

## Russell Peltz: A Cupcake Diet Really Isn't Good For You

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To all fighters and managers out there: You do not have to fight cupcakes and be undefeated to get somewhere. Gabriel Rosado was 14-5 two years ago. Now he is 21-5 and fighting for the WBA world middleweight title. Fighters get better by fighting better fighters. Gabriel Rosado will be the poster boy for all talented fighters who are not undefeated. If you have a good team with people to watch over you back, you can always make it back up the ladder if you keep the faith. Shout out to Main Events and the NBC Sports Network Fight Night series for giving Rosado a platform to display his talent.