the opportunity train hard, smart and effectively inside of 30 minutes