**1. The ULTIMATE MMA Weight Training Guide (Fighter Workout Plan) - YouTube**

[**https://www.youtube.com/watch?v=-QoG2TWEiF4**](https://www.youtube.com/watch?v=-QoG2TWEiF4)

Transcript:

(00:00) almost all aspiring MMA fighters believe that if they put on muscle they'll be humping and puffing like Francis singado in a fight horrible movement and their speed isn't going down the drain but in reality putting on the right kind of muscle will improve your athletic performance and your MMA performance far more than anything else mixed martial arts is a sport where it's almost most important to put on muscle mass and get leap when you fight someone you're fighting someone at your weight class so the

(00:30) fighter with the better strength to mass ratio will have a huge advantage in a fight with your kickboxing or grappling or just doing all of it together in MMA Whoever has that physical Advantage can cover up for a skill Advantage for example in a kickboxing fight Whoever has a power Advantage will have an edge over the other guy you could be hitting them with a bunch of punches with tons of volume but one clean punch could end the fight which effects how both Fighters approach the fight I've been Lifting for five years with the intent

(00:55) of looking good and based on research data public interviews and surveys the athletic build is far more aesthetic or looks better than a bodybuilder's build so that was the physique I always wanted so for me to look like an athlete I had to train like one so with my bachelor of exercise science and my actual qualifications to write program I designed a program that made me look athletic with this side effect being better athletic performance which has helped me in my MMA experiences I'm not some stranded conditioning coach who's

(01:21) just telling you hey do this to improve your MMA skills I've actually applied what I've done in the weight room to actual MMA Sports I've seen the benefits I've seen how it covers up some lack of skill in areas and I've seen how weight training and weight lifting can greatly improve your MMA performance by so much and in this video I'm going to teach you how to use weightlifting to improve your strength power and cardio to make you the best fighter you could possibly be foreign I did Karate and I actually got my black

(01:50) one Taekwondo I hated Taekwondo and took a break from martial arts for several years then the passion came back to me and I started doing kickboxing in 2021 once again going from weightlifting to martial arts I started off very stiff but now I move incredibly well with pretty good cardio too I always have the strongest kicks in my gym and I actually punched pretty hard as well and the strength in my kicks and punches comes from my Taekwondo background and what I'm doing in the weight room the athletic most I put on over five years

(02:16) of weightlifting has caused me to be too big for the small guys and two faster than big guys and if you happen to be my weight pound per pound I'm way stronger than you so I'm faster and stronger MMA has a huge physical side of the sport and I have the advantage over almost everybody that I compete against I went to a strictly kickboxing gym for two years and now I go to an MMA or mostly Jiu Jitsu gym so when I went to go score it wasn't just kickboxing sparring which is what I'm most familiar with it was

(02:40) MMA Spar I have no wrestling experience and very little Jiu Jitsu experience yet the guy was went up against couldn't take me down he would do everything right he connect his hands to get a complete hold of me but since I was way stronger than him he couldn't take me down he couldn't throw me down he couldn't move me to the side he had no success the muscle I have built for aesthetic purposes helped me in an MMA fight it literally hid the flaws I had in my ground game in my wrestling in my Jiu Jitsu despite me being a complete

(03:08) beginner to that realm of fighting included the other leg that'll work too okay nice kid keep that hand up Jesus and call him calm calm this is just proof that putting on putting on muscle makes him a worse fighter then they send me their programs which is created by a bodybuilder so they do bodybuilding movements which makes you a worse fighter it'll hurt your cardio movement and speed for anybody who's not familiar with my channel there's a difference between bodybuilding and athletic bodybuilding

(03:38) bodybuilding you focus on bodybuilding movements an example about bodybuilding movement is doing exercises sitting down or using machines this reduces the core instability demands of an exercise and it doesn't apply to what you're doing in MMA are you ever sitting down or using a machine to hit someone in the face well athletic bodybling you focus on athletic movements which are multi-joint compound exercises and you stand up whenever you can which builds muscle and strength that transfers to MMA I've made a

(04:03) separate video on this you should definitely check that out after the video since I do athletic bodybuilding for Aesthetics I got strength and muscle and believe it or not I'm pretty strong even though I've never dedicated a block of training to strength I'll be uploading a video going over my strike number so subscribe for that but I'll give you guys a rough estimate of what my strength is at this current moment my record for overhead press is 130 five for ten Squad it's 3 15 for six deadlift

(04:27) is 405 for five and bench press is 225 per second and here are my one rep max estimates from these lips and these lips were done when I was between 165 and 170 pounds so if you do the math pound per pound I'm very strong despite never trading for strength and that's me training with the priority of looking good so just imagine what you guys who are actually wanting to fight professionally or do it as your main hobby could do with this kind of training I think a periodization has multiple steps and you must do those

(04:54) steps in order to truly maximize your performance and periodization for athletes is as simple as build muscle which builds strength which builds and maximizes power and in the majority of sports power is what's more important power is the priority to maximize your ability to express power you must build muscle and strength first when you build muscle specifically athletic muscle from athletic bodybuilding it will allow you to build more strength the bigger your muscles are the more strength you can build of course when it's built

(05:22) correctly and when you build strength you have a higher ceiling of developing power and there's different ways you can train power you can train power in your normal weightlifting routine and through Plyometrics if you put someone who squats one times their body weight and has someone who squats two times their body weight and you undergo these same plant metrics routine the person who squats two times their body weight will have a far better expression and will respond way better to that routine than the person who only squats one times

(05:45) their body weight so the person who's stronger is going to be way balancer and way faster than the person who's weaker so athletes like LeBron James and John Moran they're doing Plyometrics but they're also getting strong at the exercises they do in the weight room if you guys ever want me to go into specifics of power and plyometric training drop a like And subscribe to the channel and even if you don't drop a like if not I'll send Leonard hours to your house and I'll head kinky for

(06:05) people who want to be good at fighting you need to dedicate at least at least two months of trading dedicated to athletic bodybuilding I honestly argue you want to do more and I'm the perfect example I have no resting experience that I was able to deny takedowns with improper form and just solely based on muscle and strength if you're fighting dedicates two years to lifting with periods of athletic bodybuilding and strength training you'll be the most athletic and the strongest person in an MMA fight for your weight class and if

(06:32) you combine that with great skill in your sport you have a much higher ceiling than anyone ever could who didn't put the time that they needed to in the weight room and with athletic bodybuilding you prioritize the core and the legs a ton which are the most important muscles for a fighter in my aesthetic bodybuilding Community you have your monthly workouts and these monthly workouts are solely based around these big compound lifts that make you look good and perform good and you have a community along with me and my brother

(06:57) helping you out to make sure you maximize your performance I will leave a link in the description for people who want to check it out and potentially work with me and my brother who are overqualified to be training athletes so why wouldn't you want to do it check it out in the link in the description developing a strong core comes from these compound lifts don't listen to these bodybuilders with no experience and no knowledge who say developing your core is all about doing crunches that doesn't develop your core because that's

(07:19) not a functional way to train your core your core is almost always and I'll say 99 the time used to stabilize between upper extremity and lower extremity movements so in summary your core is designed to stabilize your body so developing a strong core is done through heavy compound lifts where they have a lot of Engagement and must be used to stabilize your body the best compound lifts to engage your core and get a strong core are the deadlift overhead press and squat and therefore the best lifts for a combat athlete so your

(07:45) priority should be getting strong at these build muscle through these great takedowns great takedown defense and great striking power come from these kind of lips they come from the core and the legs most people understand the takedowns come from the core in the legs but tons of people think that striking comes from your shoulders and your upper body when striking is generated by the legs and the core and there are such thing as aesthetic muscles versus Athletic muscles and I consider aesthetic muscles as the mid delt or

(08:12) something like the lats or someone like me will prioritize them more than a fighter would but it's super important to still develop these aesthetic muscles if you're a fighter because they're antagonistic muscle groups some Bible is telling me that athletes shouldn't be training their biceps because their biceps barely do anything but the triceps do a lot so you must build your biceps and build bicep strength because it's an antagonist to the bicep it is very important to be building your

(08:35) antagonistic muscle groups for athleticism body function stability injury prevention everything that's why in a ton of sports like basketball where you're hardly ever pulling these athletes still have huge backs because the back is an antagonist to these pushing muscles and then whenever you pass a ball you must bring your arms back too so that's when you need a big back still and now there's a big difference between a hobby fighter and someone who actually wants to be a pro fighter or get really good at fighting

(08:58) which is the priority in power and cardio if you're someone like me who's training to look good but just just fighting as a hobby you really don't need to prioritize power just getting stronger and putting on muscle will make you more powerful than most people but if you're actually taking a combat sport seriously power and cardio are super important I already went over how to develop power to some degree but how do you develop your cardio the easiest way I personally develop cardio was just

(09:21) pushing myself yeah I know that sounds simple but let me explain in order to develop good cardio you must overload or cause a lot of stress on your physiological system which you can overload during your training so for a cardio or treating adaptation to occur a physical logical system must be exercised at a little beyond that to which it is presently accustomed which means that in order to develop cardio you have to push yourself further than you normally do for example when I'm hitting the bag I'll hit the bag and

(09:46) I'll feel super tired like I can't go anymore then I'll push myself for another five to ten seconds that 5-10 second period is where I really developed the adaptation the cardio adaptation the endurance adaptation doing a bunch of long distance runs doesn't give you that adaptation unless you incorporate some Sprints into that routine an example of this is if you're jogging in the park and you see a tree 20 yards away you sprint to that tree you push past those really tiring feelings but just jogging for hours and

(10:13) hours not pushing yourself is not going to build the same kind of cardio as you would if you sprinted during that process your body is going to adapt to all that stress you're giving it by testing the aerobic Energy System which is what gives you that Colby Covington bedroom cardio in my opinion cardio training more than weight training is more reliant on how hard you push yourself a ton of MMA coaches and analysts always say whoever trained harder in Camp is going to have the better cardio and the better gas tank

(10:38) for this exact reason leave a comment if you want me to go over a specific cardio routine designed for MMA fighters to increase your cardio because there's nothing worse than being in a fight and your body is completely gassed out and you have no energy if you put on muscle mass that helps you build strength and build power combined with great cardio training where you push yourself you will not only look but perform like a UFC champion this is my first kind of video on a specific sport let me know if you guys enjoy this kind of content but

(11:02) just like I was talking about before athletic bodybuilding is your key to becoming a better fighter so here's a video on exactly how to do athletic bodybuilding thank you guys for watching I'll see you guys next time

**2. Strength & Conditioning Rotuine of an MMA Legend (Analysis) - YouTube**

[**https://www.youtube.com/watch?v=f3AM6Q5bMc8**](https://www.youtube.com/watch?v=f3AM6Q5bMc8)

Transcript:

(00:13) [Music] GSP is truly an MMA Legend one of the all-time greats 26 and two with all losses Avenged in convincing fashion with very tough competition in 2013 he retired at the top setting the record for most wins in championship fights and the second long long EST Title reign in UFC history at 2,24 days with nine straight title defenses he then made a comeback in 2017 where he defeated Michael bisbing by submission additionally winning the middleweight title and becoming one of the only four UFC fighters to win championships in

(00:47) different weight classes what made GSP stand out so much from the rest of the competition of course he had the basic prerequisites of elite level competition such as work ethic athleticism and fight IQ and additionally he was the poster boy of a well-rounded fighter he could do everything he could wrestle he could box he could kick he could grapple all in a world- class fashion he could do all of it he was probably the first MMA fighter that lived up to the term well-rounded but there is one department where he stood out tremendously from the

(01:18) rest of the competition and that was his ability to seek out the right expertise and combine this with the fact of his extremely curious and coachable personality and athletes like this become like sponges just soaking in knowledge and guidance he was simply a master of seeking out the right guidance and being a model student and this was not only exclusive to the sport itself but also the strength and conditioning aspect if we explore the available footage of GSP training he does every single scientifically research method

(01:49) for strength and power development those include compound lifts Plyometrics Olympic weight lifting ballistic training as well as accessory lifts for injury prevention and stability on top of all of this to further improve his movement competency he does something a bit unconventional in MMA namely gymnastics we will go into this a bit later now here's the thing in a lot of interviews we can hear GSP saying something in the fashion of I don't do strength and conditioning or I don't do it for performance reasons and Etc but I

(02:18) believe a lot of people take this out of context I believe the point he's trying to make is that you should not sacrifice your standard MMA training and all the skill work for strength and conditioning if you believe that's going to make you a superior fighter and this point I absolutely agree with don't confuse cause and effect all of those worldclass competitors such as GSP and Jon Jones and Demitrius Johnson they are not alltime great because of their athletic attributes alone more importantly they

(02:46) are masters of skills and efficiency strength and conditioning is merely icing on the cake so if you're an aspiring fighter and want to grow in the sport you cannot substitute skill work with strength and conditioning you must see it as a compliment that takes up a smaller part of your overall schedule and this is the way GSP approached it it only becomes productive if you're already putting in the hours in your standard Combat Sports training and you're growing your skill set with that being said how did his strength and

(03:14) conditioning routine look like I decided to get to the root of the matter by researching the methodology of his strength and conditioning coach following his loss to Matt Sarah in 2008 and a couple of injuries here and there GSP wanted to make some changes and he saw that strength and conditioning Department that needed Improvement so he hired Jonathan chamber so the main chunk of this video is based on a 50-minute podcast with Jonathan shamberg which I transcribed and then filtered out the key points if we observe the old

(03:44) training footage of GSP before he started working with chamber we could see that he was mostly doing some general calisthenics and just basic fitness exercises chamber said that when he began working with GSP he could only do about eight pull-ups and he could only press about 55 lbs down dumbles and this was at a time where he had already beaten opponent such as Matt Hughes and he was already a world champion which a lot of people find surprising but it only goes to show how high his skill set is and how high his further margin of

(04:15) improvement was in the strength and power Department which they would then address after their training intervention chamber stated that he could do pull-ups with eight reps with 80 lb around his waist as well as triples on 100 lb additionally he was pressing 120 pound dumbells overall chamber described him as freakishly strong and an athletic freak which we can all agree with here is some footage of him performing Plyometrics with 50in hurdles and the power production and the utilization of the stretch shortening

(04:45) cycle here is remarkable this power and bounciness and overall twitch is comparable to a track and field jumper that does this for a living it is very remarkable and he is truly an athletic freak by observing this footage alone as I have discussed in my past last videos the purpose of petrics is to improve the body's utilization of elastic energy which is done by improving the time between concentric and entry contraction the quicker this is done the more you can utilize this rubber band effect and the more power you can generate this is

(05:15) a training intervention in its own and here we can see him performing some Olympic weightlifting variations more specifically the power snatch and apparently he was learning this under the guidance of worldclass Olympic weightlifting coach Pier of Canada and this is truly Testament of his ability to seek out the right expertise once again and the point of Olympic weightlifting variations for athletic performance is total body power development moving fast weights or producing force in short amounts of time that is power production once again and

(05:46) in this particular training instrument you emphasize the triple extension phase and that is extension of the hips knees and ankles the rapid extension of those will transfer to a great multitude of sporting movements and here we can see him perform a back squat jump which is a subcategory of ballistic training and the point with Ballistic training is to maximize the acceleration phase of exercises for instance if you perform a standard back squat you stop at the end and your power production is mostly u-shaped because you have to stop at the

(06:18) end but in a ballistic variation such as the back squat you continue accelerating with the weight upwards so the power production is constant in like a linear line so to speak so if you in your sport perform anything of projectile nature where you have to continue accelerating the force such as a double Leg Takedown entry and an extension of the body this could prove useful a typical strength and conditioning day for GSP according to chamber would look something like this number one we start with an active warmup to loosen up the joints increase

(06:49) the body temperature prevent injuries and then first thing first we have the power and speed exercises because those are the most mentally demanded exercises of all arguably because you have to produce powerful actions in short amounts of time so we have hurdles 50 in or so and then we have Olympic weightlifting variations and then they would go over to the main strength exercise of the day which would probably be weighted chin UPS or pressing variations or squatting variations and then they would end with accessory

(07:19) exercises to Target isolated muscle groups that are otherwise hard to Target with a bigger compound lifts chamber says that he looks at certain movements and he assesses their biomechanics such as their bodily restrictions from what is known as a functional movement screen and then he adds appropriate exercises for each individual including GSP to address those he says he can immediately assess their strength level from basic exercises such as how many chinups they can do and whether they can do something such as a single leg squat to a

(07:51) significant depth and from there he does his assessment and he adds an appropriate training intervention and this is actually not a bad idea at all because you cannot not be doing one repetition Max exercises with like deadlifts and squats with people that are not experienced in it not used to it it is way too risky a max out is a skill by itself it takes a lot of time to learn how to do it and you should definitely not do it with new athletes chamber is pretty big on functional training exercises now functional

(08:20) training is quite a loaded topic and there is quite a gray Zone in this term but the general definition is really that it focuses on training the body activities performed in daily life or the activity you're preparing for in question instead of say overly relying on traditional compound exercises such as the bench breast the barbell B squats and the deadlifts you would prioritize more movement challenging exercises such as the one arm push-ups or full barbell rollouts or Bulgarian split squats instead of emphasizing too much

(08:55) bilateral exercises you know such as the back squat which is done on both legs you would also emphasize unilateral work such as Bulgarian split squats which is done on one leg at a time with the rationale that most sporting scenarios consists of one leg at a time unilaterally that is instead of bilaterally like two legs at a time and this is a plausible argument although personally when I train my athletes I keep a mix of both modalities both unilateral and bilateral exercises which I am probably sure chamber does as well

(09:27) to a certain extent it is just a matter of of prioritization I assume the functional training approach is a Cornerstone in the training methods by coaches such as Mike Bole you can read his works if you want to learn more about it chamber is big on targeting individual weaknesses of his athletes including GSP he especially looks at the hip area as well as the knees and those smaller muscle groups act as stabilizers and they have to be strong to protect the body he said that GSP would get injured pretty frequently but after

(09:57) working with him he didn't have any significant injuries since 2 and a half years and this is one major importance of a good strength training intervention if we even put the performance aspects aside one significant aspect that makes it worth it to do for this reason alone is strengthening of stabilizers and injury prevention provided that you have a good plan under good guidance chamber says that most people they have weak stabilizers and he looks primarily at those and he builds a program based on that and this I highly agree with

(10:30) because many times we're often focused on the big compound exercises while ignoring the stabilizers through smaller specialized exercises and of course there needs to be a balance of both both compound exercises and isolated lips every major joint of the body has some stabilizer muscles that will help in their integrity and training those specifically is of high importance the main outline so to speak is often similar for all athletes but then it gets individual visualized based on the athletes weaknesses and often times this

(11:03) is evident by some observations simply for instance it may be evident in the squat that one athlete uses the hip flexors more than the knee flexors for instance or that's one certain part of their body collapses Etc issues like this are always related to one of the following reasons number one it is a technique issue and number two it might be a bodily restriction such as mobility issues in one certain body part or number three it might be underdeveloped stabilizer muscles so instead of trying to guess your way of which it is and to

(11:37) which proportion which is not always easy the most plausible solution is to Simply work on all of them at all times not only will those stabilizers muscles actually Aid you in your bigger compound exercises but they will also Aid in injury prevention and it becomes like a winning circle for example if we take a bilateral back squat which is a compound exercise all effort is is evenly spread out in all core and leg muscles while in a unilateral Bulgarian split squat variations singular muscles get more heavily empathized once again I include

(12:10) an even balance of both of them and then it talks about the importance of training different movement patterns in Planes whether doing strength training power training or endurance an athlete must be evenly developed on all planes of movement especially in such a dynamic sport such as MMA in MMA you push you pull it is a lateral plane it is a horizontal plane vertical plane everything is really involved and there is a designated exercise for every movement plane strengthening it that is when it comes to the endurance chamber is big on high

