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Georges St. Pierre, better known to fight fans worldwide as "GSP," is currently the UFC Welterweight Champion. His publicly stated goal is to retire as the best pound-for-pound fighter in the world and, at a record of 23-2, ESPN currently ranks him as the #3 pound-for-pound fighter in the wo...

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Former UFC featherweight fighter, Dustin Poirier, will take his talents to the lightweight division after a four-plus year absence. Poirier will face-off with jiu-jitsu ace, Carlos Diego Ferreira, on April 4 at UFC Fight Night 63. The 26-year-old Louisiana native has compiled an 8-3 Octagon record at 145 pounds, but it's the steep weight cut that had Poirier thinking about his long-term

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With these 6 routines from UFC Gym SoHo coaches in your workout repertoire, you'll hone the skills, build the strength, and acquire the endurance of a UFC fighter.

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One thing to keep in mind before you begin: I recommend that you eat about 5 -6 small meals each day. This will consist of three main meals: a breakfast, lunch, and dinner, and two snacks or

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