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Video: Jon Jones busts out Donald Trump dance at UFC 309... in front of Donald Trump

Story by Nolan King • 3h • 1 min read



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UFC heavyweight champion Jon Jones busted out "The Donald Trump" following his title defense over Stipe Miocic at UFC 309, as the president-elect looked on from just a few feet away.

Trump seemed to approve of Jones' moves, as he shared a moment with "Bones" outside the cage shortly after the fight.

The event, which took place Saturday at Madison Square Garden in New York [was largely Trump-centric](#), with a walkout, highlight package, a reaction cam, and repeated references.

Check out video of the dance sequence below:

For more on the card, visit MMA Junkie's event hub for [UFC 309](#).

This article originally appeared on MMA Junkie: [Video: Jon Jones busts out Donald Trump dance at UFC 309... in front of Donald Trump](#)

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Paul Mescal's personal trainer reveals how he got so ripped for *Gladiator II*

Story by Madeleine Spencer · 1h · 3 min read

It is impossible not to notice [Paul Mescal's](#) muscles in [Gladiator](#). They're profoundly there, bulging and making themselves known, peeping out from beneath leather and armour, slightly tanned, very pronounced. But only 12 weeks before filming, Mescal was starring in *A Street Car Named Desire* in the [West End](#) with a much, much less bulky body.

As a woman who lived through the 1990s and therefore saw many 'transform your body in a few months' [exercise](#) videos and even tried some of them out, I know that 12 weeks isn't really a lot of time in terms of the body. I also know that making significant changes is slow work, irrespective of how much energy you assign to the task.

So how did Mescal do it? His personal trainer Tim Blakeley, whose company Media Physiques prides itself in delivering for, as the name suggests, those in the public eye, tells me that I am correct in my belief that big transformations usually take more time. "Paul's quite lean, and while I could see he had good genetics, we didn't have time to do much bulking, which involves gaining muscle and fat."

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