(12:43) intensity interval training or an anerobic emphasis when it comes to endurance why is that because if you engage in let's say lengthy steady state cardio let's say a 10 km run or a 20 km on you're only emphasizing the Aerobic System but if you emphasize the high intensity interval training anerobic endurance stat is then you get both anerobic system and the Aerobic System both of them are emphasized it is two birds in one stone so if you run for a 10 km run you will not develop high intensity endurance but if you do high

(13:21) intensity endurance you will get high intensity endurance plus low intensity endurance so it's two birds in one stone and there is tons of research behind this training modality high-intensity interval training is one of the most rigorously research methods for inurance developments and it closely mimics the demands of MMA he exaggerated this point by saying that 140 seconds of high intensity work can get you the same benefits of say 60 Minutes of low intensity work of course it's a simplification but it makes a clear

(13:56) point and he further states that a busy athlete with so many training sessions why would you deliberately perform a Training Method that not only is inefficient to the demands of MMA but also of longer duration lengthy State cardio that is in essence by performing high-intensity intervals and short Sprints it is more efficient for MMA than length is State cardio on a general basis at least now here we are not disregarding the importance of aerobic metabolism that is not the point we are only discussing the optimal means of

(14:28) achieving it and then he said something that I found pretty amusing a fault which many MMA fighters succumb to he referred to it as the Rich Franklin syndrome basically it means that you are working incredibly hard but at the wrong thing and he used Rich Franklin as an example for this because he was working so hard at lengthy steady state endurance training that he ultimately became a slow paced aerobic Fighters because his anerobic qualities was suffering because of this and there is science behind this actually because to

(14:58) a certain certain extent there is a scarcity in energetic attributes in the body so by going overboard on slow intensity long duration endurance you will sacrifice your powerful anerobic capacity to a certain extent because of this and you lose this twitchiness so in MMA this low intensity endurance and over Reliance on aerobic capacity that is it will only work against a certain type of opponent if you are faced with what I like to call a type 2A fighter you will be in trouble because those kinds of Fighters they have a ridiculous

(15:31) tank of what chamber refers to as power endurance or anerobic endurance in other words that is they can maintain a high pace for five rounds this is the Kryptonite of slow twitch Fighters GSP certainly fit into this category some other notable examples are khabib and Alexander volkanovski and how do they progress from session to session when it comes to endurance chamber says he gauges their fatigue level through relevant metrics such as heart rate and their time to recovery and he sets benchmarks for them for example on the

(16:04) airbike he gives them a Target in terms of RPM basically it is about keeping track of all relevant metrics the more the better and setting benchmarks for current and future sessions and this is a great approach I do the exact same thing with my athletes because the last thing you want to do as a competitor is to just aimlessly go through all workouts simply on autopilot because then you won't achieve anything worthwhile and you will not have a sense of control I recommend that you always maintain track of your metrics and your

(16:35) results and this is regardless of whether you're doing strength training or endurance or power keep adjusting and set benchmarks for yourself track your fatigue levels if you one day generated X amounts of power on an average heart rate of 170 but one week later generated that power on a heart rate of 180 then something is probably off and you need to make adjustments controlling those variables and keeping a track of them is how you avoid overtraining which is another huge component of strength and conditioning

(17:07) and Sports in general as for the equipment itself chamber says that he is big on airbikes as well as sleds he also implements Shadow runs battle ropes and often in a Tabata style interval format another research topic and now we get to what in my view is the highlight of the entire podcast and that is people talking about influential Legends in various Combat Sports such as Fedor or Floyd khabib Muhammad Ali whoever it is and they say things such as but he did a lot of distance running and this and that he didn't do compound lifts he

(17:40) didn't do Plyometrics or power cleans and they still reached the top and once again this is confusing cause and effect those athletes were not in the world class because they did distance running to begin with they were already so far ahead of everyone else in terms of skill and because of this Advantage because of them being those Chess Masters in the game they could do almost any routine they wanted to and they would still be far ahead of the curve because of this aspect alone it was so good compared to the other

(18:13) aspects it became their X Factor sort of ironically had those athletes in addition to their world class skill approach their strength and conditioning smarter well guess what they would be even better than they were and this is a terrifying thought when you think about it if they were already this good with a supper strength and conditioning routine imagine if they had engaged in a good one and second another point that shamberg talked about is that those athletes when they approach their training session when they do the pads

(18:43) or takedowns or sparring they do so with very explosive and Twitchy intentions the manner that is when feder or khabib went for a double a takedown or when they hit the pads they they were actively recruiting those fast switch muscle fibers and tons of motor units and they were actively working on their power production because of this so a lot of people forget this but a wrestling practice or a boxing practice in itself if you approach it in the right manner it is already a strength and conditioning workout because it is

(19:13) of so intense nature and this makes the question once again okay then what is the point of doing strength and conditioning in the first place if a boxing session is already strength and conditioning well once again it's specialization you isolate components that are otherwise hard to isolate in in boxing or MMA but that adds up to the bigger picture in his training approach with George he implements a lot of complexes for example after completing a classic strength move such as heavy weighted pull-ups he transitions

(19:42) immediately into explosive medicine ball slams and with this his rationale is to drain the muscles to produce power under conditions of fatigue to achieve this under fatigue that is so he implements very long negative portions on the exercises to induce this fatigue and then he goes over to a power exercise and one thing I can notice here is that he instructs George to go Max effort on each rep whether that is pulling whatever the exercise that is on the concentric portion to go maximum speed on it recruit as many motor units as

(20:15) possible to develop explosive intentions and this is an excellent approach I really love it very scientifically researched and I train my athletes the same way and you should do as well and then he goes into the work to rest ratios in MMA and how there is a negative one in MMA which he is absolutely right on and this is a huge problem with Combat Sports because not only do you need to display constant endurance in high Pace but you also do not get enough rest between rounds States we work more than we rest it's 5

(20:46) minute rounds with one minute rest in between this means that we must train our ability to persist under states of extreme fatigue and we have to be very smart and efficient with our energy expenditure in a sport like MMA we need aerobic endurance anerobic endurance strength power and speed and all of it and they all have their optimal solution with so many areas to emphasize how do we put everything together and the simple answer to that is periodization another thing that he went into which is focusing on one attribute at a time the

(21:19) further away you are from competition the more you can work on General attributes and the closer you get the more you have to mimic the demands of a fight so for example in the offseason you could do a general preparation phase and then you go into a strength phase and then you go into a power phase and in the last three weeks or one month or so leading up to a fight you go all in on high intensity endurance and another very important point when we're talking about periodization is that no component is ever neglected for instance if one

(21:54) block is prioritized for strength it does not mean that you neglect power or that you neglect endurance or aerobic endurance or anerobic endurance whatever the case might be it simply means that you prioritize this one component over the others it's not a black and white kind of matter it's not 100 and zero it you need to see the gray zone of things you need to maintain all other attributes also and one very interesting point that he talked about is assessing the margin of improvement for the athlete for example if someone is

(22:25) blessed with a world class gas tank they never get tired they can run on laps for ends go 10 Rounds in sparring whatever the case might be then the highest margin of improvement is probably strength and power they are probably weaker there so maintain this endurance that they have and work a little bit on strength and power and they will grow a lot more from that and he used BJ pen and his trainer as an example for this for example BJ pen is very good in terms of flexibility and mobility and balance and those kind of things and his design

(22:58) in a lot of training time to further improve this so his point is that okay if you're already so good in this one quality what difference does it really make if you get 2% better in it why not focus on something that you have not been doing such as anerobic capacity or power and strength and get maybe 100% better than that the margin of improvement for you is much higher here so maintain the strengths that you have but prioritize other components that you have a high margin of improvement in and that is the point fantastic point I

(23:31) absolutely agree and finally we need to talk about the gymnastics why does GSP try to learn gymnastics what is his rationale and for this I looked into his book The Way of the fight and he says that he emphasizes being open to learning from various Sports he initially disregarded gymnastics he thought it was irrelevant to MMA but he later recognize its values and this is because of its athleticism he notices their ability to generate power from awkward position which he says is an crucial ability in MMA where Fighters

(24:04) often find themselves in challenging positions and they need to exert Force effectively and then gymnastics he says demands high levels of balance and strength and flexibility and once again those are essential in MMA as well now you need to see those things in context in GSP situation who is already world class in MMA he can wrestle he can box he can kick he can do all of it he is the epitome of a well-rounded fighter that is highly developed in every aspect for him there is probably a high margin of improvement yes in trying to learn

(24:34) another attribute on top of that which in this case is gymnastics and this is called cross trining that is you engage in another training modality that is different from your own thing to learn movement scenarios and coordinations and changes of directions and muscle groups that are normally not so evident in your own sport so this arms you with new tools that you can then utilize and this is the purpose of it it's called cross training and once again this is in gsp's case very productive but you for example

(25:05) if you have not mastered the boxing or the wrestling or the kicking game yet is probably not a plausible ID for you you need to see it in [Music] context

**3. What MMA Fighters Need (Strength & Conditioning) - YouTube**

[**https://www.youtube.com/watch?v=cNIuNCXlhOI**](https://www.youtube.com/watch?v=cNIuNCXlhOI)

Transcript:

(00:00) out of all of the Combat Sports MMA is probably one of the most difficult to design a strength and conditioning plan for in sports such as boxing we're only dealing with punching and Cake boxing is just punching and kicking and wrestling is just grappling in BJJ is grappling in submissions but MMA on the other hand it contains all of the above and the possible scenarios and situations you might find yourself in are endless and we need to be prepared for all of those and those are only the movement specific

(00:29) aspects additionally we have the energetic aspects that we have to emphasize in MMA MMA demands all of the athletic qualities you need to be have good endurance you need good strength you need good power you need good agility all of that flexibility you can't rely on strength only and you can't rely on endurance only in MMA there is a counter for every advantage and you must be in Peak shape in all aspects and finally another problem with designing strength and conditioning for MMA is that it is a relatively young

(00:57) sport it has not been around for very long and the research is extremely scarce sides they did a study asking 300 different coaches if they conduct scientific research in their Sport and it appears to be very uncommon keep in mind though that these studies from 2013 things may look different today now this is obviously a difficulty when it comes to the skills and Technical demands of MMA because it's probably hard to conduct a scientific study on that however when it comes to the strength and conditioning aspect following

(01:26) scientific methodology and at least studying the already research topics is highly encouraged for MMA coaches when it comes to strength and conditioning one thing that is very certain though that you don't need a scientific study for is that MMA is incredibly demanding both physically psychologically all of that it challenged all of the major Energy Systems in the body for Simplicity we are only going through the physical aspects in this video the psychological aspects we have to say for another time because that is such a

(01:55) complex topic that would require a work on its own so as I go through in most of my videos we have three main energy systems in the body those are the systems responsible for triggering muscular contractions with different Power outputs the ATP PCR system is the strongest but it doesn't last very long the second comes anaerobic glycolytic system because it's not dependent on oxygen it's known as anaerobic and the third system is the least powerful but the longest lasting the Aerobic System because it is

(02:23) dependent on oxygen and for those that are interested here's some jargon about the energy systems the source of fuel how long they last strengthen weaknesses and all of that I've gone through this many times in my past videos but if you want a little recap just pause this picture and read it so first of all we have to know what we are getting ourselves into in amateur MMA it lasts for three rounds of three minutes with one minute rest and a professional MMA is three or five rounds of five minutes with one minute rest

(02:50) based on this one might believe that MMA is predominantly an aerobic sport because of the time frame of three to five minutes per round because anything over 2 minutes is aerobic right well it's a little bit more complex than that you see MMA is not in a constant Pace it is a volatile and interval-like Sport you will have tough scrambles tough exchanges only to be followed by relatively monotonous periods and then into the intervals and tough scrambles again so the all of the energy systems will be emphasized in sports such as

(03:21) cross-country skiing or long distance endurance running is quite a monotonous Pace you know what to expect at least but you never know what's going to happen in an MMA competition you never know the style of your opponent or game plan things will be up and down in a volatile manner you never know when you have to defend a takedown if you might catch a head kick that pumps out stress hormones sending you into fight or flight response or whether you're a perfectly planned game plan goes to hell you never know

(03:48) anything despite this one study found out that the work to rest ratio generally lies between one by two to one by four for MMA when excluding the rest periods between rounds meaning that for every one second of high effort activity you will get a chance to recover for two to four seconds but once again this is a generalized example you never know it depends on the weight class the skills of the fight or the styles of the fight or the conditioning whether they're from the mountains of dog is done or not you

(04:15) get the point but you can be sure that the pace of any MMA match will be pretty high now with that being said although the Aerobic System is of importance in MMA it is in all likelihood a better idea to prioritize anaerobic training in other words shorter and more intense interval training AKA high intensity interval training over long and steady state cardio because once again this is not the intensity that will be evident in an MMA match and this is mainly evident by analyzing the lactate levels after MMA in its various forms and as we can see

(04:46) it's very very high it's not even comparable to the lactate levels after steady state and German training for those of you that don't know lactate is a byproduct of the anaerobic systems the more these systems are stressed the more the lactate will accumulate a lactate level of 20 as you can see here is very very high most people don't even experience that any time in their life besides as we'll go through in later videos when you engage in high intensity interval training you emphasize both

(05:14) systems simultaneously however if you only engage in steady state cardio you only emphasize the Aerobic System now let's go back to the energy systems and the relevance to MMA and how the heck they actually help you so the ATP PCR system once again is the most powerful system in your body and it is appropriate for actions that demand immediate energy you're going in for the kill with a flurry of punches your opponent is hurt there is 10 seconds left in the match and you want to finish it a Relentless opponent shoots for a

(05:44) takedown on you with speed with power and you have to react fast probably someone from the mountains of dog is down with superhuman strength or maybe you're that person you shoot for a powerful takedown yourself or you're going for a submission or you're escaping a submission basically any situation that requires immediate energy with a high power output that uses this Energy System now the benefits of this system are obvious it gives you immediate energy and it is very powerful and that is because it uses creatine phosphate as

(06:10) few and the con is that it doesn't last very long 10 to 20 seconds and you will need two to five minutes of passivity before it's fully recovered so save it for a special occasion and that begs the question how do we train this system any super maximal to maximal effort activity that lasts up to 20 seconds under a non-fatigue state emphasizes this system and once again a rest period of two to five minutes will be needed for this system to recover and the first method and one of the most common ways is good old strength training through

(06:41) compound leaves variations from all major planes of movement a squat variation a deadlift variation a push variation and a pull variation for example a back squat a deadlift bench press and a bent over row for example among other things and because we are training for Strings and we need to do it in a non-fatigue state and express a lot of power the repetitions are generally kept low three to six and heavy weights 70 to 90 of your one repetition maximum if you're using the percentage-based system it's not the

(07:10) only method explode but it's one of the most common and you need to let rest for a long time two to five minutes to ensure that the PCR are once again recovered whilst for creatine that is and once again in future videos I will go much more in depth into those things like the percentages the Reps you have to choose the rest periods and all of that but for now I'm just giving you the general outline it will come please stay patient another method that emphasizes the ATP PCR system is plyometric training and that is jumping exercises

(07:39) for example depth jump and long jump this training modality uses the elastic attributes of your muscles and you usually keep the Reps around 3 to 10 and you go Max effort on each repetition on each jump that you do because there is no resistance it's often very easy to slack off because you don't have like a 100 kilogram weight behind your back you're just using your own body weight but for this to be effective you have to go Max effort on every rep to train your motor unit recruitment in the brain so

(08:08) that you can teach your brain to produce powerful actions and once again if you do this correctly you will need a long time to rest two to five minutes to ensure that PCR is recovered once again our third method is ballistic training and that is exercises that are of projectile nature that maximizes the acceleration phase some scientists says that there is a problem with only performing compound movements such as a back squat or the deadlift because you kind of stop at the end of every repetition for example you

(08:36) squat the weight up and you just stop in a ballistic variation of the back spots for example you would jump with the weight and maximize this acceleration phase so this is one advantage with Ballistic training for example medicine ball throws jump squats bench press throws anything that maximally accelerates the weight repetitions are often kept three to ten depending on the weight that you're using and once again Max mental effort on each repetition and you have to rest for a long time because once again you want your PCR source to

(09:05) get recovered and our fourth and final method is good old high intensity interval training HIIT this includes sprinting or you can do circuit training or stationary method the main point is that you use intervals so activity times of around 10 to 30 seconds if we want to Target the ATP PCR system and once again during those 10 to 30 seconds you have to go all out maximal effort so that you engage this Energy System there is a certain threshold so you have to put yourself in for the system to get activated you can't go low effort and it

(09:37) will only be aerobic and the longer rest periods once again one to five minutes depending on the activity period you did but the main aspect is very high intensity and once again you can do sprinting you can do circuit training or stationary methods such as an assault bike a rowing machine or skiing ergometer or it depends as long as you do interval side training our second Energy System is the anaerobic glycolytic system let's say you have gone all out for 10 to 20 seconds your PCR stores have run out now

(10:07) you will transition into this one and this is for tough scrambles tug of war-like situations or grind these situations the byproduct of this system is lactate and in addition to that hydrogen ions are released into your blood giving you this acidic environment and that is why you get this stingy and sour feeling in your muscles when you go all out in an activity and you continue like you just want to stop this is the hydrogen ions getting released and it is a in addition to lactate a byproduct of the anaerobic system this one lasts a

(10:37) little bit longer than the previous ATV PCR system but it is not as powerful but nevertheless it is still powerful and much more powerful than the Aerobic System let's say 30 to 120 seconds until it is completely depleted you find yourself in a tough scramble let's say it's a submission attempt you're escaping a submission or you're defending a takedown and it just lasts for like half a minute until something happens a tough scramble basically a Relentless takedown attempt it's one minute left on the clock and you just

(11:04) empty the gas tank basically any tug of war situation where it becomes like a battle of brute force a Battle of lactic acid in sort of in a sort of sense it's hard to explain but any High effort scenario for an extended period of time now the pros of this system is that it works as a powerful backup system once your ATP PCR is depleted and it lasts a little bit longer up to 120 seconds 22 seconds depending on how hard you exerted yourself and your Fitness and a bunch of other factors the con is the lactate accumulation you

(11:37) will have a deep feeling of exhaustion once this lactate starts to accumulate and it will basically operate in slow motion because the only system that will be predominant once your ATP PCR is out and your anaerobic glycolytic system is out the only system that will be evident is the Aerobic System and that is not very powerful when it acts on its own and how do we train the anaerobic glycolytic system simply put any grindy type of activity that lasts between 20 to 120 seconds where you just feel like you're swimming in wet mud that trains

(12:08) this system here are some examples the first method is compound lifts with high repetitions unlike the ATP PCR system will be stuck to three to six reps now we will use high repetitions I don't recommend this method for beginners but nevertheless it is a solution so once again variations from all major planes of movement a squat a deadlift a push and a pull variation and high repetitions we're talking about 10 to 20 and Beyond sometimes this is known as muscular endurance rest periods are kept relatively short

(12:39) one to three minutes as opposed to two to five minutes in the previous ATP PCR system because we want to prepare ourselves for this grindy type of situation that is and because the repetitions are so high we use moderate weights we have to go by feeling here because percentages are very difficult to like use in these situations because the repetition range is so high generally percentages only work for between 1 to 10 reps when we go beyond that it becomes very deserted so this is more of an intuitive process

