

ENFUSION

M A G A Z I N E

MUHAMMED
SIMSEKENFUSION LIGHTNING.
SPEED. POWER.
PRECISION.61 KG
DIVISIONDRAGON GYM
THE HAGUE
& SPORTS CENTER
PIJNACKERENFUSION
RECORD
14-11-3-0-3LATEST RESULT
WIN
VS CHATMONGKON
RARANGSITTHE FUTURE
IS HERE.
THE FUTURE IS
SIMSEK.

EXCLUSIVE INTERVIEW

DISCIPLINE
BRINGS YOU
FURTHER. ”OVER TRAINING,
NUTRITION, MENTALITY
AND HIS TURKISH ROOTS.

“

I CONSTANTLY
WORK ON MY GOALS
AND ON MY OPPONENTS.
THAT KEEPS ME SHARP.

— MUHAMMED SIMSEK

INSIDE

- NUTRITION & WEIGHT CUTTING
- SUPPLEMENTS & ROUTINE
- TRAINING & SPARRING
- GROWING UP WITH MMA
- RECIPE: ATHLETE OATMEAL

RISING
ENFUSION
TALENTTHE NEXT CHAMPION
IS ON THE WAY.

DISCIPLINE.
FOCUS.
PRECISIE.

THE STORY BEHIND
MUHAMMED SIMSEK.

61
KG
DIVISION



DRAGON GYM
THE HAGUE

&
SPORTCENTRUM
PIJNACKER



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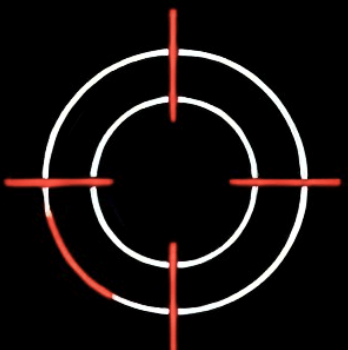
— MUHAMMED SIMSEK

