



WAYNE “POCKET ROCKET” McCULLOUGH

**Silver Medalist in 1992 Olympics in Barcelona
WBC World Champion**



Amateur Career

As an amateur, McCullough won a Silver medal for Ireland at the 1992 Summer Olympics in Barcelona, and a Gold medal at the 1990 Commonwealth Games in Auckland, representing Northern Ireland.[2]

McCullough also won a Bronze medal at the World Cup before moving from Northern Ireland to Las Vegas to begin his professional career.

Professional Career

Within a year of moving to Las Vegas, he had won the North American Boxing Federation title. On July 30, 1995, less than 2½ years since turning professional, he won the WBC World Championship by beating the champion, Yasuei Yakushiji, in Nagoya, Japan.

McCullough successfully defended his title twice before vacating the belt and moving up in weight to challenge the champion at a higher weight class. McCullough unsuccessfully challenged champions Naseem Hamed, in 1998, and Erik Morales, in 1999. Breaking both of their KO streaks while taking them the distance, Morales stated that McCullough gave him one of the top three fights of his career.

In 2005, McCullough became a United States citizen. He is known for his dogged, relentless, attacking style and has never been knocked down in an amateur or professional bout. In November 2005, McCullough released his autobiography, *Pocket Rocket: Don't Quit*, in the UK and Ireland. He went on a publicity tour to promote the book, which reached #2 on the Best Sellers list.

In 2007, Wayne McCullough joined the Ultimate Fighting Championship organization as an official spokesperson. He plans to open a gym and begin training fighters.

My LifeWave Experience

I started using LifeWave patches around 1.30am on November 9, 2005. Why so early in the morning you might ask! Well, I had to wake up early to catch a flight to Ireland where I was launching my autobiography and I needed to train before getting on the flight. I was not looking forward to getting up so early especially with a 20 hour trip ahead of me. I had been told the LifeWave patches would give me an extra boost so I thought this was as good a time as any to try them.

I've always been known as one of the fittest boxers in the sport. I constantly train and make sure I am in tip top condition to do my job. So when I first put the LifeWave patches on I was a bit skeptical. I thought nothing could make me feel better than I already did.

But I was amazed at how I felt. In fact my diary entry that night read -

The LifeWave patches are really unbelievable. At that time of the morning it usually takes me a long time to warm up but not today. I feel like I have motors on my arms. I did 14 rounds and I could have gone on longer. I didn't want to stop. I could have launched the Pocket Rocket to the moon on these things. I also did push ups and sit ups. After training they are hard to do but not this time. I love the LifeWave patches. Whether it's psychological or not, I believe they work. I might go for a 20 mile run now!!

The LifeWave patches make me feel like I wanted to keep going on and on. At 35 years old I feel like I'm 18 again. I'm actually training harder with the patches on than I did even when I was a world champion.

When I arrived in Dublin, I didn't feel jetlagged at all. As soon as I got off the plane I worked out. I had a lot of work to do that day what with meeting journalists and doing TV interviews but I didn't even think about it. I had kept the patches on for about 12 hours and I felt great. I felt as if I hadn't traveled at all. But then I began to think it was just psychological. I began to disbelieve and think it was just all in my head.

I knew I felt stronger, faster and more energetic but was I just trying to make myself believe something that wasn't true? I didn't wear the patches for a few days just to see how I felt. Remember I was still only training once a day since I am not in full time training. I don't have a fight coming up but I was still training about 2 hours a day. After a few days off the LifeWave patches I began to wind down and thought I should give them another go.

Since my last fight, in July, I hadn't gone out running. Even though that is usually part of my daily routine, I wanted to give my body a good rest. But while I was in Belfast, I decided to go out for my first run. Typically my first run would be about 4 miles at a 9 minute mile pace. My brother in law – who is a competitive runner – came running with me. We did a 6 mile run at about a 7 minute mile pace. My first run in 5 months – I was amazed. I had the LifeWave patches on and had proven a point, not only to myself but also my brother in law. While he was the runner, I had pushed him enough to do his fastest 10 k ever! He wanted to try the LifeWave patches so I gave him some. He also felt a difference and loved it.

Later that afternoon, I did push ups and pull up. I hadn't trained twice a day since before my last fight but I had so much energy to burn. Now I knew it wasn't psychological. The LifeWave patches really work.

I've been boxing for 27 years and during that time I've tried everything legal for energy but nothing seemed to work. I've always eaten the right foods, drank the energy drink and taken the right vitamins but with the LifeWave patches I get more. I feel like King Kong!

I used them again the morning we were leaving Ireland for the States and did another full workout without any trouble. I find that I get more benefit from the LifeWave patches when I take a few days off them. Over the next 2 or 3 days I still have a lot of energy but by day 4 or 5 I begin feeling as if I need to start wearing them again.

I traveled to North Carolina from Ireland and all day I felt energetic. I didn't feel jetlagged at all. I didn't put the LifeWave patches on but went out running anyway but all I could do was 4 miles at an 8-9 minute mile pace. I was going hard enough but didn't have anything in me to push myself.

Within a few days I used the LifeWave patches again and I was able to up the pace and distance on my run without even trying. Usually the worst time for me is traveling and working out at the same time. I always need something to help keep me going. But this time using the LifeWave patches, getting up to go training didn't bother me at all.

Each time I hit the mitts my trainer would ask if I was wearing the LifeWave patches because I am hitting harder and seem to have more strength.

I recommended the LifeWave patches to everyone I talked to, telling them how fantastic they make me feel but they all wonder if they can make me feel as if I have more energy then what can the patches do for them!

I wish I'd had LifeWave patches back in 1995 when I was a World Champion. Fighting at that level you need an extra push. I know they give me the extra push, power and strength I need so I can't wait to use them in full time training, during sparring and also in the ring. I know they make me stronger so my opponent won't know what hit him!

I want everyone to know that I'm endorsing the LifeWave patches because they work and I'm not a paid spokesperson for LifeWave. I've never endorsed anything that I don't truly believe in and use!