(13:10) our second method here is also high intensity interval training just like we discussed last time but the deferring Factor here will be the activity times we will stick to 20 to 120 seconds as opposed to 10 to 20 seconds for the ATP PCR system we can still use the sprinting and circuit training or stationary methods like an assault bike or a skiing angle meter whatever you want but 20 to 120 seconds on each round so you get this grindy feeling this feeling of swimming in wet mud all that lactate accumulates and then you rest

(13:41) for 30 seconds to three minutes to make sure all of that lactate leaves the body and your feet recovered again and sub maximal to maximal effort on each interval is Paramount here because we want to engage the anaerobic glycolytic system if you don't go high effort you're just using the Aerobic System and that's not what we're after our third Training Method is related to the previous one we talked about high intensity interval training but it is more geared towards stations of exercises for different movements and

(14:08) muscles it is called circuit training normally and this is probably one of the best methods that I can think of for anaerobic glycolytic system training anaerobic and general Statics because it can be made in a sport specific manner you can make up Circles that to some extent mimic the demands of your sport movement wise and energy wise normally you have four exercises in each circuit and you can use a format as a Tabata that is 20 seconds off on and 10 seconds off for 8 rounds or four minutes then you repeat this for three to four times

(14:41) maybe this is a very scientifically research method and it is very good it's a gold standard but circuit training is an amazing method for anaerobic glycolytic system and the fourth method that I want to talk about today is Sport specific endurance training for example high intensity MMA situations either defensive or offensive for example situations that you are weak in take down defense scenarios or submission defense scenarios you have Shark Tank sparring for example you stand in the middle and your opponent's take turns on

(15:12) you like either you're very defensive and you're grappling or you're striking combining everything and this can be used to Target situational weaknesses but the con of this or pros and cons whatever you want to put it is that it's very physically and psychologically demanding so you can't rely on this all the time otherwise you will be trashed so normally this method is only used for months or some weeks before a competition a major competition because once again it's very taxing very very

(15:41) taxing so but nevertheless it is probably the most sport specific method that you can use and finally we have the Aerobic System this is the longest lasting system in your body actually it lasts all the time for as long as you breathe because it is dependent on oxygen but it lacks in power and that is the icon of it so you're just using footwork or changing direction in a relatively steady Pace all relaxed lower intensity striking such as flicker Jabs or faints this system is basically activated when you feel relaxed and in

(16:11) control you're bouncy you're just doing your thing and the lastly the Aerobic System it actually AIDS in recovery between rounds so when the round is over you sit down on the stool the more proficient your Aerobic System the more effective your fossil creatines and all the lactic acid accumulation will go away so in that regard this system is good to have and the first method is probably one of the most common methods when people think of aerobic system or cardio in other words is steady state and general straining now I know I've

(16:41) talked about this before but when I say steady state endurance I don't mean that you should run a marathon like 40 minutes or one hour runs this is not applicable to MMA if you want to choose this method at top at least six to like maximum 25 minutes a 5K run or a 25 minute jogging or running or assault bike whatever you want circuit training but at top 25 minutes like if you go beyond that you probably don't reap any additional benefits and at least like focus on exerting yourself as much as you can within those 25 minutes rather

(17:15) than going for length focus on quality before quantity quality effort that is but probably a superior method to that steady state endurance training is intervals here again but because we're targeting the Aerobic System the intervals will be way longer than the anaerobic format so anyway I would say between two to eight minute intervals whatever method you want to choose whether that is running a circuit training or a stationary method two to eight minute intervals and short rest periods say one minute is probably

(17:44) appropriate if you go longer than that it's just not specific to MMA like keep it keep it specific to MMA even if you want to Target the Aerobic System and obviously because those rounds are very high the effort will not be as high as if it was 20 seconds or one minute interval so keep that in mind we're training the Aerobic System now and what is the third method to train the Aerobic System my personal favorite what I do with most of my athletes this is gonna sound a bit contradictory but it's actually high intensity

(18:14) interval training once again you see one thing I forgot to mention is that high intensity interval training science has proven trains both the Aerobic System and the anaerobic system simultaneously so it's two birds in one stone if you only train for example steady-state cardio or interval cardio utilizing like long rounds you only train the Aerobic System but high intensity interval training is almost as if it is made for sports like MMA and wrestling and boxing and sports of interval nature because it trains both

(18:47) systems you will get an aerobic proficiently developed Aerobic System as well like there are only benefits with this I would say and I use it with the vast majority of my athletes at vast majority of times once again 20 to 120 seconds per interval and one to three minutes of rest in between and the pros of the Aerobic System is that it lasts for a very long time and it's two hours to days because it's dependent on oxygen as long as you breathe you use the system and it also fuels ATP PCR recovery and

(19:18) it helps remove lactate from the body but the con is that it's not very powerful and it cannot view tough scrambles and high effort situations so to put it all together different activity to rest ratios at different intensities with proper rests and all of that it will train different Energy Systems this is a simple graph you can follow when designing your interval or endurance formats or strength training whatever you want whatever you want to apply it to it's basically your energy systems the anaerobic ones for example

(19:50) they get activated if the intensity is high enough like they are sitting there and pretty much resting until they are called upon so you have to use a certain intensity at a certain time span now once again with this video we only scratch the surface this is a very broad topic and I can only include so much in one video I know the questions are already popping up how do I set up the training where do I begin which how do I know if an energy system is improved what determines whether the shift goes from Aerobic System to anaerobic system

(20:18) is it the same for everyone how do I adjust for the off season so many options which method should I choose which one should I begin with which one should I end with I get it I will clarify all of this in later videos this will be part of a video series so see this one as a form of simple introduction hopefully you perceive it as simple I apologize if it's not but it was my best attempt but please keep stay tuned it will come more videos and I do want to mention that I offer online coaching as well I work with

(20:48) boxers MMA fighters wrestlers and Grapplers all over the world the results are going great I use scientific methodology this is not some bro splits not Bro Science academic stuff I promise you send me videos I analyze them I make weekly programs for you under constant monitoring by me all parameters are checked and this is not some robot doing the work it's not an algorithm it is me personally everything from start to finish

**4. How to workout as an MMA fighters (workout plan for MMA fighters) - YouTube**

[**https://www.youtube.com/watch?v=s7i7Z19URyU**](https://www.youtube.com/watch?v=s7i7Z19URyU)

Transcript:

(00:00) you are training wrong a lot of MMA fighters think the best way to train is to just get bigger this isn't bodybuilding MMA is an explosive sport where you need to develop your cardio agility power speed strength endurance the way to achieve this is by putting on athletic muscle discover the secrets to building explosive power lightning fast speed Ironclad endurance and unwavering strength whether you're a beginner or an experienced fighter this workout guide will revolutionize your training routine and give you the edge you need to

(00:36) dominate your opponents too many fighters think that getting massive and putting on so much muscle is an advantage but by the time the first round ends they're going to be gassed out and look sloppy the reason why big guys like Derek Lewis and Francis nanganu have terrible cardio is because oxygen is needed to make muscles work and the more muscle you have the more oxygen you need these big guys just need more oxygen than smaller guys your speed movement and cardio will all go down and you will be as stiff as a

(01:07) rock which will make your punches telegraphed and slow although you should be staying away from this type of training it can be quite useful if you need to put on muscle for moving weight classes or if you have certain muscles that are lacking Jon Jones did this for his fight with Cyril gain in a sport like MMA where both Fighters are competing at the same weight it's so important to have a better strength to mass ratio you often see Fighters go through some crazy weight Cuts just to have that small strength Edge

(01:37) Alex Pereira is six foot four and he walks around at 232 pounds he weighs in at 185 but the day of the fight he weighs in at a hoping 219 pounds to compare that to his opponent Israel adesanya that walks around at 203 weighs in at 185 and fights around 190. this is a crazy physical Advantage for Pereira he's huge compared to guys in his division what is athletic muscle athletic muscle is all about strength power Mobility Speed explosiveness and Performance when you have athletic muscle you're more well-rounded and can

(02:15) actually do something with your muscle it's not just for show this is why in a sport like MMA with weight classes the muscle you do have on you should be able to outperform your opponent in strength power Mobility speed explosiveness weight training is very important for MMA but you can't forget that actually working on your MMA is the most important thing to avoid muscle fatigue and not compromise your MMA training you should lift weights too three times a week MMA is already really hard on your body so

(02:48) don't over train but if you're trying to move up a weight class try working out more now moving on to cardio I can't emphasize enough how important cardio is bro don't skip it the most annoying thing for a fighter is being tired early in a fight your guard goes down technique gets sloppy you're gonna get ran through you should do some form of cardio at least four times a week running is the best but you can swim play sports jump rope try doing it on the days you're not lifting weights so

(03:17) that you can balance out your routine now for what really matters the exercises there are three categories for exercises full body Regional and isolation full body exercises are movements that incorporate the whole body at once Regional exercises are movements that Target portions of the body examples of this are rose press squat Pull-Ups and lastly isolation exercises they target particular muscle groups joints a good time to use this is when you lost a bunch of weight from an injury or weight cut trying to move up weight

(03:54) classes and having certain muscle weaknesses like weak lats here are some Global movements Kettle swing great from white tie and getting good kicks deadlift amazing for a solid build builds a strong back and legs but be careful you can also do rdls Olympic lifting be careful make sure you have good form landmine press amazing for explosiveness and learning how to use the whole body at once suit carry amazing for the core upper back grip shoulders and basically whole body farmers walk basically works the whole

(04:27) body and is amazing for the forearm and grip now for the regional squat amazing to have strong legs and great for grappling the zerker squat is amazing for Grapplers for example when you're trying to posture in someone's guard Rose can be barbell or DB amazing for building the back and a strong Foundation pull-ups in my opinion one of the best back exercises along with rows dips amazing compound that works the chest triceps and shoulders lunges great for the lower Body and Balance pistol squat great for balance and kicks floor press

(05:04) better than a normal bench press because it puts less stress on the shoulders incline press for fighting the two main muscle groups you should be targeting are neck and grip strength the neck is so important in fighting protects you from concussions and getting ko'd one of the reasons why yoel Romero can take so many hard hits to the head is because he has such a massive neck the grip is crucial for grappling and controlling the opponent you can work your grip with hand grippers farmers walk rice grabbing

(05:33) hanging from a bar when you sit down at school or watch a video or TV use a hand gripper something very underrated you can do is when you do a pulling Movement Like a row or pull up instead of using a handle use a cloth or towel it can be any fabric the neck is super simple use a neck harness or do neck crunches other isolation exercises are curls lat pull down tricep extension there's more but I won't name all of them as they are not that important for MMA to improve agility coordination and footwork do

(06:04) ladder drills before your workouts try doing at least five minutes of ladder drills you can also do jump rope Plyometrics are a cheat code they will also build some explosiveness you are only going to be able to do a fraction of all of these exercises because if you're only going to work out two three times a week you need to be selective with the exercises you do your workout time is precious if there was only eight you could do you should do these a deadlift or variation can be conventional RDL Sumo barbell rope floor

(06:38) press incline is great too but not as good a squat variation zercher is an amazing option landmine press pull up or any form of pull like a chin up farmers walk neck training this will help with longevity and protect your brain you should also find a way to incorporate Plyometrics into your workouts to conclude stop wasting your time on workouts that will barely help you for MMA listen to this advice and you will see a big difference in performance there isn't a secret to this just stay consistent and results will come

(07:12) if you found this video helpful or if you learned anything useful please consider subscribing it's free let me know what you want to see next and have a good one

**5. 8 Exercises To Become A Savage Fighter - YouTube**

[**https://www.youtube.com/watch?v=zuMvNgsSgBI**](https://www.youtube.com/watch?v=zuMvNgsSgBI)

Transcript:

(00:00) Combat Sports are absolutely crazy there's a ton of grit a ton of hard work there's a ton of different aspects from the strength characteristics that we need to train and that's where you guys come into play we're going to give you eight awesome exercises that you can use to improve your flight based trading and we're going to start right fight Based training has to be intense we've got to be able to use multiple different things at our disposal we got to look at different tools that we can

(00:28) use to improve our performance we've got to think about what exercises will transfer best to fighting and this is where this first exercise comes into play I want to focus on how can I improve my grip so if I'm a wrestler or I'm a Jujitsu artist or a judo player or let's just say even a boxer I need to have strong shoulders I need to have strong upper back and I need to have really really good endurance along with really strong ABS so what we're going to start off with is a two inch rope climb

(00:54) with some weight so we're here [Music] then we're gonna walk that down we're gonna drop that okay I'm gonna move this out of my way hopefully have a strength coach like myself to get that out of the way if you're an athlete and then I'm gonna get right back into it so what we just did was train our abstract train our lat train our biceps shoulders okay if we're fighting and we want to be in the fold we want to be compressed just like we are when we catch it clean or when we do a plyometric exercise that's where we're

(01:47) going to be when we're doing that rope climb with the weight around our feet the big aspect here you can tell I'm out of breath I'm just tapping into that glycolytic system I'm also getting some big time power output I need to make sure that my conditioning has a good base but what I want to do is every time I do this let's say I do three minutes three minutes of rope climb the first climb I'm gonna do with weight I'm going to drop the weight and I'm gonna try and get three to five more climbs during

(02:12) that time slot so we're looking at if I'm in wrestling if I'm a freestyle wrestler we got a three minute clock that's our period if I'm a fighter or a boxer three minutes if I'm in MMA I want a five minute clock so we can train that strength characteristic in this case trunk control grip AB strength over that time frame and then keep track of that and try to increase the number of reps that you can get during that specific time period and then as you progress you're gonna notice you're a better

(02:39) fighter every Tuesday in our YouTube live we're giving away two free t-shirts all you have to do is one comment down below two make sure all Channel notifications are active and then three show up to that YouTube live to find out if you want the sweet swole shirt now let's keep training Fighters we know based off of research that impulse is going to give us that knockout power we also know that punch is come from the ground just like sprinting ground reaction forces we need to manipulate ground reaction forces that means change

(03:09) level get the hit moving get the trunk moving okay if we can get that hip coordination with our trunk that leads to a massive amount of power into our hands then our hands connect and it's over so what can we do to train that rotational strength with our hips that's where the next exercise comes into play I'm going to give you two variations here and I like to use a decline bench on this because when we're holding this isometric position okay we're going to be holding a position here we're

(03:34) actually going to be forcing a little bit more trunk control into our hips a lot of people say like decline benches are worthless or they might even say well you don't want to train your abs this way because the hips being involved no you want to train your abs in specific manners where your hips are involved so that they're coordinating more effectively so there's a couple things that we can do one we can just simply do a little bit of a drop rotation into a punch okay and I know dumbbell punching isn't the greatest

(04:01) thing for fighting okay I know that but this exercise has tremendous carryover because of the rotational aspect so we're here boom okay here here okay we can do both sides let's say we do five sets of three here I'm so not coordinating my left side there one more okay that's really simple right you're gonna feel that in your abs quite a bit because you're absorbing and going think about oftentimes in fighting and boxing in MMA you'll take a punch or you'll you'll dip here and you Flex you

(04:36) get into this little bit of a fold here and then you come out with that counter that's what this is going to help with again I'm not training you with the technique you've got to have a technical coach that's going to help you learn all those aspects I'm training you with specific strength exercises just like we use inside of our app Peak strength you're going to get specific training to your sport boxing fighting MMA whatever it is okay now I'm gonna give you this sweet variation

(05:02) we're going to have this hooked up with a power elastic band this is available at garagecrank.com I love the loops especially for Fighters because you can hold this in high guard position think about winky right my favorite I'm going to say winky Wright's name 10 times in this video we should have a winky right tracker okay so we're gonna hear we're gonna rotate punch we want to hold that defensive position punch and the whole time I'm flexed here now this is where we're gonna use a garage

(05:31) rank Training Method so we just did some strength movements there okay we're focusing on the ABS focusing on the hips I'm going to show you we walk over here a reflexive movement okay and think about the garage shrink Training Method the garage strength contrast method is using an absolute strength exercise with a reflexive pattern so now we're here and this is what's going to give us that big time knockout power we just trained the trunk just train the hips now we're gonna get here boom boom

(06:00) hey try and use a little bit lighter for metal I got I think this one's like 15. I would use like a seven to a ten so I'm here be a little bit better with your target too I would also say that but the whole focus is change direction go okay boom boom okay so you hit the ab on the decline let's say you do five sets of three if you're doing the quick drop let's say you do five sets of five to seven if you're using the band variation if you walk over here 20 to 30 seconds you do five sets of four on each side okay when

(06:33) we're doing the reflexive jump when we're doing that plant go now one quick thing if we're looking at soccer football basketball the best setups we see are going to be a rapid change of Direction most goals are scored that way most touchdowns are run that way that's what we see in most athletic Ventures a quick change of Direction it's no different in fighting if you can Master a quick change of Direction and apply a massive amount of force in a short period of time impulse that's going to

(07:01) help set up that knockout power so that's what we're doing here trading that Defense work coming over here trying that offensive work and that's going to help you become a beast okay so I'm going to give you a quick one here nakano 2014 a whole research paper done on what is going to optimize knockout power okay and it comes down to impulse which is why we have impulse day inside of our app Peak strength now the whole purpose of the study was everybody who has the highest amount of Knocked Out

(07:29) power as far as a boxer and the people that they study these were all professional level Fighters they could produce the highest amount of force in the shortest period of time so how can we do that in the gym that's where we come into training unilaterally we know that a lot of power comes from the hips comes from the trunk the garage shrunk contrast method comes down to training an absolute strength movement and pairing it with a reflexive exercise so this is where we're going to come into play to train to get that knockout power

(07:58) we're going to do an offset single leg squat so this is simple Fighters you guys hate lifting weights traditionally I understand it but you should be able to use a 40 or a 50 pound dumbbell when we're doing a single leg offset squat this is going to help your ab strength it's going to help the hip shrink please do this for me I know you hate lifting weights but do it anyway okay so we're going to be in this offset position here boom I want to tap my knee let's do five on each leg I've already lost count okay

(08:27) I'm gonna get here I'm gonna go five one two three four five and I don't want to see this a lot of Fighters say oh well I don't like to lift weights and then you put a 40 in their hand and they're doing this falling all over the place they can't hold that trunk control so we hit that let's rest about 20 to 30 seconds this is the garage shrimp contrast method okay and we like to focus on unilateral strength training we like to focus on reflexive and impulse training inside of our app Peak strength

(08:56) when we're using unilateral Based training we're zeroing in on the issues that athletes have so if we're looking at a boxer and we know that the fighter struggles with that Dynamic trunk control we know the MMA fighter might struggle with change of Direction they might struggle with some type of fast power output that's why we use unilateral Based training inside of our app Peak strength now I'm going to show you the reflexive movement here we're going to drape this power elastic right

(09:21) over that single leg roller we're going to go right behind here ideally you would have a training partner holding that band right there okay we're gonna put this down I'm going to hold High guard think about winky right and I'm going to get a quick drop punch punch punch punch okay that's a reflexive movement we're training in multiple different directions dropping hidden very similar to what you're going to be doing inside the cage or what you're going to be doing inside the ring

(09:47) now we're going to train the other leg here remember we want to drop drop drop fast punch hold High guard just like winky right here okay so if we can train an absolute shrink movement with that offset position then we can rest a little bit we're going to feel that in our ABS we're feeling our quads and in our hips and here's where we want to be and think about if we're holding High guard and we move we take a body shot or something then we can come out with that big long step jab that's what we want to work on

(10:19) but we can train these technical positions also inside the gym so you have more power output so head over to peakstrength.app the Google Play Store the Apple iOS store and you can download Peak strength and inside of peak shrink you can select combat based training that's going to give you a sport specific program to help you develop that impulse so that you can knock somebody out so Fighters are exchanging massive Haymakers I'm visualizing the Diego Sanchez I want to say you might have been fighting Nate Diaz for the

(10:44) last 30 seconds they're just dropping major bombs the crowd's erupting but how can we train that we need to make sure that we've got that cardiac respiratory aspect covered okay and one of the best thing things that I think we can do is first you can start off with once or twice a week do long slow distance go for a five six seven mile run that's perfectly fine that's old school fight Based training and I do believe it has its place 100 but we need to focus on sustained power so can we hold power

(11:13) output for longer than 10 seconds can we hold it for 25 or 30 or 60 potential seconds yes there's going to be some flurries where there's a break in that flurry but for the most part we need to be able to do something with very high output consistently and that's where this specific work is going to come into play so we're doing the specific strength work and we're doing some specific cardiac work now what I like to do we're going to get on the bike we're gonna go 20 seconds 20 seconds at 90 RPMs a lot of Fighters

(11:44) don't do any resistance training so they can't even get to 90 RPMs and then hold it for 20 seconds but this will produce tremendous output in your fighting okay so it's going to look like this we're going to get to 90 RPMs and hold that for 20 seconds trying to wait for this to trigger it's actually like 108 so we go 20 RPM for 20 seconds 90 RPMs come off the bike get here we got our power elastic okay here boom boom here [Applause] okay

(12:47) Greco throws look more athletic than I just did 20 seconds then we're gonna rest 30 I got my timer we're gonna rest 30 seconds get back on the bike and do that keep track on the interval day how many times can you get through this in five to ten minutes and over your training this will improve now don't do this the day before a really important technical day because this is going to make you really fatigued do this workout the day before you would have off from your fight Camp Okay so it is extremely grueling flight

(13:27) training's got to be ferocious one thing if you don't have access to a bike you do Hill Sprints for 20 seconds as hard as possible you do 100 meter sprint and then do some of that band work but find something where you can do 15 to 20 seconds very very hard to Skyrocket that heart rate and then drop it back down while you're doing that technical work take that rest period and it's going to help improve your recovery during your actual fight so you'll have that situational strength characteristic

(13:53) developed and even the recovery inside of your fight is going to be optimized face it fight training is intense and we've got to do all these different aspects we got to train that strength in our legs we also have to train that trunk control that's going to help improve our impulse which will lead to better Knockouts but at the same time we also have to do that sustained power so head over to peakshrink.

