

## Alex Ariza Responds To Floyd's Conference Call Implications

Written by Michael Woods  
Wednesday, 23 April 2014 22:19

---



Floyd Mayweather implied that Alex Ariza, the strength and conditioning coach for his May 3 foe Marcos Maidana, is something of a miracle worker, whose methods might not be so kosher. On a Wednesday conference call, Floyd said that Manny Pacquiao looked like a different man when he worked with Ariza handling strength and conditioning. Sans Ariza, Floyd said, Manny isn't the same caliber of boxer. He referenced a story from a few months ago, when Freddie Roach took a shot at Ariza, for feeding Manny drinks of dubious provenance, but backed off going all in with an outright j'accuse blast.

I reached out to Ariza, to allow him to respond, maybe throw a counterpunch or two if he so chose.

Alex, did you hear that Floyd implied you have dabbled in monkey business?

"I'll take it as a compliment," the fitness advisor answered.

That was it. No sneaky counter-swipe, or veiled poke, delivered with a candied coating of false respect.

Theater of the the unexpected. Sometimes they do indeed turn the other cheek...

[WATCH RELATED VIDEOS ON BOXINGCHANNEL.TV](http://BOXINGCHANNEL.TV)

## Alex Ariza Responds To Floyd's Conference Call Implications

Written by Michael Woods  
Wednesday, 23 April 2014 22:19

---

[Comment on this article](#)

### **The Shadow says:**

Lol look at EM instigatin' and agitatin'!

I see it, too, though. It is what it is.

Whatever was in that MannyPak he would always talk about, it worked.

Then again, the boxing workouts haven't really evolved at all, which is unparalleled.

Maybe his regimen is that damn good. Some scribe should reach out to him, try it and give it a review...

### **brownsugar says:**

I don't think it's Ariza's knowledge of strength and conditioning that's lacking, it was more of a case of Ariza grandstanding and trying to take all the credit for Manny's success that cast him in the negative light. It seems Ariza has learned from that lesson and will let the results of his training and nutrition techniques speak on his behalf in the ring instead.

Ariza does surprise me... Just when it appears he's nothing more than a crude egotistical, glory hound he shows another side. I don't think he's as one dimensional as the media portrays him to be.

### **deepwater2 says:**

[QUOTE=brownsugar;50384]I don't think it's Ariza's knowledge of strength and conditioning that's lacking, it was more of a case of Ariza grandstanding and trying to take all the credit for Manny's success that cast him in the negative light. It seems Ariza has learned from that lesson and will let the results of his training and nutrition techniques speak on his behalf in the ring instead.

Ariza does surprise me... Just when it appears he's nothing more than a crude egotistical, glory hound he shows another side. I don't think he's as one dimensional as the media portrays him to be.[/QUOTE]

Ariza needs to keep his feet to himself. If any boxer or trainer reads Mackie Shilestones training books they will have all the training science they need. Mackie really lays out the nutrition, the speed and reaction drills, endurance, resistance training, supplementation in a great easy to read style. As far as illegal substances the TMT has a history of failed drug tests.

### **Carmine Cas says:**

Both Ariza and Floyd are clowns

## Alex Ariza Responds To Floyd's Conference Call Implications

Written by Michael Woods

Wednesday, 23 April 2014 22:19

---

### **The Shadow says:**

[QUOTE=brownsugar;50384] I don't think he's as one dimensional as the media portrays him to be.[/QUOTE]

Human beings rarely are...

Media portrayals are just simplistic. Easy to digest.

### **Radam G says:**

[QUOTE=deepwater2;50386]Ariza needs to keep his feet to himself. If any boxer or trainer reads Mackie Shilestones training books they will have all the training science they need. Mackie really lays out the nutrition,the speed and reaction drills,endurance,resistance training,supplementation in a great easy to read style. As far as illegal substances the TMT has a history of failed drug tests.[/QUOTE]

Double DITTO DAT! Holla at Da S-man's books. And you will have the whole nine. And it may get you into the boxing's BLINK-BLINK mine. Holla!