ENFUSION RECORD

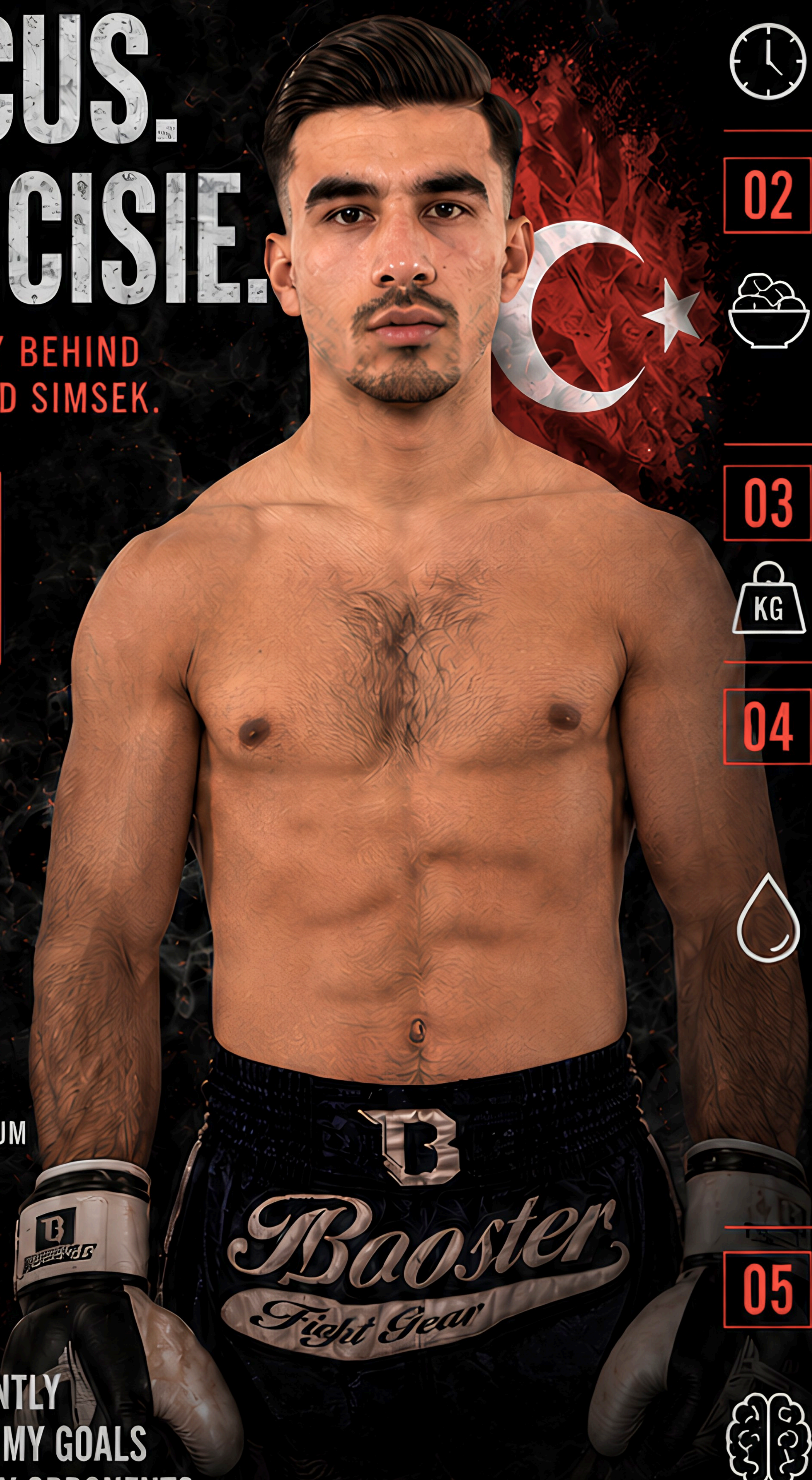
14 - 11 - 3 - 0 - 3

WINS	LOSSES	DRAWS	NO CONTEST	KO/TKO
14	11	3	0	3

LATEST REVUHT



WIN vs Chatmongkon
Rarangsit
ENFUSION #156
METHOD: POINTS



01

HOW MANY HOURS PER WEEK ARE YOU PHYSICALLY ACTIVE AS PART OF YOUR PREPARATION FOR A FIGHT?

I train approximately 12 hours per week as part of my preparation for a fight.

02

HOW DOES YOUR DIET LOOK BEFORE YOU START AN INTENSE SPARRING SESSION?

I make sure to eat foods that are rich in protein, with sufficient carbs and vegetables. Before training, I usually have a banana and/or an espresso as a pre-workout.

03

WHAT WEIGHT CLASS DO YOU FIGHT IN?

I fight in the 61 kg division.

04

HOW MUCH WEIGHT DO YOU USUALLY LOSE (CUT) FOR A FIGHT, AND WHAT IS YOUR PERSONAL APPROACH TO LOSING WEIGHT IN A HEALTHY WAY WITHOUT LOSING STRENGTH?

I usually lose around 6 kilos. My personal approach is to start early and focus on my nutrition and hydration. I make sure to eat enough protein and healthy carbs throughout the day. I also use supplements like vitamins and protein shakes after training. I drink around 3 liters of water per day to support the process, such as reducing cramps.

05

DURING WEIGHT LOSS, MENTAL TOUGHNESS CAN BE KEY. HOW DO YOU ENSURE THAT YOU STAY MENTALLY STRONG AND STICK TO YOUR NUTRITION PLAN?

I stay constant in my routine and my mindset, and I keep myself sharp. I also take healthy snacks with me, such as watermelon, a bit of honey, zero treats, and homemade high-protein cake.

06

WHAT SUPPLEMENTS DO YOU USE AND WHY?

Yes, I use various supplements, namely: multivitamins and multiminerals, calcium complex, magnesium (chelate), omega 3, lecithin, ginkgo biloba, vitamin C100 with bioflavonoids, and magnesium bisglycinate for sleep.



07



WE KNOW THAT JUSTICE STARTS AT HOME, AND THAT YOU ARE A ROLE MODEL AND IMPORTANT FOR YOUR FAMILY. HOW DO YOU BALANCE THAT ROLE WITH YOUR ROLE AS A FIGHTER, AND WHAT DOES THE MENTAL TRAINING INVOLVE EXACTLY?