(14:12) app the Google Play Store the Apple iOS store and you can download Peak strength where you can pick up a combat specific program that's going to help you optimize all of your time and training inside of the gym because remember free if you guys want to become a champion you've always got to cultivate your power

**6. Strength & Conditioning Rotuine of an MMA Legend (Analysis) - YouTube**

[**https://www.youtube.com/watch?v=f3AM6Q5bMc8**](https://www.youtube.com/watch?v=f3AM6Q5bMc8)

Transcript:

(00:13) [Music] GSP is truly an MMA Legend one of the all-time greats 26 and two with all losses Avenged in convincing fashion with very tough competition in 2013 he retired at the top setting the record for most wins in championship fights and the second long long EST Title reign in UFC history at 2,24 days with nine straight title defenses he then made a comeback in 2017 where he defeated Michael bisbing by submission additionally winning the middleweight title and becoming one of the only four UFC fighters to win championships in

(00:47) different weight classes what made GSP stand out so much from the rest of the competition of course he had the basic prerequisites of elite level competition such as work ethic athleticism and fight IQ and additionally he was the poster boy of a well-rounded fighter he could do everything he could wrestle he could box he could kick he could grapple all in a world- class fashion he could do all of it he was probably the first MMA fighter that lived up to the term well-rounded but there is one department where he stood out tremendously from the

(01:18) rest of the competition and that was his ability to seek out the right expertise and combine this with the fact of his extremely curious and coachable personality and athletes like this become like sponges just soaking in knowledge and guidance he was simply a master of seeking out the right guidance and being a model student and this was not only exclusive to the sport itself but also the strength and conditioning aspect if we explore the available footage of GSP training he does every single scientifically research method

(01:49) for strength and power development those include compound lifts Plyometrics Olympic weight lifting ballistic training as well as accessory lifts for injury prevention and stability on top of all of this to further improve his movement competency he does something a bit unconventional in MMA namely gymnastics we will go into this a bit later now here's the thing in a lot of interviews we can hear GSP saying something in the fashion of I don't do strength and conditioning or I don't do it for performance reasons and Etc but I

(02:18) believe a lot of people take this out of context I believe the point he's trying to make is that you should not sacrifice your standard MMA training and all the skill work for strength and conditioning if you believe that's going to make you a superior fighter and this point I absolutely agree with don't confuse cause and effect all of those worldclass competitors such as GSP and Jon Jones and Demitrius Johnson they are not alltime great because of their athletic attributes alone more importantly they

(02:46) are masters of skills and efficiency strength and conditioning is merely icing on the cake so if you're an aspiring fighter and want to grow in the sport you cannot substitute skill work with strength and conditioning you must see it as a compliment that takes up a smaller part of your overall schedule and this is the way GSP approached it it only becomes productive if you're already putting in the hours in your standard Combat Sports training and you're growing your skill set with that being said how did his strength and

(03:14) conditioning routine look like I decided to get to the root of the matter by researching the methodology of his strength and conditioning coach following his loss to Matt Sarah in 2008 and a couple of injuries here and there GSP wanted to make some changes and he saw that strength and conditioning Department that needed Improvement so he hired Jonathan chamber so the main chunk of this video is based on a 50-minute podcast with Jonathan shamberg which I transcribed and then filtered out the key points if we observe the old

(03:44) training footage of GSP before he started working with chamber we could see that he was mostly doing some general calisthenics and just basic fitness exercises chamber said that when he began working with GSP he could only do about eight pull-ups and he could only press about 55 lbs down dumbles and this was at a time where he had already beaten opponent such as Matt Hughes and he was already a world champion which a lot of people find surprising but it only goes to show how high his skill set is and how high his further margin of

(04:15) improvement was in the strength and power Department which they would then address after their training intervention chamber stated that he could do pull-ups with eight reps with 80 lb around his waist as well as triples on 100 lb additionally he was pressing 120 pound dumbells overall chamber described him as freakishly strong and an athletic freak which we can all agree with here is some footage of him performing Plyometrics with 50in hurdles and the power production and the utilization of the stretch shortening

(04:45) cycle here is remarkable this power and bounciness and overall twitch is comparable to a track and field jumper that does this for a living it is very remarkable and he is truly an athletic freak by observing this footage alone as I have discussed in my past last videos the purpose of petrics is to improve the body's utilization of elastic energy which is done by improving the time between concentric and entry contraction the quicker this is done the more you can utilize this rubber band effect and the more power you can generate this is

(05:15) a training intervention in its own and here we can see him performing some Olympic weightlifting variations more specifically the power snatch and apparently he was learning this under the guidance of worldclass Olympic weightlifting coach Pier of Canada and this is truly Testament of his ability to seek out the right expertise once again and the point of Olympic weightlifting variations for athletic performance is total body power development moving fast weights or producing force in short amounts of time that is power production once again and

(05:46) in this particular training instrument you emphasize the triple extension phase and that is extension of the hips knees and ankles the rapid extension of those will transfer to a great multitude of sporting movements and here we can see him perform a back squat jump which is a subcategory of ballistic training and the point with Ballistic training is to maximize the acceleration phase of exercises for instance if you perform a standard back squat you stop at the end and your power production is mostly u-shaped because you have to stop at the

(06:18) end but in a ballistic variation such as the back squat you continue accelerating with the weight upwards so the power production is constant in like a linear line so to speak so if you in your sport perform anything of projectile nature where you have to continue accelerating the force such as a double Leg Takedown entry and an extension of the body this could prove useful a typical strength and conditioning day for GSP according to chamber would look something like this number one we start with an active warmup to loosen up the joints increase

(06:49) the body temperature prevent injuries and then first thing first we have the power and speed exercises because those are the most mentally demanded exercises of all arguably because you have to produce powerful actions in short amounts of time so we have hurdles 50 in or so and then we have Olympic weightlifting variations and then they would go over to the main strength exercise of the day which would probably be weighted chin UPS or pressing variations or squatting variations and then they would end with accessory

(07:19) exercises to Target isolated muscle groups that are otherwise hard to Target with a bigger compound lifts chamber says that he looks at certain movements and he assesses their biomechanics such as their bodily restrictions from what is known as a functional movement screen and then he adds appropriate exercises for each individual including GSP to address those he says he can immediately assess their strength level from basic exercises such as how many chinups they can do and whether they can do something such as a single leg squat to a

(07:51) significant depth and from there he does his assessment and he adds an appropriate training intervention and this is actually not a bad idea at all because you cannot not be doing one repetition Max exercises with like deadlifts and squats with people that are not experienced in it not used to it it is way too risky a max out is a skill by itself it takes a lot of time to learn how to do it and you should definitely not do it with new athletes chamber is pretty big on functional training exercises now functional

(08:20) training is quite a loaded topic and there is quite a gray Zone in this term but the general definition is really that it focuses on training the body activities performed in daily life or the activity you're preparing for in question instead of say overly relying on traditional compound exercises such as the bench breast the barbell B squats and the deadlifts you would prioritize more movement challenging exercises such as the one arm push-ups or full barbell rollouts or Bulgarian split squats instead of emphasizing too much

(08:55) bilateral exercises you know such as the back squat which is done on both legs you would also emphasize unilateral work such as Bulgarian split squats which is done on one leg at a time with the rationale that most sporting scenarios consists of one leg at a time unilaterally that is instead of bilaterally like two legs at a time and this is a plausible argument although personally when I train my athletes I keep a mix of both modalities both unilateral and bilateral exercises which I am probably sure chamber does as well

(09:27) to a certain extent it is just a matter of of prioritization I assume the functional training approach is a Cornerstone in the training methods by coaches such as Mike Bole you can read his works if you want to learn more about it chamber is big on targeting individual weaknesses of his athletes including GSP he especially looks at the hip area as well as the knees and those smaller muscle groups act as stabilizers and they have to be strong to protect the body he said that GSP would get injured pretty frequently but after

(09:57) working with him he didn't have any significant injuries since 2 and a half years and this is one major importance of a good strength training intervention if we even put the performance aspects aside one significant aspect that makes it worth it to do for this reason alone is strengthening of stabilizers and injury prevention provided that you have a good plan under good guidance chamber says that most people they have weak stabilizers and he looks primarily at those and he builds a program based on that and this I highly agree with

(10:30) because many times we're often focused on the big compound exercises while ignoring the stabilizers through smaller specialized exercises and of course there needs to be a balance of both both compound exercises and isolated lips every major joint of the body has some stabilizer muscles that will help in their integrity and training those specifically is of high importance the main outline so to speak is often similar for all athletes but then it gets individual visualized based on the athletes weaknesses and often times this

(11:03) is evident by some observations simply for instance it may be evident in the squat that one athlete uses the hip flexors more than the knee flexors for instance or that's one certain part of their body collapses Etc issues like this are always related to one of the following reasons number one it is a technique issue and number two it might be a bodily restriction such as mobility issues in one certain body part or number three it might be underdeveloped stabilizer muscles so instead of trying to guess your way of which it is and to

(11:37) which proportion which is not always easy the most plausible solution is to Simply work on all of them at all times not only will those stabilizers muscles actually Aid you in your bigger compound exercises but they will also Aid in injury prevention and it becomes like a winning circle for example if we take a bilateral back squat which is a compound exercise all effort is is evenly spread out in all core and leg muscles while in a unilateral Bulgarian split squat variations singular muscles get more heavily empathized once again I include

(12:10) an even balance of both of them and then it talks about the importance of training different movement patterns in Planes whether doing strength training power training or endurance an athlete must be evenly developed on all planes of movement especially in such a dynamic sport such as MMA in MMA you push you pull it is a lateral plane it is a horizontal plane vertical plane everything is really involved and there is a designated exercise for every movement plane strengthening it that is when it comes to the endurance chamber is big on high

(12:43) intensity interval training or an anerobic emphasis when it comes to endurance why is that because if you engage in let's say lengthy steady state cardio let's say a 10 km run or a 20 km on you're only emphasizing the Aerobic System but if you emphasize the high intensity interval training anerobic endurance stat is then you get both anerobic system and the Aerobic System both of them are emphasized it is two birds in one stone so if you run for a 10 km run you will not develop high intensity endurance but if you do high

(13:21) intensity endurance you will get high intensity endurance plus low intensity endurance so it's two birds in one stone and there is tons of research behind this training modality high-intensity interval training is one of the most rigorously research methods for inurance developments and it closely mimics the demands of MMA he exaggerated this point by saying that 140 seconds of high intensity work can get you the same benefits of say 60 Minutes of low intensity work of course it's a simplification but it makes a clear

(13:56) point and he further states that a busy athlete with so many training sessions why would you deliberately perform a Training Method that not only is inefficient to the demands of MMA but also of longer duration lengthy State cardio that is in essence by performing high-intensity intervals and short Sprints it is more efficient for MMA than length is State cardio on a general basis at least now here we are not disregarding the importance of aerobic metabolism that is not the point we are only discussing the optimal means of

(14:28) achieving it and then he said something that I found pretty amusing a fault which many MMA fighters succumb to he referred to it as the Rich Franklin syndrome basically it means that you are working incredibly hard but at the wrong thing and he used Rich Franklin as an example for this because he was working so hard at lengthy steady state endurance training that he ultimately became a slow paced aerobic Fighters because his anerobic qualities was suffering because of this and there is science behind this actually because to

(14:58) a certain certain extent there is a scarcity in energetic attributes in the body so by going overboard on slow intensity long duration endurance you will sacrifice your powerful anerobic capacity to a certain extent because of this and you lose this twitchiness so in MMA this low intensity endurance and over Reliance on aerobic capacity that is it will only work against a certain type of opponent if you are faced with what I like to call a type 2A fighter you will be in trouble because those kinds of Fighters they have a ridiculous

(15:31) tank of what chamber refers to as power endurance or anerobic endurance in other words that is they can maintain a high pace for five rounds this is the Kryptonite of slow twitch Fighters GSP certainly fit into this category some other notable examples are khabib and Alexander volkanovski and how do they progress from session to session when it comes to endurance chamber says he gauges their fatigue level through relevant metrics such as heart rate and their time to recovery and he sets benchmarks for them for example on the

(16:04) airbike he gives them a Target in terms of RPM basically it is about keeping track of all relevant metrics the more the better and setting benchmarks for current and future sessions and this is a great approach I do the exact same thing with my athletes because the last thing you want to do as a competitor is to just aimlessly go through all workouts simply on autopilot because then you won't achieve anything worthwhile and you will not have a sense of control I recommend that you always maintain track of your metrics and your

(16:35) results and this is regardless of whether you're doing strength training or endurance or power keep adjusting and set benchmarks for yourself track your fatigue levels if you one day generated X amounts of power on an average heart rate of 170 but one week later generated that power on a heart rate of 180 then something is probably off and you need to make adjustments controlling those variables and keeping a track of them is how you avoid overtraining which is another huge component of strength and conditioning

(17:07) and Sports in general as for the equipment itself chamber says that he is big on airbikes as well as sleds he also implements Shadow runs battle ropes and often in a Tabata style interval format another research topic and now we get to what in my view is the highlight of the entire podcast and that is people talking about influential Legends in various Combat Sports such as Fedor or Floyd khabib Muhammad Ali whoever it is and they say things such as but he did a lot of distance running and this and that he didn't do compound lifts he

(17:40) didn't do Plyometrics or power cleans and they still reached the top and once again this is confusing cause and effect those athletes were not in the world class because they did distance running to begin with they were already so far ahead of everyone else in terms of skill and because of this Advantage because of them being those Chess Masters in the game they could do almost any routine they wanted to and they would still be far ahead of the curve because of this aspect alone it was so good compared to the other

(18:13) aspects it became their X Factor sort of ironically had those athletes in addition to their world class skill approach their strength and conditioning smarter well guess what they would be even better than they were and this is a terrifying thought when you think about it if they were already this good with a supper strength and conditioning routine imagine if they had engaged in a good one and second another point that shamberg talked about is that those athletes when they approach their training session when they do the pads

(18:43) or takedowns or sparring they do so with very explosive and Twitchy intentions the manner that is when feder or khabib went for a double a takedown or when they hit the pads they they were actively recruiting those fast switch muscle fibers and tons of motor units and they were actively working on their power production because of this so a lot of people forget this but a wrestling practice or a boxing practice in itself if you approach it in the right manner it is already a strength and conditioning workout because it is

(19:13) of so intense nature and this makes the question once again okay then what is the point of doing strength and conditioning in the first place if a boxing session is already strength and conditioning well once again it's specialization you isolate components that are otherwise hard to isolate in in boxing or MMA but that adds up to the bigger picture in his training approach with George he implements a lot of complexes for example after completing a classic strength move such as heavy weighted pull-ups he transitions

(19:42) immediately into explosive medicine ball slams and with this his rationale is to drain the muscles to produce power under conditions of fatigue to achieve this under fatigue that is so he implements very long negative portions on the exercises to induce this fatigue and then he goes over to a power exercise and one thing I can notice here is that he instructs George to go Max effort on each rep whether that is pulling whatever the exercise that is on the concentric portion to go maximum speed on it recruit as many motor units as

(20:15) possible to develop explosive intentions and this is an excellent approach I really love it very scientifically researched and I train my athletes the same way and you should do as well and then he goes into the work to rest ratios in MMA and how there is a negative one in MMA which he is absolutely right on and this is a huge problem with Combat Sports because not only do you need to display constant endurance in high Pace but you also do not get enough rest between rounds States we work more than we rest it's 5

(20:46) minute rounds with one minute rest in between this means that we must train our ability to persist under states of extreme fatigue and we have to be very smart and efficient with our energy expenditure in a sport like MMA we need aerobic endurance anerobic endurance strength power and speed and all of it and they all have their optimal solution with so many areas to emphasize how do we put everything together and the simple answer to that is periodization another thing that he went into which is focusing on one attribute at a time the

(21:19) further away you are from competition the more you can work on General attributes and the closer you get the more you have to mimic the demands of a fight so for example in the offseason you could do a general preparation phase and then you go into a strength phase and then you go into a power phase and in the last three weeks or one month or so leading up to a fight you go all in on high intensity endurance and another very important point when we're talking about periodization is that no component is ever neglected for instance if one

(21:54) block is prioritized for strength it does not mean that you neglect power or that you neglect endurance or aerobic endurance or anerobic endurance whatever the case might be it simply means that you prioritize this one component over the others it's not a black and white kind of matter it's not 100 and zero it you need to see the gray zone of things you need to maintain all other attributes also and one very interesting point that he talked about is assessing the margin of improvement for the athlete for example if someone is

(22:25) blessed with a world class gas tank they never get tired they can run on laps for ends go 10 Rounds in sparring whatever the case might be then the highest margin of improvement is probably strength and power they are probably weaker there so maintain this endurance that they have and work a little bit on strength and power and they will grow a lot more from that and he used BJ pen and his trainer as an example for this for example BJ pen is very good in terms of flexibility and mobility and balance and those kind of things and his design

(22:58) in a lot of training time to further improve this so his point is that okay if you're already so good in this one quality what difference does it really make if you get 2% better in it why not focus on something that you have not been doing such as anerobic capacity or power and strength and get maybe 100% better than that the margin of improvement for you is much higher here so maintain the strengths that you have but prioritize other components that you have a high margin of improvement in and that is the point fantastic point I

