

### APRIL 9 "ACTION HEROES" CAMP NOTES

#### Part 3 – Daily Diets

Las Vegas, NV (March 24) – With less than two weeks until the fight week festivities begin in advance of the April 9 "Action Heroes" pay-per-view event, four of the fighters on the stacked fight card are sticking to their workout and diet routines as their respective camps start to wind down. Erik "El Terrible" Morales, Marcos "El Chino" Maidana, Robert "The Ghost" Guerrero and Michael Katsidis "The Great" share their daily diets as we get closer and closer to "Action Heroes" at MGM Grand in Las Vegas, Nev. which will be televised live on HBO Pay-Per-View®.

#### ERIK MORALES - OBEYS HIS DIET, NOT HIS THIRST

Erik "El Terrible" Morales' grueling training schedule, which takes place nearly 9,500 feet above sea level, is undoubtedly helping to prepare him for Marcos Maidana. However, it is his simple diet that is keeping him on weight and ready for action. Morales' meal plan consists of a variety of vegetables, rice and chicken and a reward at the end of a grueling workout each week.

"I am not really on a rigid diet," said Morales. "I eat small amounts of healthy foods and work extra hard to burn off what I am eating. I do allow one filet mignon a week to reward myself for running more and training harder than I ever have in my career."

In addition to missing the comforts of home while training, Morales also misses a few of his favorite foods that even one steak a week cannot replace.

"When I am training, I don't allow myself to drink Sprite, which is my favorite soda," continued Morales. "I also can't have carne asada tacos, which will be the first thing I eat when I get home after beating Maidana on April 9."

#### MARCOS MAIDANA - READY FOR ACTION IN "SIN CITY"

Coming off of a tremendous month of training camp in Mexico City, Marcos "El Chino" Maidana arrived in Las Vegas last week where he will finish training at the Pound for Pound Boxing Gym.

"It has been a great camp so far," said Maidana's conditioning coach Cruz "Pensa" Garcia. "I felt going into camp as though five weeks at the high altitude of Mexico City was enough for Marcos. We know Las Vegas very well, so it made sense to make the change and arrive a little early."

Maidana combines strategic preparation in the gym with a healthy lifestyle outside of it as he prepares for his battle against Morales. A typical menu consists of eggs, rice, pasta, ham, meat, chicken and various types of fish. However, he has admitted that the indulgence he misses most is an Argentinean barbecue known as "asados." A traditional asado is a specific way of grilling different meats that are too greasy to eat during training.

## Erik Morales Weight Not An Issue, Allows Himself One Filet A Week

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“I am not concerned about any issues with my weight,” said Maidana. “I am focused on getting in the best shape possible. I am happy to be back in the familiar setting of Las Vegas and can’t wait for April 9.”

### ROBERT GUERRERO – FOOD FOR FUEL

Conducting his training camp in Las Vegas for the first time in his career, Robert “The Ghost” Guerrero is hoping that the change of scenery, coupled with his traditional training methods, will lead him to victory as he prepares for what he considers his toughest test yet.

In order to defeat his opponent, Michael Katsidis, Guerrero emphasizes the dual importance of keeping his mind on track and sticking to a healthy diet during training.

“My diet hasn’t changed much,” said Guerrero. “I’m eating a good amount of fruits and vegetables with protein. I can’t eat any pizza or chocolate cake during camp, but I really crave that stuff from time to time.”

The sacrifice is worth what could be one of the biggest rewards of his career if he is able to defeat Katsidis on April 9.

“Katsidis brings great name recognition as a former world champion who has fought some of the fighters in the sport including Marquez, Diaz and Casamayor,” continued Guerrero. “I am going to be prepared for whatever he’s got and bring home a victory on April 9.”

### MICHAEL KATSIDIS - PURE IN MIND AND BODY

To complement his humble lifestyle in Thailand, Michael Katsidis “The Great” incorporates a “standard practice” of a diet consisting of raw foods. He regiments his diet so that he eats his food closest to its rawest form.

“I enjoy Natto and raw egg,” said Katsidis. “Natto is a soy bean paste used in traditional Japanese breakfasts. Most people hate the smell, but I can’t wait for the next day just so I can eat it again.”

Katsidis has disciplined himself to the point where he enjoys the sacrifice of his training camp diet, despite his craving for one luxury.

“The only thing I miss eating during training is chocolate,” said Katsidis. “While Natto is good, chocolate is definitely better.”

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“Action Heroes,” featuring Morales vs. Maidana in a 12-round junior welterweight bout, Guerrero vs. Katsidis in a 12-round lightweight battle, Paul Malignaggi vs. Jose Miguel Cotto in a 10-round welterweight bout and James Kirkland facing an opponent to be determined in a 10-round middleweight bout, is presented by Golden Boy Promotions in association with Erik Morales’ Box Latino and Universum Box Promotions and sponsored by Cerveza Tecate, AT&T, DeWalt Tools and Tres Generaciones. Guerrero vs. Katsidis is presented in association with

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Sampson Boxing. The bouts will be produced and distributed live on HBO Pay-Per-View beginning at 9:00 p.m. ET/6:00 p.m. PT.

Tickets for "Action Heroes" priced at \$350, \$250, \$150, \$75, \$50 and \$25 are on sale now and available to charge by phone with a major credit card, call Ticketmaster at (800) 745-3000. Tickets also are available for purchase at [www.mgmgrand.com](http://www.mgmgrand.com) or [www.ticketmaster.com](http://www.ticketmaster.com).

A stacked slate of undercard bouts will be announced at a later date. For more information, visit [www.goldenboypromotions.com](http://www.goldenboypromotions.com), on Twitter at @GoldenBoyBoxing, @boxlatino, @terrible100, @ChinoMaidana, @TeamGuerrero, @MickKatsidis, @PAULMALIGNAGGI or become a fan on Facebook at [www.facebook.com/GoldenBoyBoxing](http://www.facebook.com/GoldenBoyBoxing). Follow HBO Boxing news at [www.hbo.com/boxing](http://www.hbo.com/boxing), Facebook at [www.facebook.com/hboboxing](http://www.facebook.com/hboboxing) and on Twitter [www.twitter.com/hboboxing](http://www.twitter.com/hboboxing).

The Morales vs. Maidana pay-per-view telecast, which begins at 9:00 p.m. ET / 6:00 p.m. PT, has a suggested retail price of \$44.95, will be produced and distributed by HBO Pay-Per-View® and will be available to more than 71 million pay-per-view homes. The telecast will be available in HD-TV for those viewers who can receive HD. HBO Pay-Per-View, a division of Home Box Office, Inc., is the leading supplier of event programming to the pay-per-view industry. For Morales vs. Maidana fight week updates, log on to [www.hbo.com](http://www.hbo.com).

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