“For me, it’s essentially about what my mom taught me, because that feels the most natural to me. But before training, I pray. Prayer is a Turkish custom passed down from generation to generation, which brings me peace, calm, and focus. I also hug my mom before training and say that I love her, and that she means everything to me. Nutrition also plays a big role – I eat what my body needs to perform well. And of course, a good night’s sleep is just as important, along with Nutella now and then. Luckily, I have the support I need at home, so I can focus 100% on my career.

08



DO YOU HAVE ANY RECIPES PASSED DOWN FROM YOUR MOM THAT YOU HAVE ADAPTED, OR DO YOU HAVE AN “ATHLETE VERSION” OF A RECIPE THAT IS ONE OF YOUR GO-TO MEALS?

“Yes, I have plenty of dishes, but my mom makes them better than anyone else, only cooked in water. I’ll share an adapted version of one of my favorites.

ATHLETE RECIPE: SCRAMBLED EGGS WITH CHEESE

- 3–4 eggs
- A little low-fat milk
- Himalayan salt, black pepper & red pepper
- Fresh pepper & a pinch of hot pepper
- A light cooking spray or olive oil
- Bake at medium heat and top with a whole-wheat wrap
- Roll it up and add zero-sauce for extra flavor



09



WHAT IS THE FIRST MEAL YOUR MOM MAKES FOR YOU AFTER A FIGHT OR “CHEAT MEAL” AFTER A HARD OVERTRAINING SESSION?

“It’s a traditional Turkish breakfast with various ingredients and freshly baked Turkish bread. One meal I really like is Lotus cheesecake.



“I DON’T FIGHT JUST FOR THE VICTORY, BUT FOR MY FAMILY, MY FUTURE AND MY ROOTS.

– MUHAMMED SIMSEK



MY NUTRITION PRINCIPLES

- 🕒 PLENTY OF PROTEIN
- 🥗 ENOUGH CARBS & VEGETABLES
- 💧 ABOUT 3 LITERS OF WATER PER DAY
- 🧴 SUPPLEMENTS & ROUTINE
- 🧠 DISCIPLINE = FREEDOM

SUPPLEMENTS I USE

- Multivitamins & Multiminerals
- Calcium Complex
- Magnesium (chelate)
- Omega 3
- Lecithin
- Ginkgo Biloba
- Vitamin C100 with bioflavonoids
- Magnesium bisglycinate (for better sleep)



CAREER HIGHLIGHTS



ENFUSION
RECORD
14-11-3-0-3



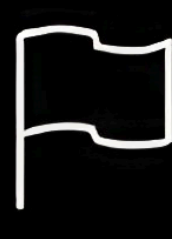
4 WINS / 0 KOs
IN TITLE
FIGHTS



WIN vs
CHATMONGKON
RARANGSIT



ENFUSION
TALENTS
ALUMNUS



TURKISH ROOTS
DUTCH PRIDE



REPRESENT THE WORK. OWN THE EFFORT.

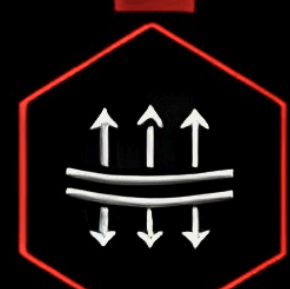
The Enfusion Nutrition Training T-shirt is made for athletes who are never satisfied with less. For those who face the fight against themselves every day.

DISCIPLINE ON YOUR SKIN. WINNER IN YOUR MINDSET.



LIGHTWEIGHT

Minimal feel for maximum freedom of movement.



BREATHABLE

Designed to keep you cool under pressure.



QUICK-DRYING

Sweat-wicking polyester for training in every condition.



BUILT TO MOVE

Athletic fit to support every strike, jump, and round.



SIZES: S - M - L - XL - XXL



FOCUS

Sharp mind.
Every training.



POWER

Explosive strength.
No excuses.



DISCIPLINE

Do better.
Win every day.



HARD WORK

No one sees the work.
But the results do.

JOIN THE MOVEMENT.
#TRAINCREATEEVOLVE

TRAIN HARD. EAT SMART. FIGHT GLOBAL!

ENFUSIONNUTRITION.COM

“

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JUST FOR THE
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MY ROOTS.

— MUHAMMED SIMSEK



GEAR UP. LEVEL UP.

COMBINE YOUR TRAINING T-SHIRT
WITH THE BEST SUPPLEMENTS
FOR TOP PERFORMANCE.



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