(23:31) absolutely agree and finally we need to talk about the gymnastics why does GSP try to learn gymnastics what is his rationale and for this I looked into his book The Way of the fight and he says that he emphasizes being open to learning from various Sports he initially disregarded gymnastics he thought it was irrelevant to MMA but he later recognize its values and this is because of its athleticism he notices their ability to generate power from awkward position which he says is an crucial ability in MMA where Fighters

(24:04) often find themselves in challenging positions and they need to exert Force effectively and then gymnastics he says demands high levels of balance and strength and flexibility and once again those are essential in MMA as well now you need to see those things in context in GSP situation who is already world class in MMA he can wrestle he can box he can kick he can do all of it he is the epitome of a well-rounded fighter that is highly developed in every aspect for him there is probably a high margin of improvement yes in trying to learn

(24:34) another attribute on top of that which in this case is gymnastics and this is called cross trining that is you engage in another training modality that is different from your own thing to learn movement scenarios and coordinations and changes of directions and muscle groups that are normally not so evident in your own sport so this arms you with new tools that you can then utilize and this is the purpose of it it's called cross training and once again this is in gsp's case very productive but you for example

(25:05) if you have not mastered the boxing or the wrestling or the kicking game yet is probably not a plausible ID for you you need to see it in [Music] context

**7. Full Body Strength & Power Workout For MMA - YouTube**

[**https://www.youtube.com/watch?v=0FppvSAQXQE**](https://www.youtube.com/watch?v=0FppvSAQXQE)

Transcript:

(00:00) thanks [Applause] all right what's going on guys we got Tyler Ray in the building we are going to be doing a condensed conjugate peaking phase because we're trying to make sure that he stays ready at all times to get the call up from the UFC or any major promotion so today is all about vertical integration we're working on multiple things at once bringing everything up and maintaining his ability to be fast powerful and increases Fitness overall let's do this rotate through that t-spawn open right I don't want you to go too down

(00:34) all right so keep it nice tall posture and rotate through one two step and rotate all right let's do it [Music] good we're gonna hit the lateral chain now so I want you opening up all right it'll be here back step open switch sides back step open you're gonna load that hip right load the hip on the down leg right so this leg right loading it and opening [Music] stretch so here reactive boom hold reactive knee down right knees straight down there you go drive it up balance balance balance good don't let the knee

(01:18) flare out right squeeze the glue keep the knee pointed down good good let's get it again pull it through cross connect make sure you push down into the ground go right below the hip don't don't cycle right so we're here rotate through the t-spine right boom boom keep the knee in midline there you go there you go good good good rotate rotate through the upper back that's it keep your eyes forward eyes forward good good squeeze the glute on the down leg every time you step good good the backwards now start

(01:56) speeding up start speeding up be a little bit more aggressive on the way down good try not to let the knees flare out when you come down right straight down use the adductors keep it in line keep it in line now we're just gonna March right so a bit faster a little bit more aggressive here a little bit more aggressive good good good good good all right right back go good don't turn them out don't turn them out keep them inside good keep them inside good keep going keep going keep going and relax all right all right high knees

(02:31) right there right there that's it that's it that's it good chest hole just tall high hips good good relax get the hip firing get the hips firing that's it that's it keep going keep going keep going keep going nice relax open open big opening big opening big opening that's it open close the angle down now nice open close it down do it open and close open and close good there you go ahead give me Spider-Man so we're going down all right here boom switch good drive the hips down Drive The Hip

(03:20) down drop the hip down that's it Hindu push-ups from that position all right down back underneath good that's one up up good look down now chin up chin tucked good right there give me a push-up get the hands off the ground squeeze the upper back push pull the shoulders forward then t-spine down hands off good back up rotate good get that shoulder locked in use your lat on the down arm when you go to rotate right keep that lat engaged there you go squeeze back up good rotate light on all right let's go

(03:55) outside huh start off stagger stance chest pass to the wall all right quick though quick reaction so you're here watch all right rapid fire yep 10 second goals you're gonna do four of them switch your feet up every time all right that's it that's it come on let it bounce bring it back to you good come on speed speed speed speed speed speed three two relax good go come on come on good extend the arms a little bit more that's it good come on keep going keep going dig dig dig relax we're gonna go

(04:26) overhead now stack of the feet boom boom boom boom all right 10 reps two each good keep going keep going keep going a little bit faster good good keep working keep working relax give me a little bit more range back up a little bit hit it harder okay let's work those elbows good return it fast though that's it come on good good good reactive reactive reactive keep going rest good keep going keep going come on get it done get it done get it done get it done come on go come on good speed good speed let's go

(04:58) finish up strong quick quick quick quick quick five seconds four three two relax good we're gonna go back step underhand rotational toss so we're here right back step boom just send it all the way through all right hit it good good turn that back hip over a little bit more [Music] turn it over all the way there you go come on oh oh that back step back step boom there it is good power here power turn it down good there you go that's it all right get a feel for that I want you in Sumo good

(06:03) all right make sure we're locking the legs out right lock the legs Drive the hips there you go that's it good spread the floor right for the floor lights tight let's go good order spreading dry good Sprint good lock your lights in spread and drive let's go oh there it is easy okay good one more oh good relax all right here we go four or five let's go pull the back spread spray there you go again good one more up good relax easy enough right I want to go to a heavy three all right with RP nine and a

(06:49) half open hips spread the floor pull it back lock your lats in let's go pull it back there you go keep it back tight back tight back tight there you go don't Yank It leg drive there it is that's better good don't rush the pool I just want you to focus on keeping your lats tight and then pull with your legs right 495 tight keep that back tight let's go pull it back leg Drive leg Drive good let's go now let's work right back thanks lots lots there you go legs good down what I want you to do is go with that 45

(07:28) degree step back we're gonna Step at the 45 you're gonna lunge it bring it back through lunge it bring it back through 45 good hit it acid come on let's go keep the toe pointed forward you got it good push it back let's go big step push out of it there you go push out of it load push out of it I had to do it again load push out of it nice try to like catapult yourself out right I want you to absorb that load coming out and then pull it back in rapidly all right let's go [Music] hinge first good push yourself quick out

(08:19) good and back in fast all right do it again yep just bend it you don't gotta you don't come you don't got to come up just bend it boom and then back in good fast [Music] there you go pull it back come on baby come on all the way out all the way out now pull it back in good out pull it back in good again out back in do it again come on one more out back in there you go that's it good faster there you go that's it go quick go fast go go that's it come on go good go it's all hamstrings you're not

(09:08) putting the glute in there it's all just bend and go sending it bringing it back sending it bringing it back to work those tendons too quick back in back in come on back in yep come on good come on do it again hypers and copenhagen's all right I want four sets of 15. pull with those lights there you go three come on two one more good getting that 99 right oh bring the knee in good hold that right there Reach For Me reach for me good hold it right there give me breath in inhale blow it out breathe in inhale

(09:49) slow it out get that knee up yep two more good one more good switch it here we go good hole right there drive your hip in drive your hip in there it is right there good breathe breathe expand that's it come on good one more good nice that's it [Music] 30 off we got five rounds all right work these legs keep your chest up elbows in tight give me some legs in there right [Music] keep going keep going [Music]

(10:56) you can pivot out you can move around move around circle around stay in there [Music] keep working those legs keep working the hips working the legs working the hips move your feet move your feet move your feet all right guys hope you enjoyed the video check out Tyler on Instagram Wolverine underscore 170 soon to be 185 obviously he can't make 170 anymore make sure you check him out seriously there if you like this video let me know hit the like button make sure you subscribe hit the notification if you want to

(11:38) learn or train any of my programs link is down below right now get all of them now see you next time peace

**8. Full MMA Upper Body Kettlebell Workout - YouTube**

[**https://www.youtube.com/watch?v=tlVGn3FenhQ**](https://www.youtube.com/watch?v=tlVGn3FenhQ)

Transcript:

(00:00) all right guys what's going on got Tyler Ray back in the building today we're going to go through a full upper body kettlebell and lower body Mobility session so follow along enjoy let's do this type ABS tight yeah there you go when you're trying to isolate the joint the goal is to make sure everything else that's surrounding that joint stays stable so that way nothing else moves so just here boom boom you feel it in your glute right you shouldn't feel it too much here should be more here so kick your leg back a

(00:31) little bit to me yeah feel the difference yeah all right now keep your abs on and when you lock your abs in you won't feel it in your back if your abs are loose what's going to happen you're going to Crunch to the back and you'll feel it in your Q up all the way around big circle just give me five it's very boring but let's just get it oh see what's going on right now you see this see how this is moving lock this down nothing moves here right you got to disassociate the ankle from

(00:59) the knee yep keep squeezing keep squeezing yeah see so nothing moves go ahead see the difference once you have control of each joint now you can move it globally but we got to be able to isolate before we integrate and you should start feeling you should feel it in your tibialis like all the muscles here if you isolate it you know you got to use those muscles as opposed to just you know going through the motions my goal is to get them legs bigger because you can gain some weight in your legs you just can't gain no more weight in

(01:28) your upper body that shit's over it's over top of it I don't want to say at least you said it do I keep driving the knee down and you're gonna hold it at the top hold good back down good shift [Music] reach back obviously arms up right you've done this plenty of times before so we're gonna reach it chest tall hold position on this one right and then stick it and then just hold in this position all right come back slow keep yourself in line right try to go back when you go back try to make sure like

(02:10) your leg is almost right behind the other right we're not out here good balance good balance good balance good stick that's it right there that's it out here hold that position going and stick good so a b duck press up bring it back down this is gonna we're gonna go light right give me about 10 reps sit in your hand not like this in that corner act like you're punching straight up so I'm gonna punch it and then bring it back inside leave it here right don't have it here don't definitely don't have it here keep

(02:41) it in the front rack we rotate it out all right punch good punch it up a little bit sooner so right from there there you go good do it again right from there that's it ABS tight good get your hand off your thigh good keep it tight keep it tight there you go nothing else moves there you go good keep the obliques on now you're firing up the obliques right maintaining stability as you press good that's it lock in working the hip flexors on these two come on now you should feel it here too right when you're pressing because you

(03:17) don't want to rotate so maintain that position dude that's it good nothing moves the Orange is going up good bring it back in bring it back in there you go right there good punch it come on tricep good back in relax all the way around see how you're moving your head around control it a little bit more so bring it away from your body move there you go now bring it up yeah there you go good full range of motion try to bring it behind you a little bit more keep your elbows in tighter there you go that's it that's it that's

(03:50) it good you should be feeling your hip flexors turn on now all the way around good back around let's go good all the way behind all the way behind the head behind the head big extension all right think about range of motion here right because you're stretching too so you got stability and Mobility remember when I used to say proximal stiffness with distal mobility and distal movement right this is what we're doing so everything's locked in place here while you're being mobile outside when you throw your strikes

(04:22) everything's locked in and I'm able to just throw see what I'm saying but if this isn't stable you can't do anything outside with good force and good velocity I told you man if I'm gonna do something you're gonna have a gorilla upper back and some hamstrings we building a battleship ain't no rowboats over here you know no canoes I want you to be able to be powerful be strong but also protect yourself and people grab onto you and you grab onto somebody they're like damn and they already doing that now imagine

(04:48) we keep this going and really start to focus in on what we need to oh switch chest up good off the ground good come on pull yeah good that's one four two good let's go pull three all right focus on rotation not about to pull all right roll up hold that position and then give me rotation at the end so hold it right here hold it right here elbow good now rotate your body good now bring it back down but keep it up keep it up though don't bring it down yep keep it there now rotate your body bring it back down go now rotate again

(05:35) good push into the ball good now rotate good that's it go get 10. good stay strong adductors on come on don't do this don't let nothing move here right this stays stable everything's locked in here nothing moves and now as you go to rotate you're pushing the ball down and like a bow and arrow we're opening up get it get it get it elbow High three rounds good look up at it look up at it bring your feet in I want you to use your hip turn your turn your toes this way and load the hip on that way

(06:21) yeah there you go that's it good come on keep your abs on give me a little bit more rotation of the Kettlebell come up there open bring it back down good load the hip good chest up chest up chest up chest up good turn around good bring it back ABS tight abs tight come on up right stay up right stay upright stay up right come on keep it going keep it going all the way all the way get to the white line posture posture there you go

(07:42) everybody good bring it home Stand Tall Stand Tall stand tall good keep it going keep it going keep it up right there and punch it this way there you go and I bring it to the chest I bring it up good trying to move your shoulders keep your shoulders good punch good come on do it more at the angle there you go website good come on keep shoulders Square shoulder Square nice [Music] I feel that everywhere forearm shoulders

(08:49) right [Music] please thank you [Music] all right so that's a wrap Tyler Ray was the Instagram at Wolverine underscore 170. so if you have been following me for a while you know this young man so make sure you go ahead and follow him if you want to train this particular actual exercise and workouts that he's been doing here today check out combat kettlebell it's down in the link in the description make sure you subscribe hit the notification hit the like button I know you like this video you want to go ahead you got you got you

(09:41) got enough energy you got energy points it out peace all right guys thanks for watching the video battle tested my post-workout recovery training supplement is now available link is in the description again this is all the formulations that I put together in one bottle to make you recover so that you can train harder and progress going further all right check it out link is down below

**9. Full MMA Explosive Power & Endurance Workout - YouTube**

[**https://www.youtube.com/watch?v=9FHYcoI677Y**](https://www.youtube.com/watch?v=9FHYcoI677Y)

Transcript:

(00:00) [Music] all right what's going on guys today we got tyler ray back in the building we are going to be doing our condensed conjugate where we are working through dynamic effort upper and maximal effort lower we're going to be doing some sub maximal work with the prowler here he's going to do his workout sets or work up sets and then finish off with maximal attempts then we're going to drop it back down and make sure that he's getting his strength endurance work built in with the prowler so that we can

(00:31) increase what we did with the testing you guys seen that you've seen a video on the prowler test check it out if you haven't done so trust me you're gonna need to do it to understand what we're doing here then again just follow along let's do it i got some gpp you could do help me move this gym let me move the gym how many how long have you been training with me not heard that [ \_\_ ] term at all general physical preparation for like moving [ \_\_ ] don't expect nothing less from that hair i get it alright guys so real

(00:58) quick if you want to train with me online virtually around the world anywhere you can't get here to the gym you can check out my one-on-one online coaching going on now with all of my methods all the programs all the exercises that you see here will be implemented into your own training so click the link down below for more details elbow stay on the wall tuck the hips in right back to lock the spine down we're going here walking all the way up as far as you can then walk it back down all right keep that pro traction though keep it here

(01:27) all right let's get three up and down the elbows into the wall good good good push it in my hand here a little bit more round it round it round it round it keep it there push good back down put those elbows in there and then do it right there back down good hop up there let's get some scat pull-ups all right use those lats use the lats there you go pull good squeeze the pinkies yeah that's it good good reach reach through right here pull them down that's it pull them down good all right come on dislocate i want you to go through the

(02:20) full range we're gonna protract you're gonna elevate retract depress back down okay let's do it good good see how you're pulling it apart get more rotation take a big surface [Applause] yep pull it back behind you good don't let it touch your back all right don't let the band touch your back all the way around abs tight glutes on tuck your hips in do it bend the knees slightly there you go good nice and controlled squeeze it back here squeeze it squeeze it squeeze it put it all the way around

(02:56) [Music] pull it that's it don't let it touch your back come on reach back for me reach back open this up open your chest there you go better good all right leave it right there let's get some pull-aparts huh 10 reps retract first bring it down in here [Applause] [Music] [Applause] five four [Applause] three two one good switch it up one two three [Applause] four five good okay watch right here come down squat come back out okay give me 10 of those

(04:04) reach reach push reach push reach push come on good push push big stretch good right from there get set out five and five [Applause] good come on rotate the shoulder rotate the shoulder [Music] good big rotation big rotation good that's it all right all right circle out right and re-shoot that's what you want all right we'll start here right load it first load it step into it that rotation all right give me five and five let's go load hit it i want to see you turn that [ \_\_ ] over right start from here and then boom close the angle down

(05:09) come on close the angle there you go that's it step with it now and stick the landing so you're here push boom all right come on [Music] hit it there you go right to it though right to it come on good rotation pull that upper back back right just like a bow and arrow roll it back there you go that's better hit it good switch up tension good all right don't come up don't come up until you are ready to go forward you want to basically go forward right and that 45 degree angle on the shin drive through

(05:52) right from the ground lean lean hit it there you go good really emphasize that rotation upward rotation i want that back step all right we're gonna load the hip twist it over boom okay throw it through go from the hip just like it's like you're golfing right your golf game just shitty but make this better load that hip good back step whip your hip around there you go good less arms less arms more hips okay there you go that's better let that [ \_\_ ] flow [Applause] oh good [ \_\_ ] turn it over pivot all

(06:36) right turn it over and pivot right side you said that doctor yo how long we going with this hair bro how long are we doing it next week oh my goodness how does hannah like it does she like it yeah she likes it a lot like it's like better than regular yeah all right then it don't matter though let's go i know that's that's it's the same i get it i get it i can be whatever let's go now [Applause] because it's new all right don't let it get to your head literally don't let it get to your head

(07:15) all right let's go [Music] [Applause] in sync all right dude [Applause] good i know a guy used to have that same here his name was justin timberlake look at look at him look at what he did with this he did all right so now change direction right right here punch it load the hip boom catch his foot you got to transition it to the other hip bone hit it there you go perfect big push yep there you go that's it good so basically i want you to stick land it into the hip and then let that hip try to transfer that weight to the wall

(07:54) extension there you go good yeah there you go it's faster too look [Music] boom good load it punch go whoo come on now hit it there you go relax that mind land mine land mine static to that dammit all right let's do it throw it let it go i'll catch it all right let's get it go ahead give me three reps free throws up good [Music] look good come on switch it oh good throw and then we're going to go med ball overhead toss just one what does that look for look at him like think about it like punch punch right we're only doing two

(08:50) reps though so it's two and two grab the ball overhead toss that's it come on now big throw stay strong lap tight lat tight hit it good come on expand stand extend extend oh good switch hold on let's go oh good let's flow through oh good got it back down let's go man overhead let's go drop down and go hit it nice good relax good come on use that hip punch it through punch it through good come on hit it good that's better strong here come on up good relax right there go ahead drop it down and go hit it

(09:39) nice good power come on there you go get that power let's go get that speed going oh good big force come on drop it up that's it good we're getting better come on punch that's it good down right come on drop down and go hip there you go shoot the hip shoot the hip shoot the hip come on there you go throw the hip in there let it lead there you go good come on [Applause] good pressure on the big toe turn it over that's it up good job hip there you go come on punch you oh good all right hold up let's go

(10:26) oh come on [Applause] punch it let's go big punch turn the hip over that's it nice power now turn it over come on turn it over that's it good he drives on last fight there you go tighten it up good tighten it up and then let it loose when you when you throw it brace hit it there you go keep everything locked in and then you can let it go turn it over yep come on locking locking good

(11:29) locking turn it over come on there you go let's do it start off here go fast go go with a good pace give me another plate another plate another plate give me a eight now strong let's go big drive big drive big drive big drive let's go all right [Applause] all right [Applause] come on oh yeah stay behind stay behind stay behind there you go there you go good good oh yeah they're wet as [ \_\_ ] good strong strong keep it going keep it going keep it going keep it going good keep it going all right come on stay behind okay stay behind

(12:27) there you go there you go keep coming keep coming relax good that's it that's it power it up let's go come on big drive big drive big drive good good all day nice power power finish it finish to finish it all the way all the way all the way good good two down two down good power all right this is more that strength endurance here 30 seconds strong as [ \_\_ ] though come on that's it stay with it stay with it good power keep going [Applause] come on finish finish good one more all day drive drive drive drive drive let's go

