



Johnny "Tattooed Terror" Cisneros Earns New Endorsement Deal from Mixed Martial Arts Conditioning Association

Johnny "Tattooed Terror" Cisneros recently received an endorsement deal from the Mixed Martial Arts Conditioning Association (MMACA). The MMACA bridges the gap between fitness and fighting.

RANCHO SANTA MARGARITA, CA, October 04, 2012 **/24-7PressRelease/** -- With an impressive 6-0 record in mixed martial arts fighting, many of Johnny Cisneros' opponents have felt like the "Tattooed Terror" was everywhere at once. Proving them right and highlighting the growing global phenomenon of mixed martial arts, the Mixed Martial Arts Conditioning Association (MMACA) recently inked a new endorsement deal with Cisnero. Terms of the deal were not disclosed.

A professional mixed martial arts fighter since 2005, the Tattooed Terror has enjoyed a quick ascent through the ranks; he is also a blue belt in jiu jitsu, and has trained for more than five years in Muay Thai boxing. At 5'11" and 205 pounds, Cisneros is known as a strong and powerful striker and as an exciting, energetic and relentless fighter.

The Mixed Martial Arts Conditioning Association was developed to bridge the gap between fitness training, sports conditioning science, MMA training methods, and direct application from the ring, octagon, mat or cage. MMACA training concepts can also be applied to the fitness enthusiast interested in an intense and effective mixed martial arts workout.

"Johnny is an amazing fighter and ambassador for the world of mixed martial arts, and we are proud to provide support for his rapid rise to the top of the ranks in professional MMA," said John Spencer Ellis, founder of the Mixed Martial Arts Conditioning Association. "Johnny represents the association's tough side, and yet he is incredibly cool and soft-spoken. We are huge fans of his style and his skill."

Cisneros' well-known work ethic in the gym has allowed him to train with some of the most respected fighters in the mixed martial arts community, such as Mike "Joker" Guymon, James "Lightning" Wilks and Mark "The Philippine Wrecking Machine" Munoz.

The Mixed Martial Arts Conditioning Association and its staff of educators, exercise physiologists, dietitians, biomechanists, strength coaches, sports psychology experts, physical therapists, massage therapists, professors, kinesiologists and business professionals have joined with the world's top pro boxers, elite wrestlers, BJJ players, Muay Thai coaches, American kickboxers, MMA fighters and coaches to offer the most comprehensive mixed martial arts fitness and conditioning program ever developed.

The Mixed Martial Arts Conditioning Association (MMACA) was developed to bridge the gap between sports conditioning science, MMA training methods and direct application from the ring, octagon, mat or cage. The MMA Conditioning Association is the MMA certification division of the National Exercise & Sports Trainers Association (NESTA), a leader in innovative solutions for fitness, nutrition and wellness professionals, as well as club owners since 1992. The MMACA and its staff of educators, exercise physiologists, dietitians, biomechanists, strength coaches, sports psychologists, physical therapists, massage therapists, kinesiologists and business professionals have joined with the world's top boxers, wrestlers, BJJ fighters, Muay Thai fighters, American kickboxers, MMA fighters and coaches to develop a comprehensive MMA conditioning program. For more information about the program, please visit <http://www.mmaca.net>.

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