(13:30) let's go push through it it's too light here let's go easy sprint with that [ \_\_ ] come on hit it hit it finish strong all the way all the way keep going keep going keep going get there good right there good we're dropping it back down to about 60 60 55 60 percent and now he's gonna hit maximum velocity and do three rounds of that 20 yards each hit it there you go speed speed speed [Applause] all the way good good job take a second come on come on good last one last one last one hit it drive drive drive drive drive come on

(14:23) finish finish finish finish all the way all the way good job little bit of strength a little bit of conditioning because it's strength and conditioning come on let's go don't rest too much come on don't look at me like that don't look at me like that again [Applause] don't you know me right now come on now basically it's the same thing but we're going to go harder it's a razor curl so we're just going to go from this position right you're going to hinge you're going to push out

(14:55) you're going to pull it back in don't round the back so keep this tight latch on no no no no don't round it around it latch tight now hinge back to me keep your chest good don't keep the hips here right there right now flow out it's good all the way out now pull with the hamstrings right you're gonna pull a little bit with the core right but i want more hamstrings in there all right here we go chest up chest up chest up chest up good now pull it hinge first hinge first in first yeah now push push

(15:30) good and pull it in right here yep that's it do it again reach good pull it in good push them back let's go let's get on that path yeah get on the path do it hinge chest up hinge hinge more more good all right do me a favor don't worry about it's not a ghr so get to here first get it here first and then push your way out see what i'm saying all right hinge first wait no wait a little bit more yeah there you go now push leg press out they press out leg press out leg press out leg press out good now pull it in

(16:12) good all right two more you understand now right leg press out out out out pull it in here one more hinge hinge push push extend extend good pull it in relax alright guys so that's a wrap hope you enjoyed the video again tyler ray looking good looking strong one of our stronger athletes in the gym who might say strongest athlete in the gym possibly possibly they can't hear you bro they can't hear you anyways make sure you [ \_\_ ] follow my man on instagram wolverine right underscore 170. perfect all right go

(16:53) follow him check him out man rising star like i've said in the past also check out our podcast that we did together over on the the roof strong podcast channel if you haven't subscribed to that make sure you do so getting more and more guests on and let me know what type of guests you actually want to see there all right comments down below if you have any questions here again one-on-one online coaching if you want to train with me anywhere around the world virtually check it out link is down below if you want to do an mma program

(17:20) based on what you see here and you're a fighter looking to increase your performance check out fight ready link is down below for that too as well subscribe hit the notification dr greg over there just rolling [ \_\_ ] solid solid peace

**10. How to workout as an MMA fighters (workout plan for MMA fighters) - YouTube**

[**https://www.youtube.com/watch?v=s7i7Z19URyU**](https://www.youtube.com/watch?v=s7i7Z19URyU)

Transcript:

(00:00) you are training wrong a lot of MMA fighters think the best way to train is to just get bigger this isn't bodybuilding MMA is an explosive sport where you need to develop your cardio agility power speed strength endurance the way to achieve this is by putting on athletic muscle discover the secrets to building explosive power lightning fast speed Ironclad endurance and unwavering strength whether you're a beginner or an experienced fighter this workout guide will revolutionize your training routine and give you the edge you need to

(00:36) dominate your opponents too many fighters think that getting massive and putting on so much muscle is an advantage but by the time the first round ends they're going to be gassed out and look sloppy the reason why big guys like Derek Lewis and Francis nanganu have terrible cardio is because oxygen is needed to make muscles work and the more muscle you have the more oxygen you need these big guys just need more oxygen than smaller guys your speed movement and cardio will all go down and you will be as stiff as a

(01:07) rock which will make your punches telegraphed and slow although you should be staying away from this type of training it can be quite useful if you need to put on muscle for moving weight classes or if you have certain muscles that are lacking Jon Jones did this for his fight with Cyril gain in a sport like MMA where both Fighters are competing at the same weight it's so important to have a better strength to mass ratio you often see Fighters go through some crazy weight Cuts just to have that small strength Edge

(01:37) Alex Pereira is six foot four and he walks around at 232 pounds he weighs in at 185 but the day of the fight he weighs in at a hoping 219 pounds to compare that to his opponent Israel adesanya that walks around at 203 weighs in at 185 and fights around 190. this is a crazy physical Advantage for Pereira he's huge compared to guys in his division what is athletic muscle athletic muscle is all about strength power Mobility Speed explosiveness and Performance when you have athletic muscle you're more well-rounded and can

(02:15) actually do something with your muscle it's not just for show this is why in a sport like MMA with weight classes the muscle you do have on you should be able to outperform your opponent in strength power Mobility speed explosiveness weight training is very important for MMA but you can't forget that actually working on your MMA is the most important thing to avoid muscle fatigue and not compromise your MMA training you should lift weights too three times a week MMA is already really hard on your body so

(02:48) don't over train but if you're trying to move up a weight class try working out more now moving on to cardio I can't emphasize enough how important cardio is bro don't skip it the most annoying thing for a fighter is being tired early in a fight your guard goes down technique gets sloppy you're gonna get ran through you should do some form of cardio at least four times a week running is the best but you can swim play sports jump rope try doing it on the days you're not lifting weights so

(03:17) that you can balance out your routine now for what really matters the exercises there are three categories for exercises full body Regional and isolation full body exercises are movements that incorporate the whole body at once Regional exercises are movements that Target portions of the body examples of this are rose press squat Pull-Ups and lastly isolation exercises they target particular muscle groups joints a good time to use this is when you lost a bunch of weight from an injury or weight cut trying to move up weight

(03:54) classes and having certain muscle weaknesses like weak lats here are some Global movements Kettle swing great from white tie and getting good kicks deadlift amazing for a solid build builds a strong back and legs but be careful you can also do rdls Olympic lifting be careful make sure you have good form landmine press amazing for explosiveness and learning how to use the whole body at once suit carry amazing for the core upper back grip shoulders and basically whole body farmers walk basically works the whole

(04:27) body and is amazing for the forearm and grip now for the regional squat amazing to have strong legs and great for grappling the zerker squat is amazing for Grapplers for example when you're trying to posture in someone's guard Rose can be barbell or DB amazing for building the back and a strong Foundation pull-ups in my opinion one of the best back exercises along with rows dips amazing compound that works the chest triceps and shoulders lunges great for the lower Body and Balance pistol squat great for balance and kicks floor press

(05:04) better than a normal bench press because it puts less stress on the shoulders incline press for fighting the two main muscle groups you should be targeting are neck and grip strength the neck is so important in fighting protects you from concussions and getting ko'd one of the reasons why yoel Romero can take so many hard hits to the head is because he has such a massive neck the grip is crucial for grappling and controlling the opponent you can work your grip with hand grippers farmers walk rice grabbing

(05:33) hanging from a bar when you sit down at school or watch a video or TV use a hand gripper something very underrated you can do is when you do a pulling Movement Like a row or pull up instead of using a handle use a cloth or towel it can be any fabric the neck is super simple use a neck harness or do neck crunches other isolation exercises are curls lat pull down tricep extension there's more but I won't name all of them as they are not that important for MMA to improve agility coordination and footwork do

(06:04) ladder drills before your workouts try doing at least five minutes of ladder drills you can also do jump rope Plyometrics are a cheat code they will also build some explosiveness you are only going to be able to do a fraction of all of these exercises because if you're only going to work out two three times a week you need to be selective with the exercises you do your workout time is precious if there was only eight you could do you should do these a deadlift or variation can be conventional RDL Sumo barbell rope floor

(06:38) press incline is great too but not as good a squat variation zercher is an amazing option landmine press pull up or any form of pull like a chin up farmers walk neck training this will help with longevity and protect your brain you should also find a way to incorporate Plyometrics into your workouts to conclude stop wasting your time on workouts that will barely help you for MMA listen to this advice and you will see a big difference in performance there isn't a secret to this just stay consistent and results will come

(07:12) if you found this video helpful or if you learned anything useful please consider subscribing it's free let me know what you want to see next and have a good one

**11. How To Build Muscle and Strength as a Fighter/Martial Artist - YouTube**

[**https://www.youtube.com/watch?v=QKz8w-Y9juQ**](https://www.youtube.com/watch?v=QKz8w-Y9juQ)

Transcript:

(00:00) Fighters and bodybuilders are often attacking each other on the internet each calling the other insecure and compensating for what they lack and there's probably some truth to it I think most men want to be a dangerous fighter and they also want to look good so if you do martial arts but you also want to build a more aesthetic physique and get stronger than this video is for you martial arts involves a lot of high-intensity cardio for quite a long duration usually like three to five minute rounds of pretty constant action

(00:27) so your ability to win fights is mostly a matter of skill and conditioning but strength is also incredibly important if two fighters are equally matched in like skill experience conditioning size and that kind of thing generally the stronger one is gonna win and obviously also pure size is important too if two fighters are the same in every other metric but one is bigger the bigger one will probably win so fight in skill and conditioning are most important but strength and size will give you an advantage as long as they don't take

(00:56) away from your ability to move fluidly and have good cardio I fought at both heavier and lighter weights and obviously being lighter generally makes it easier to move around and I feel a bit more Snappy while obviously being heavier means you hit harder and you're generally stronger especially with things like wrestling or grappling if you're watching this video then you train martial arts and you also want to get stronger or bigger so let's get into how you can do that I assume you'll be training your martial art at least like

(01:21) two to three times a week which is a considerable amount of stress on the body and you need to think about this when you're planning how much strength training you want to do most martial arts training sessions will have some kind of conditioning work built in but it's generally not very long duration it'll be stuff like skipping or muscular endurance circuits like a bunch of push-ups squats and sit-ups so we can consider the martial arts sessions themselves to be conditioning work and they're definitely not strength training

(01:47) because the loads being handled aren't heavy enough these martial arts conditioning sessions are usually really high intensity so outside of the fight gym we want our conditioning to be mostly focused on low intensity and longer duration to build the aerobic base like building your gas tank that means things like 45 to 60 Minute jogs Cycles or inclined treadmill walking at a pretty low heart rate so the maximum heart rate you want to reach in these easy low intensity conditioning sessions is 180 minus your age I'm 22 so I don't

(02:17) want to go over like 158 beats per minute in my low intensity long runs and easy runs so that's conditioning covered for now the fewer Flight Training sessions you have in the week the more strength and conditioning sessions you can do so if you try in boxing or Jiu Jitsu or whatever five times a week realistically you probably shouldn't do much more than like two strength sessions per week that already takes you up to seven training sessions a week which means either No Rest days or you have to do at least one double training

(02:45) day if you're doing five Training sessions a week though I'm gonna assume you already have pretty good work capacity and you're used to a lot of training so two days in a gym should be fine first I'll explain strength and hypertrophy so you get stronger by lifting heavier weights for lower reps and you build muscle by lifting light to weights for higher reps so the best rep range for strength is like one to five reps and the best rep range for hypertrophy is like 5 to 30 reps so if you mostly care about strength and you

(03:10) don't really care that much about getting bigger then you can train mostly in the one to five rep range that will make you strong but it's not enough volume to hypertrophy your muscles much and if you care more about hypertrophy and building bigger muscles then you want to train mostly in the 5 to 30 rep range generally I'll suggest two to three gym sessions per week for Fighters and if you're serious about fighting and competing I would recommend mostly focusing on strength during these sessions and not hypertrophy strength

(03:35) will be more helpful during fights than a bit of extra muscle but if you train more casually then you can do more hypertrophy training if you like if you're not going to be doing any like important fights anytime soon keep in mind that hypertrophy training is going to make you more sore than strength training because there's more muscle damage and inflammation from the higher reps you can minimize the soreness by avoiding The Eccentric or lengthening portion of the movement but this also happens to be the part of the exercise

(03:59) that produces the the most high purge being saw obviously isn't ideal for training martial arts so I wouldn't recommend you do too much hypertrophy training if you're serious about fighting because it's going to make you too sore and negatively impact your fight performance every fighter should be training for strength though focus on like the three to five rep range to build basic strength without putting on too much muscle the Tactical barbell fighter protocol is a good program for building strength while your main focus

(04:25) is on fight training and conditioning you should pick between like two and four exercises to like bench squat deadlift and overhead press and then you perform all of these exercises two days a week so on like Monday and Thursday and this is a three-week program so in week one you do three or four sets of five reps at 75 of your one rep max for each of these movements then in week two you do the same but it's at 80 of your one at Max and then in week three you do three or four sets of three reps at ninety percent of your one rep max so

(04:55) the weights are getting heavier throughout the three-week program and the number of reps is decreasing little bit so you're kind of starting with higher volume lower weights and you're ending with lower volume higher weights and peaking your strength at the end of this three week program and you repeat it one more time with the same weights and then you retest your one rep Maxes or you increase your learner Maxes by two and a half kilos or five pounds and then you just restart the cycle with your new higher percentages so that will

(05:21) get you pretty strong while allowing you to focus on like your Martial Arts and your conditioning work it's pretty minimalist program just getting really strong at a couple of movements if you want to focus a bit more on hypertrophy then I would say maybe choose like two main strength exercises and perform the sets like I just described and then choose just a few muscles that you want to make bigger no more than like two or three muscles per session I would say so if you chose like bench and squat for your strength exercises which covers

(05:46) chests and legs then you could choose to focus on like building your shoulders and your back for your hypertrophy training if you want to minimize soreness then you want to do slightly lower reps so about three or four sets of like six to eight reps on your hypertrophic exercises if you don't care as much about soreness then you can do higher reps like eight to twelve and maybe more sets like four to five more volume with lighter weights means more hypertrophy and lower volume with heavier weights means more strength and

(06:12) not as much hypertrophy but anywhere between like 5 and 30 reps Builds an equal amount of muscle as long as each set is pushed close to failure and obviously pushing close to failure will fatigue your muscle and might make you sore so you have to keep that in mind so here are a couple of sample programs I put together I'm not saying you should use these exact programs but it's just to give you an idea of what they could look like so in this first one we're doing boxing three days a week and you have to work your like conditioning and

(06:37) strength training around that around your martial arts training sessions so I've chosen two strength training sessions in a week then I've got one long run on Sunday for that low intensity long duration conditioning so in the strength sessions I've chosen Squat and bench as my main like heavy exercises that I'm going to focus on getting stronger at and then I want to grow my back and my shoulders so I'm doing pull-ups lateral raises Bible Bell Rose and overhead press for my hypertrophy work and I've got one rest

(07:04) day on Wednesday in this next program I'm doing Jiu Jitsu twice a week and that gives me more room to do more conditioning and strength work so I've got three gym days this week on Monday I'm doing squat and overhead press for my heavy like strength work and then barbell row for my hypertrude work so I've only got one hypertrophy exercise on Wednesday I'm doing deadlift and pull up for my heavy stuff and then chest flies for my hypertrophy work and then on Saturday I've got an upper body gym

(07:29) session with overhead press and pull up and then triceps push Downs for some extra hypertrophy and then in the evening I'm going to do some Sprint intervals because in my experience Jiu Jitsu isn't as high intensity as boxing it's not like you're constantly outputting at near maximal intensity like you are in boxing it's a bit more slow and and relaxed and then like explosive struggles for dominance pretty much and because of that I wanted to do some some more high intensity conditioning outside of the gym so I'm

(07:59) doing Sprint into intervals on Saturday this is a double Training Day gym in the morning and it's an upper body sessions because if I did squats or deadlifts in the morning then my legs would probably be sore for the Sprint interval session and then Thursday is a long run for that low intensity long duration endurance and then Sunday is the rest day so despite having seven sessions in its week we've still got a rest day and we're just doing one like double training day and in this one it's much

(08:23) more intense on the martial arts training so we're doing Muay Thai five days a week and in this case you're gonna have to do a couple of double training sessions so on Monday I've got a just Squat and overhead press in the morning no hypertrophy work because you know we're doing so much uh Mai Tai that you really don't want to make yourself sore for these sessions because it's a lot of work already so you're just doing like the minimum possible volume that you could be doing to build your

(08:47) strength without making yourself too sore and impacting your recovery and then in the evening on Monday we're doing a Muay Thai session in my experience most martial arts sessions tend to be in the evening like after people get off work so and then Tuesday and Wednesday a we have more Mai Tai sessions and then on Thursday it's just a strength training day with the squat and overhead press you could probably do like a deadlift and a pull-up here instead if you wanted to like hit four different exercises throughout the week

(09:11) but for this program I'm just focusing on two and then on Friday in the morning you do a long run for your endurance and then Muay Thai in the evening Saturday my tie in the evening and then on Sunday you have a rest day if you feel like you don't need a rest day then maybe you could do Sprints somewhere here in the week or you could add in like another easy run on Sunday but I hope these programs have kind of given you an idea of what your training could look like so you want it to be quite minimal training

(09:35) in the gym you don't really want to be going in and doing like six different exercises with loads of sets and really High Reps because it's going to make you really sore it's definitely gonna impact your fight performance and if that's what's most important to you then you need to prioritize that over like bodybuilding but if you're just doing it casually then you can do higher volume more reps and stuff and focus more on the gym and then just have you know minimal like martial arts sessions maybe

(09:59) twice a week a lot of you won't have access to the gym so doing like strength training to get stronger is going to be quite hard for you if you just have your body weight developing muscular endurance is very easy with body weight because you can just do a lot of reps but to get stronger you need a lot of tension on the muscle it needs to be hard to do just a few reps so you need either a lot of weight or it needs to be very hard like calisthenics movements I definitely recommend getting a dip belt and you can add weight to your like

(10:23) pull-ups and your dips you could get a weight vest to do like your weighted push-ups and inverted rows and that kind of thing and something really important that we need to talk about is nutrition if you're training martial arts and you're trying to gain muscle you need a lot of calories each boxing or Muay Thai session or whatever sport you do it might burn like 500 to a thousand calories per session and you need to eat all of that back if you want to build muscle and gain size then you need a caloric Surplus you need to bulk and

(10:49) that's a lot of calories for me when I was doing Jiu Jitsu lifting and calisthenics I was doing maybe nine or ten total training sessions in the week I was eating probably 3006 hundred to four thousand calories every day that was extremely hard for me because I didn't have that big of an appetite I was force feeding myself because I wanted to be bulking while I was doing all that burning all those calories I did gain weight but it was really hard I find it really easy to eat very little and just shred weight off me like it's

(11:16) nothing so this year I lost about 10 kilos or 20 pounds preparing for a boxing fight because I was just eating intuitively which meant I ate not very much and I ended up losing a lot of weight a lot of strength as well because I didn't have a clear program for maintaining or improving my strength and I didn't have the calories or the protein to maintain the muscle that I had built over the previous years and I'm only just starting to get close to my previous levels of strength and muscle about six months later although

(11:42) I'm now leaner and lighter the point is you're gonna have to eat quite a lot of food otherwise you'll probably lose weight which will make you weaker obviously you have to stay in your weight class for a lot of you it might be easy to maintain your weight without eating that much and in that case you can do all the conditioning and extra training you'd like as long as your weight is where you want it to be and you can perform well in all your training sessions so make sure you're eating the right amount of calories to

(12:06) fuel your training and get your weight or body fat to where you want it to be and eat plenty of protein so like 0.8 to 1 gram per pound of body weight or 1.8 to 2.2 grams per kilo of body weight and since you're pushing your body hard training different sports like running lifting and fighting you need to recover just as hard as you trance you need a lot of sleep like eight to nine hours minimum if you're doing this much work outside of training sleep and diet really need to be prioritized over almost anything else I hope you found

(12:38) this helpful if there's anything else you want to know let me know in the comments and I'll do my best to answer you and thank you for watching and I'll see you in the next video

**12. How To Get A Body Like Conor McGregor - YouTube**

[**https://www.youtube.com/watch?v=jIW2yxVCzdM**](https://www.youtube.com/watch?v=jIW2yxVCzdM)

Transcript:

(00:00) I'd like to take this chance to apologize absolutely nobody what's up playas what's going on sender nation this is Dan Whitmer and today we're breaking down the body of multi weight class UFC champion Dino Torrio's Conor McGregor love him or hate him we happen to love them here at Sun nude Fitness because the dude is a true Zen dude but love over Haden the guy keeps winning inside and outside of the ring so today we're going to break down everything from his mindset who has diet to his workouts so that you can build a

(00:52) body just like Conor McGregor Conor is the epitome of the physique that we promote here at Sun do Fitness he's lean fast athletic and he's not too big and bulky even more kind of looks like a Bala in a suit some Gucci mink the reason we love Conor is because he doesn't just look fit the dude literally is a lethal weapon now it's important note that Conor's physique and weight does change with each fight that he fights at UFC 194 you fought Jose Aldo in the featherweight division so he was in at

(01:21) around he was weighing in at 145 pounds then when he fought Nate Diaz for UFC 96 the first time he weighed in he was fighting at 170 so he was weighing at 168 and then for his most recent ass beating against Eddie Alvarez UFC 2005 Conor was in the lightweight division which goes up to 155 pounds but the point is no matter which flight or which weight class Conor is still able to maintain that Zen dude physique of lean and fit let's go into the training methods that help keep Conor shredded year-round it's pretty understood in the

(01:54) UFC world that Conor does not follow any specific regimen which is obviously very zen dude because he just kind of does what he wants but his thing is more surrounding movement as opposed to traditional you know hours of sparring an hour spent in the weight room a lot of UFC fighters do a staple of Conor's workouts seem to be a lot of push-ups pull-ups calisthenic movements explosive movements I see him doing a lot of gymnastics types of work and different practices of martial arts to sum up Conor's workout regimen it's

(02:33) not very routine which is a great thing because it constantly keeps his body guessing keeps it more challenging and keeps him having more fun while he's training he's not really doing a whole lot of heavy weight lifting and he's really just burning a massive amount of calories each day so please recognize if you're someone who is thinner than Connor and you want to put on mass you do need to be lifting weights you guys need to put on weight and gain some muscle we did link up our gaining muscle

(03:00) core so check that out if your body mass is bigger than Connors right now and yours all you need to do is eat a calorie deficit and do things like my intensity workouts like the ones you see on this channel or we also have our getting cores which has a bunch of different weeks of calisthenics workouts jump rope workout a lot of bodyweight exercises so if you're bigger than him right now and you're just looking a shred up we'd recommend getting lean course so guys let me just be real with you for a sec here you probably came to

(03:27) this video thinking oh man we get the exact Conor McGregor workout because I saw it a Men's Fitness Magazine first off let me tell you that is complete [ \_\_ ] Conor McGregor does not have a specific workout that he does so you see somewhere online that says this is Conor McGregor's workout just recognize that Conor McGregor does not have a specific workout Conor McGregor is just a big fan of all different types of movement nine regards to Conor's training you have to understand that he has some of the best

(03:51) coaches in the world working with him literally like 24/7 every day when he wakes up he's moving his body and exercising for like 10 hours you might not have 10 hours a day to work out like Conor but that is totally fine because remember at the end of the day the biggest contributing factor to how you're going to look and if you're going to lose weight or gain weight is your nutrition let's talk next about what kind of putting in his mouth boom a it's my now the good Connor eats real food

(04:30) Connor does not spend a lot of time eating processed food whether he's training for a fight or not Connors nutritionist jorge lockhart summed up Connors diet by basically just stating that Connor is on a high fat and high protein diet while most people think that you need to be on a high carb diet when doing all the cardio that Connor is doing the high fat diet and high protein diet actually helps Connor to stay much leaner and feel much more satiated during his workouts and also allowing his body to tap into that stored fat

(04:58) rather than the glucose that he would get from carbohydrates so if you want to eat like Connor McGregor you're going to need a lot of lean meats a lot of red meats salmon a ton of vegetables a ton of fruit basically guys again real food that you would find in our simple meal system which is located in both the gaining muscle course and the getting lean course here at sended fitness we talk about counting macros does Conor McGregor count his macros no he doesn't but also remember Conor McGregor is exercising every single day

(05:25) all day and he also has a team of people consistently checking his weight and body composition every single day hey Bart shut up man now because Conor trained so much he puts his body through a lot so a high-protein diet is needed for his recovery now again since you are not moving your body all day long and you do need to work about can you do need to worry about controlling your portions what I've done is linked up a video teaching you guys how to log into our own Zen dude fitness macronutrient calculator and so you can figure out how

(05:54) many calories and macronutrients you need to be eating per day ladies and gentlemen so this is the Zen dude Fitness calorie and macronutrient calculator the URL is up here son dude Fitness com /then - dude - fitness fitness excuse me - calculator backslash so what we're going to do today guys I'm just going to quickly show you how to use this all you need to do is very straightforward 28 a male weight a 90 pounds I am 6-3 which is 75 inches I am highly active and I want to lose body fat so there you go here is my

(06:35) recommendation now all you're doing guys is plugging these numbers into a tool like My Fitness Pal so that you can track how much food you're eating per day to hit those numbers now just remember the body is just a science equation if you give it consistent inputs meaning a consistent amount of carbohydrates protein and fat per day you will start to sculpt the exact body that you want okay so for males the only thing I would recommend is that you select high for protein recalculate those macros because males should be

(07:07) eating a pound you know rough numbers a pound of all right sorry a gram of protein per pound of bodyweight for females I would stick to medium for protein it's not to say you can't enjoy things like processed food desserts chocolate you know a little bit of alcohol every now and then but most of your diet we here at Sun do fitness we say about 70 75 % should come from real whole unprocessed food just the way Conor has confidence and visualizes every single win inside the ring that's why I want you guys to visualize getting

(07:39) the body visualize yourself eating the proper amount of food every day visualize yourself moving and doing the workouts on this channel and getting after it and getting intense from day to day Conner's body is just a byproduct of this great mindset that he has from every it spills over into the way he dresses the way he does his business deals and of course the way he wins in the ring Connor believes truly that he can create any outcome with his mind that's how a Zen do to do that I want you to think about your body I hope this was a

(08:19) helpful video please leave a comment and let me know if you have any questions about getting a Conor McGregor like physique or if you just have questions in general about jumping rope and having fun baby deuces Andrew fitness I love y'all send donation if you guys like this video go ahead and give it a thumbs up below also subscribe to the channel if you want to learn how to get bodies that Zen dude body like other athletes and celebrities and stuff like that have you guys want our favorite recommended jump rope go

(08:45) ahead and click that in the link below and also this card right here you guys also want for three weeks of workouts and direct daily access to burn into myself then click the link below and check out our four week challenge trying to talk about kana I heard you [ \_\_ ] man off like a bird like a burger flowing my face

**13. No Gym Boxing/MMA Workout -- Training at Home! - YouTube**

[**https://www.youtube.com/watch?v=8-aI8Fp2bPU**](https://www.youtube.com/watch?v=8-aI8Fp2bPU)

Transcript:

(00:00) what's going on guys Shane here welcome to my backyard just kidding but someday alright today we're gonna be doing a home boxing or mixed martial arts workout that's up to you if you want to incorporate your kicks knees and elbows or if you just want to do strictly hands is gonna be a muscle endurance and cardio workout alright here's the format we're gonna be doing three minute rounds with 30 second rest in between for five rounds if you want to do more or less that's fine if you want to tweak it in

(00:24) any way that's okay too it's gonna be 30 seconds of shadow boxing we'll break down how exactly you're gonna shadowbox in 30 seconds of burpees back to the shadow boxing then we're gonna do 180 jump squats back to shadow boxing again and then we're gonna finish with matrix push-ups and we'll explain what those are so we're starting it off with shadow boxing which is a great full-body workout it gets the heart rate up and it improves your fighting skills so if you're new to shadow boxing a good rule

(00:46) of thumb is to finish your punch combinations with kicks or with knees you can see I threw a jab and I finish with the opposite side knee I finished with a cross and then I finished with the opposite side knee again it could be a front push kick it can be a round kick or if you're just exclusively doing your punches then just work your hands alright visualize an opponent in front of you moving around to your exercising good footwork and you're keeping your strikes accurate going through the head go into the body you're also gonna work

(01:09) your defense your head movement your evasions sometimes sprint it out with some quick uppercuts or clinch knees as soon as you're done you're going right to burpees alright 30 seconds of burpees non-stop wrap them out as many as you can do make sure you're doing a push-up at the bottom fast hips exploding a jump at the top land soft down into your squat right back down burpees are one of the best full-body calisthenics that you can do again it gets the heart rate up it builds up the chest the shoulders the

(01:33) back as well as the core in the legs alright so times you want to give up or when I need you to especially keep on pushing forward alright that's when you're gonna start to see results when you're pushing through that wall that you normally give up at as soon as you're done you're gonna go right back in you're shadowboxing alright your going to be fatigued you're gonna be tired in a fight to reach those goals that you're aiming for whether it's to be a better fighter or to lose weight

(01:52) get in shape these are the times that you need to go hard when you're huffing and puffing and when your limbs are tired that's when you need to keep those hands up you need to keep throwing with power 100% speed and accuracy good footwork switching it up you need to be alert you need to be mentally strong - making sure you have a good strategy go into the head to the body working your kicks if this is kick boxing and sprawls if this is MMA work that take defense next we've got 180 jump squats and these are killers here all right

(02:16) you're gonna jump up spin 180 degrees midair so it's a great plyometric exercise here it's gonna really burn the legs out you're gonna feel this quick all right so you're gonna jump you're gonna land soft on your toes back down into a squat you can see me already fatiguing and getting tired here my legs are already on fire from squats the day before but no days off got to keep on work and keep on pushing throat just like you guys you got 10 more seconds to keep on pushing through keep fighting

(02:38) through the paint all right embrace' that's what I always say if you feel the burn in your legs means you're doing something good then we're back to our shadow boxing and again you're really gonna be fatigued after those jump squats but you got to keep on moving good footwork keep throwing those kicks this is the third and final round of this sets we got to finish strong finishing your punches with kicks tricking them up with faints maybe getting fancy with bad kicks and guys if you don't know how to chain combos

(03:00) together you're not comfortable doing it no worries check out my fight gym calm we made it with the intention to teach you guys how to fight how to feel more comfortable developing strategies so that you can chain combos together using Taekwondo Muay Thai boxing wrestling all right all right finishing it off now is the matrix push-ups these are tough and these can always be modified but what you're doing is leaning to one side one arm to the left or to the right you're gonna go down in a full circle motion

(03:23) once you get to the top you're gonna reverse and go in the opposite direction like I said modify these by going down onto your knees or by just doing regular push-ups okay work your way up to the if they're too difficult at first all right 30 seconds again this is about muscle endurance it's working the triceps it's working the forearms the chest the back keep the core tight the leg straight and then once you're done you got a 30 second rest and then you're gonna go right back into it try to get 5 sets

(03:47) you'll be happy that you did it you can switch out different exercises different calisthenics for what works for you and just set the timer on your phone or watch a clock as you do it have fun with them work hard guys for more full-length workouts drills and techniques check out that link right in the middle there in the links also in the description below for my fight gym like I said will teach you how to shadowbox better and will give you full workouts that you can follow along with with a timer just like this

(04:09) one but that go up to 30 minutes in length until next time be sure to follow me on Twitter and Instagram and subscribe if you haven't already to get the fight tips before your opponent does i'm shane with fighttips self defense for the underdogs

**14. 40 Min MMA Workout Routine - MMA Training Exercises UFC Workout BJJ MMA Workouts Mixed Martial Arts - YouTube**

[**https://www.youtube.com/watch?v=WIaZUWEuV-g**](https://www.youtube.com/watch?v=WIaZUWEuV-g)

Transcript:

(00:05) Hey, everyone. It's your personal trainer coach Kozak here from has fit and today 40 Min MMA Workout Routine MMA Training Exercises UFC Workout BJJ MMA Workouts Mixed Martial Arts We're going to do an mMA workout Now even if you're not getting ready to step into the cage or step foot on the mat This is still a great total body workout.

(00:19) We're going to combine Shadowboxing moves with a bunch of [bodyweight] power and strength moves that are sure to get your heart rate up and get you moving I'm going to do the whole [thing] with you today and this is by no means a beginner workout really an intermediate to an advanced session today with not a lot of Modifications, just fair warning [now] I'm going to be using just a couple of light to pound dumbbells today for some extra resistance in my [shadowboxing] feel free to do so if you'd like to otherwise leave it out. No big deal the only other equipment needed for today

(00:49) I'm going to use [a] jump rope at the beginning just for our [warm-up], but it's not necessary so you decide So I'm gonna go ahead and grab that jump rope you can either use a jump rope or you can just do a faux jump Rope which [is] jumping in place using the little hand the same hand and wrist motions So go ahead and get started either with a faux jump rope or a real jump rope I'm going to do mine to the [side] today.

(01:14) Just because I'm a little tight on space Now I use a [one] [two] [three] [four] method instead of saying left straight right straight left hook right [power] punch So you'll see throughout the [shadowboxing] today that I'm going to be using that number call out method Now if you haven't done one [of] my workouts before you'll catch on quick if you want some more information I'll pop something up on the screen here for a little more in-depth Analysis, it's actually not my own system. I use up the legend bas rutten system

(01:45) So if you got a problem with it Take it up with him so just stand light and on the balls of the feet for this jump rope I'm actually using a weighted rope. This is a cross rope. I really like it It's a this is a half pound band on this guy. They haven't paid me to talk about them I think they got a pretty cool jump rope check [them] out Make sure to breathe and [letting] the balls of the feet let's go for [10] more seconds this little [warm-up] And we're going to jump right into some shadow box

(02:16) Nice loosen it up three, two [one] all right set your rope down pick up [your] dumbbells or weights even take a couple of water bottles that works too cans Whatever you got all right. Let's say get it going [throughout]. I'll let you just keep moving keep your feet Shoulder-width apart and just keep moving so even when I'm out calling out numbers.

(02:39) [I] want you to always be moving all right Let's go one to the left straight to right straight Let's go three left hook For right straight okay, so you got let's go one two one two three one [two] three four We'll start to ramp up as we get into it 1 2 3 4 1 1 1 1 1 [2] [1] 2 1 2 3 4 1 2 1 2 1 2 3 4 1 [2] 3 kick 1 2 3 opposite leg kick you get into chamber it back or spin around 1 2 3 kick Here's the Spin you decide which one is right for you 1 2 3 kick 1 2 1 [2] 1 2 1 2 1 2 3 4

(03:43) 1 1 1 1 1 [2] 1 [2] 1 2 3 4 switch kicks 1 2 3 4 switch kick 1 2 3 4 switch Kick 1 2 3 4 switch Kick 1 2 1 2 1 [2] 1 2 1 2 3 4 1 2 kick 1 2 kick Let's go 1 2 a switch Kick 1 2 switch kick 1 2 1 2 good breathe 1 2 1 2 break okay, set these down We're moving over.

(04:27) We're gonna do a walkout next so keeping the pace up you'll notice we're [Gonna] Go wide feet walk out as far. You can and will hook on back We're going to go back and forth between these body weight exercises And the [shadowboxing], so the shadowboxing almost becomes the break as we didn't do it here Good It's a great one for your grappling Really helps you have that strength on top good breathe work in that core Do a walkout keep those if your back tight back straight as you walk out Excellent you got it.

(05:03) You got to keep it moving keep it moving We're done with this we're hopping right back into that shadowboxing, so be ready to go good. You're good Let's hit it up four five four three Two one you got it up on your feet Dumbbells if you need them let's get into [it] one two one two Here we go one two [one] two one two three kick one two three kick one two one two Let's go one two front kick with the front leg one two switch front kick One two switch front kick again, let's go five times one two switch front kick push out that ball

(05:46) The foot one [two] front kick one two switch front kick good one more when to switch come front kick Boom good moving moving moving Defense defense hands are up hands are up defense one two one two Good one two three four one two [three] four one two one [two] one two one two one two Let's go Twenty Knees go one two three four five six Seven hey nine get them up there ten point that toe down [thirteen] [fourteen] fifteen sixteen Reach up and pull them India 19 20 hands are up one two one two [one] two three four

(06:35) one [two] three four switch kick one two three four switch kick One two one two [one] two one two. Let's go one two throw Hips to the ground back up one two throw hips to the ground Back up kind of like a burpee the hips to the ground once you're all Up on the balls of the feet if you want you can alternate hips once you sprawl left hit one leg out once you sprawl Right hip down [another] leg out one two three four Good one two one two Moving moving.

(07:20) Let's go come on one two one two one Two three four okay? Dumbbells are down if you got them moving into a lateral monkey hop so we're down reach Hop reach Ha using your arms to help pick you up off the ground and then the opposite way Hop in side to side you get the idea like a monkey this one is Awful and it works quick Good Move at your own pace.

(07:53) [I] want you to push yourself today Don't feel like you either got to keep up with me or be slowed [down] by me Ultimate goal is for you to be kicking my butt. I'm an old man. Let's go come out now Better be beating me. Keep it up, so I decide let's go so I decide next I come on Don't listen to those legs. They're lying dude.

(08:15) I got [pin] t left go go go go come on Let's go five four three Two one we're up grab those weights if you got them hands are up we're moving we're moving one two one two [one] two one two one two three four One two three four switch kick two three four switch kick one two one two Let's go one two three front kick one two three Front kick with the back leg again five times one two three front kick him back again one two three front kick again one two three Front kick one last one let's go one two three front kick back We're moving we're moving hands are up hands are up hands are up one two one two one

(09:03) two one two one two three four one two three four one two Nice one two three four one two Good ones who want two one two one [two]? Let's go Twenty Knees. Go one two three four five six seven eight nine Ten Eleven twelve almost there come on. Keep it moving don't stop don't stop What are you working [for] today? Focus on it three two one zero hands are up one two three? Gasps, sir let's go three hooks high low high one two Three three hooks high low high so drop down on that low high Low high again

(09:57) High Low [high] I'm that low you can be doing up uppercut if you want boom boom I work out here one Boom boom there we go again. Keep it going powerhouse right here Powerhouse has hit it again high low high good, okay. Set him down we have a reverse launch plus knee step back Help on knee at a 90 knee up step back boom We're going split in each side half and half so do all one side first Nice step back power that knee [ups] y'all hi.

(10:39) I'm getting that knee get it up there guys boom Crunching those abs working on that flexibility at the same time nice Switch it up other foot step back knee up keep balance find a focal point for your eyes It'll help keep your balance nice Come on guys. Come on pump it up while you here.

(11:02) Why are you here focus on that mental strength? What are your goals? Focus on them. What's your purpose? [three-two-one] nice All right, max we're moving into a [forward] monkey half so because another one We did earlier the lateral monkey house sitting down waiting your butt reach in front of you pick yourself up. Hop Hop Hop like a monkey hit it stepping back come on Let's go back is probably even harder try to keep good posture in this one.

(11:32) No, it's hard to do so Try to keep that head and chest up the best. You can nice whatever you do stay low to the ground [I] know your legs are gonna start to burn out, but that's okay. That's how we know it's working, right? How we know what's working? That's what's gonna Challenge us, and that's what's going to change it ultimately.

(11:52) [that's] [what] it's all about getting better right here guys every step every rep just getting better putting in the work so that we Can reap the benefits down the line so our families can reap the benefits down the line? It's all up [to] us right here Let's go come on. Almost [there]. I'm burning with you. I'm burning with you Let's go ten more seconds on this one nice. Keep it up. Don't stop [moving].

(12:18) Don't come up five four three Two one okay. We're up grab those dumbbells Keep this pace up come on. Let's go. Let's go one two [one] [two] Nice one two one [two] one two three four one two [three] four one two Good let's go one [two] [three] uppercut one two three uppercut one two three uppercut one two three uppercut again one two three uppercut one two three Uppercut.

(12:52) Let's go one two three duck uppercut one two three duck uppercut again one two three duck uppercut again one two three duck Uppercut one, two three four three four one two one two Nice one two one two hot hands one two one two We're gonna go one two [three] four sprawl one two three four Sprawl [keep] it up. Just keep going until I say otherwise This is many in as you can right here Here we [are] our second third round you're getting tired, and they're going for the takedown But you're not giving it up. You're not giving it up. They can try all they want, but you're gonna stuff it

(13:36) Everything time why, but you help because you put in they'll work. That's why you put in the work Let's go come Keep it up. Keep it up. I can't slow down so you can't slow down [that's] how it works. Let's go five more seconds four three two one zero I'm hot feet we're moving we're moving we're moving one two one two one two three four One two one two nice one two one two One two three kick one two three kick.

(14:17) Let's go low kick high Kick low bring you back chamber high low kick high Kick Hello, hi again. Low kick high Kick Hello, hi, I have to excuse me starting to slip again one Hi, Last one last one Whoa, hi good one two three four hit it one two one two one two one two one two one two Good, we're setting them down Doing a moving mountain climber.

(14:52) [I] down on the ground All fours Mountain climber, [so] [he] legs go but we're moving and walking Slow pace keep it moving peter going fast hands are going slow Living his life and back. Come on goop it all and keep it going nice Three you guys keep moving you got it you got to keep those knees going He builds feet going don't slow down Come on.

(15:23) Keep it push, and push it push it push it push it Stay focus just stay right here. [you] [got] it five four three two one zero nice All right, speak up those dumbbells right in the next when we got our hands up let's go 1 2 1 2 1 2 3 4 1 2 3 4 1 2 duck went 2 3 4 1 2 duck 1 2 [3] 4 1 2 duck 1 3 4 1 2 duck 1 2 doc 1 2 1 [2] duck 1 2 1 2 duck 1 2 1 2 duck wait back my hips 1 2 once whoo duck one - oh Good let's go duck 1 2 duck Duck one two duck get that full squat and duck 1 2 duck duck.

(16:14) Why - look again duck 1 [-] duck again duck 1 - duck again duck 1 - duck nice feet are moving 1 2 3 4 1 2 3 4 switch Kick front Kick 1 2 3 4 switch front kick again 1 2 3 4 switch front kick again 1 2 3 4 switch front Kick 1 more 1 2 3 4 switch front kick good where do I solo hooks next get down to Iso squad? Right here.

(16:50) We're side to side We're gonna burn those legs out on this one if you didn't notice stay seated right here There it [is] side to side Focus on what brought you here today focus on that outcome Focus on being stronger than you were yesterday Getting better every point moving nothing can stop us nothing can stop you.

(17:13) Nothing can stop you come on You're gonna stop the look you're gonna stop a ball here. It is let's go 10 seconds You got it all day leaving [us] all day 3 2 1 rook 1 2 1 2 1 2 3 4 Legs feel so good don't they 1 2 3 kick burn so good 1 2 3 kick? Even we're tired get that kick right 1 2 3 kick nice 1 2 switch Kick 1 2 switch Kick 1 2 switch Gear Guard 2 Which nice again one two switch kick? Dumbbells are down.

(17:53) We're going crab-walk Getting down low on crab in a crab position fingers are back Walk Forward to the side And back if you don't have as big of a space as I do no biggie make this workout your own from beginning Dad Nice. Come on get it going get [it] going come on move it breathe and keep moving Focus on what brought you here today What are you trying to get better at? What's your grind? What's your hustle? You wake up in the morning.

(18:31) What's that first thing you think about when you go to bed? What's that last thing you think about the answer is nothing or my cell phone and snapchat? [are] trying to [slip] slide into the DMS then you got a problem? Focus on what motivates you focus on that goal and go out and get it get after it right here five four three Two one we're up grab those dumbbells Moving hot feet we're moving we're moving one two one two good one two three four one two one two one two three four uppercut one two three four uppercut again one two three four uppercut again one two three four

(19:21) Uppercut once you want to Go [twenty] knees hit it one three four five six senator 11 12 13 14 15 16 17 18 19 20 Dumbbells down Sumo deadlift jumps Peter wide toes are pointed out touch the ground and jump Whistles hips back every time sit back [weight] in your hips not on your knees Not coming forward on your toes put in your hamstrings and your glutes that's where all the power is at not up here in front Power is in the back I always like to say in front of the show muscles in the back of the go muscles come on

(20:11) Let's go those are the ones that are Gonna. Give you that? Knockout strength, it's it 10 more seconds almost there nice almost 5 4 3 2 1 0 nice [alright], let's pick up those dumbbells getting right back into the [shadowboxing] light on the feet one two one two I know, [we're] feet are getting heavy.

(20:38) Keep it moving though one two one two This is that part of the workout where it's really starts to count one [two] one two Real workout doesn't start until you want to quit one two one two So we're at right now mental check one two one two How you doing get your head in it stay focused one two three think about why you're here 1 2 3 kick? and just stay focused on it 1 2 3 high kick 1 2 [3] high kick boom again 1 2 3 high kick again 1 2 3 Head Kick Nice 1 2 3 4 1 2 3 4 1 2 1 2 1 2 Uppercut Uppercut 1 2 Uppercut uppercut again 1 2

(21:25) Uppercut uppercut again 1 2 Uppercut uppercut 1 to Sprawl 1 to Sprawl 1 to throw one to Sprawl 1 2 3 4 One two one two one two one [two] Okay, Dumbbells down We're going double lunge or double leg take down two big lunch steps one reach pull in two hips through opposite leg first one two pull in One two pull in as you get better at it.

(22:09) You can go faster and shoot deeper Shoot shoot nice Shooting nice and deep boom boom pull in keep it up Keep it up hands are up reach pull in good keep it up Keep it up one two pull you got it. Don't slow down. Don't slow down. Come on. Keep it going keep it going last one three two one Nice dumbbells are up in our hands.

(22:38) Let's go one two one two one two three four Let's go 20 straight punches two three four five Almost there almost there Good hands are up one two three four one [two] three four nice one two three front kick and back one two three front kick five times go That's three two more One more last one come on Good one two one two one two one two One two three knee one two three knee nice one two three knee one two three knee one two three four switch knee one two three four switch knee One through three four switch knee one two three four switch knee once you want to good once you want to

(23:43) down Dumbbells [down] Get into a push-up position We're [gonna] [do] a staggered walking push-up so start from a push-up and one arm A foot arabs are a hand length and a half away from the other one push up walk. Come up push up Walk step up push up walk. Step up nice so climbing up against the wall nice one Into the next good walk back with the feet to hit a push-up on every step Good you got it you got [it] stick with it now read Almost there Good Let's go ten more seconds ten more seconds keep moving keep moving

(24:32) and five four three two One nice alright next moving into forward and back hops I'm gonna grab my jump rope But again totally not net and necessary. Just if you have [one] you want to kick it up a notch [we're] just hoping forward and back light on the balls of the [feet] let's hit it So I got the rope and I'm going forward and back forward and back Try not to get any heel contact on this one You're not using the rope try jumping forward and back Over a line on the ground or a rope or band or something. It helped you get for going forward and back

(25:11) good read [stay] Focus come on. Let's go Getting into that hard part now. It's you versus you, it's all mental It's all in your head those who think they can do it and those who think I can are both, right? Come on. Let's go. It's up to you.

(25:38) What do you think they're going come on almost there ten seconds? almost there five four three Two one ok rope is down Dumbbells are up hands are up. What do we got one two one two? one two three four Good one two three four kick two three four kick One two three switch kick one two three switch kick one two three four switch Kick one three four Switch, okay.

(26:08) Good one two one two when to duck again again again [nice] again one two three four one two three four knee Switch knee one two three four knee, huh one two three Dumbbells are down. We got a sprinter sit up starting down lying flat on your back Opposite knee comes up opposite arm. Comes up elbows are out of 90 back down up back down Use those arms opposite arm opposite knee bring that knee in Can't quite get all the way up.

(26:56) Just come up with your legs And leave your upper body out But I want you to push yourself Get as many of these in as you can in a lot of time period Remember you versus you What do you got all mental hundred percent mental because your mind is going to give up Way sooner than [your] body ever will you just gotta have that mind Convince your body to keep moving keep grinding keep getting up when you get knocked down keep moving past impossible obstacles and odds It's all you and your head What you choose to accept and what you choose to defy and overcome let's get it going right here right now

(27:41) Making the stance you [got] it. Come on root five more seconds. That's it you do is all dang day all day day [two-one-Zero], we're up on our feet grab those dumbbells and let's get moving breathe one two three four one two one two one two three four one two three four duck Nice one two three four duck One two three four duck duck two three four duck duck nice again one two three [food] duck duck good 20 knees go one Knee up nice and high toes pointed down. You know the drill. Let's go come on pull them India pull them into you

(28:29) eight Seven six five four three, two One Dumbbells are down We got a triple drop squad feet are shoulder-width apart Drop out down up now split down [up] Opposite in the hips every time drop that back knee but don't bounce off [of] it Come up, right as it touches or kisses the ground Nice or not those legs gonna get really good at takedown and takedown defense so quick combine with the power Combined with that stamina.

(29:12) Do not get tired when their legs are slowing down yours are just kicking it up Here's a just getting warmed up come on. So we got to think it's all mental. It's a mental game It is a mental game right here starts right [now] that proper preparation Come on. You got it you got it one into the next No, give up. No breaks just you Fighting past [it] but and pass that lactic acid nice good grabbing the dumbbells Back into it hands are up one two one two one two one two one two three four [hah] one two three four. [I] got to get it right one two three four there. It is one two three four switch knee

(29:55) Switch knee one two three kick Nice one two three kick one two three low kick high kick one two three low kick high kick let's go one two switch front kick one two switch front kick again ah again ah two more last one Hmm Dumbo's down we got bear plank position We're going [to] do a bear plane kick through so knees are bent at 90 we're going to kick through Hips up sit out and back kick through hips up sit out and back go and perform it like you would when it's over sit-ups or sit out style you like use as an escape from

(30:47) bottom position North-south position good kick out Hips up dry kick sit up hips up bridge good Nice. Come on. Keep it up back into that bear plank every time don't rest your knees in between reps One into the next one into the next [you] got it you got [it]. Come on.

(31:14) You got to go go go go go breathe Good let's go ten more seconds. That's it just ten seconds almost there five four three two one up scratch those dumbbells Hands are up and let's hit it one two one two Yeah one two three four one [two] three four [one] [two] [one] [two] Let's go punch out 20 seconds go three is many punches and as you can and [that's] a lot of time period Use that core Use your hips Get full range of motion nice nice Almost there almost there five four three Two one [Dumbbells] are down We got high plank or bare plank again

(32:09) We're playing step backs so bear plank position now step back Forward Back forward step back There it is every time coming back with those knees up [three] Want you to focus [you're] on top position Against the guy that's beating you at practice against your next opponent guess whatever Against whatever it is it's keeping you down Stay focused breathe Whatever you do.

(32:42) Do not give up You are a fighter Not a quitter [a] fighter not a quitter. You keep saying that to yourself Until you believe it till it's true Come on. Good one into the next you got [ten] seconds left on this that's it hold strong close strong five four three two one [rats] rook Grab those dumbbells you know what time it is shadow boxing time.

(33:13) Let's go one two three one two three Let's go one two three front kick one two three front kick good Go one two three front kick kick one two three front kick down in front kick again one two three one two three front kick down in front Kick Again hit it one two three front kick down in front boom let's go again. Now.

(33:38) Let's go one two Front kick one two front kick let's go one two three front kick one two three front kick nice again one two three front kick good Let's go one two [three] four switch front kick one two three four switch Front kick again one two three four switch front kick again one two three four switch Front kick one more hit it one two three four switch front Kick Dumbbells are down Getting into a crab position.

(34:10) We were here earlier Fingers are pointed back row up. We're going to go down with our hips reach across back down switch reach across bring those hips up Kind of like a oopah like we're hoisting somebody who's on top of us or somebody who's trying to get mouth? hips all the way down hips all the way up Drive off those heels and reach across Drive off the you reach drive reach good. Come on.

(34:40) Pick [it] up guys pick it up What are you saving it for? We don't have much left put it all out there no regrets the only pain worse than the one you're feeling right now is the pain of regret Let's go. No regrets all effort right here. Come on. Let's [go]. Let's go. Let's go push it out push it out Let's go ten more seconds.

(35:07) You're almost there almost there [and] [five] four three Two one [grab] those dumbbells up on our feet again Let's hit it [one] [two] [one] two [two] [one] [two]. I want you to go speed back speed bag [running] place speed bag running place good run in place hot hands rotating at those elbows and shoulders Come on burn them out switch opposite side now Opposite side you [got] it.

(35:36) You got it nice nice almost there five four three Two one let's go twenty knees hit it one two three Four five six seven don't stop pushing. It's all right here This is it. I want you to impress yourself today Surprise yourself Achieve more than you thought you were capable of achieving Come on surpass your own expectations [three] two one dumbbells are down. We don't have much left guys.

(36:12) We're going hard at the end though I gotta warn you to the ground We got ballistic push-ups eat it from your knees for from up top hit five push-ups one jump two three four Five take a couple [second] rest, and we're at it in three two one Five push-ups. Go one two three four Five we're up breathe and again go one two three For five, okay last five ready three two One big power go one two three four five, okay? We're up grab those dumbbells. Come on.

(36:58) Come on. Come on. Come on. Go let's breathe Get it [one] [two] [one] [two] Once you want to hey one two three kick Nice one two three four switch kick Good one two one two one two three four switch kick [hi] One two three four switch kick. [hey] Hey one two three kick. Ha ha once you one two One two one two one two three four.

(37:37) Hey one two three four one two one two three four duck one two three four duck one two three four Doc One more one two three four duck Dumbbells are down last thing. This is it right here This is Gonna kill me fair warning give it everything you got we got any talks How bad do you want it ask yourself? How bad you want it right now? How bad do you want it? How bad do you want? Who's Gonna take it from you? Huh? Who's Gonna take it from you? Who can take it from you nobody? That's you [nobody] let's go come on one into the next

(38:12) One into the net get him up there get him up there nice south landings wait back in your hips What do you got come on show it to me [calm] prove it to yourself right here, mid power big power. Let's go Let's go. Let's go come let's go you got ten seconds. That's it Almost there almost there three two one ha oh [God] yeah, nice work everybody, huh, did you like this workout? Make sure to give it a big old thumbs up and subscribe to this Youtube channel it really helps us keep this great

(38:51) Service free and if you love has fit, and you really want to take your level of support to [the] next level make sure you check out our patreon page where you get to win rewards for help produce this product and Helping to keep as fit alive. You can click the link up [here] to find out more. [sorry] I'm so a lot of breath.

(39:12) That was a tough workout Make sure that you check out has fit comm for hundreds of free workouts free meal plans and our free complete Free complete fitness programs I promise you [all] get through this Check us out on social Media whether you [hear] on YouTube Facebook Twitter snapchat? Instagram, we're everywhere that you are come check us out Thank you so much for giving me the privilege to workout with you today. I'm coach Kozak, and I'll see you your next workout

**15. MMA Bodyweight Workout - Combat Conditioning - Tiger Muay Thai - YouTube**

[**https://www.youtube.com/watch?v=7ZtWQFFnWl8**](https://www.youtube.com/watch?v=7ZtWQFFnWl8)

Transcript:

(00:00) I'm about to destroy these MMA fighters with my brand new metabolic MMA bodyweight circuit you ready get ready to see this stay tuned the 10 exercise circuit each exercise you're doing as many reps as you can for the amount of time followed by a quick rest during that rest period it's very important one we breathe we need to recover ok the teacher in the 15 seconds rest is recovery the reason why are you doing this you want to get as much off you need that oxygen to help you get to the next exercise

(00:44) the first exercise are bunny hop burpees okay so I'm gonna show you real time we'll break it down and I'll show you real time again okay so three bunny moths to a burpee which looks like this vault so you're saving the balls of your feet you're staying nice and low your butts kind of down on the ground and you're hopping okay one two three when you kick out everything straight we're not going into a push-up you're not we're not sagging down I will not keep you on our butt up we're trying to

(01:13) keep everything straight and then your back the key is back fast you're gonna feel this in your legs you're gonna feel the lactic acid building the legs because you're bouncing but just focus on going bop bop up faster the next thing is breathing breathe throughout don't hold your breath so here again listen to my breath good well got it second exercise app spring ups just straight up I'm straightening exercise - white tie what they call Chi okay so basically it's a half crunch with a strike so looks like

(01:58) this on the way down in through your nose on the way up strike and strike like we're trying to temper the ABS and trying to get them nice and strong use your arms behind you to help bring you up slow down here heads up backs off the ground okay so use the momentum of your arm to help you get the back off the ground and then strike ok strike hard and exhale on the stretch next exercise low explosive lunches low explosive lunges so we're gonna start down low nice and a little here then we're gonna switch base we're

(02:43) doing a switch a very fast which while staying low okay again we're here you're just switching the first round is gonna be sort of ironing out the details around second or third most of MMA push-ups this is what I want everyone to start at it that's what I want everyone to start okay so it's just basically Close Grip to regular too wide too close too regular to wipe the clothes so okay no of course 45 seconds 60 second it's gonna be very hard to get hit with yourself what you want to get as many as

(03:39) you can and then regular push-ups regular push-ups so first 30 seconds we're gonna do this why doesn't matter if you mess it up just make sure you get all three and then I'll say regular push-ups and then it's just burnout it's burnout okay it's burning out good exercise pure party your party just running on the stop okay high knees running on the spot I'm in at about fifteen seconds left I'm gonna all-out sprint all-out sprint run like someone just stole your car run like someone just go your wine alright

(04:20) let's fast it again balls your feet when you're running keep your arms nice and relaxed okay you don't want to extend any money I spend any much more energy when your fists are clenched and you're tightened up that's too much energy you want to stay nice and relaxed alright and anything you do until we need to move make that movement you want to be relaxed kick-outs basal rotation corn sack or mobility rotation so you're just turning and kicking the opposite leg through making sure that your

(04:58) shoulder and your arm tighten to the ground you come back into all fours and then you kick up on the other one arms down legs down do you have a base the key is again keeping the core tight and rotation rotation rotation number seven the Wolfram kick-outs to kick ups so this exercise again core cardio just kick ups okay it's not be I don't want to see this I want to see so you see my hips dipping the dipping my arms are tight into the ground number eight jump squats here I don't want you to go long

(05:46) okay just like just these it looks like this the grass and then explode up your legs are gonna be tired take them out for two seconds and they get back to doing it okay this next exercise a little bit of an active rest it's called flank around the world so first down I just want you to get into a plank position core tight one arm up next time up leg up leg up arms arm leg like pretty simple try not to rotate you try not to rotate the body your body obviously when you take one one thing off it watch the rotate and fall down

(06:41) finally you're gonna have to do this around your mat you call Carlos los brawls so I'm gonna call this brawl you're gonna get combos you can throw a combo so we see these leaves broke up this exercise here the last minute around your opponent wants to take you down you're winning the fight way ahead in the fight if I pull it takes you down you're gonna lose that fight you're still coming at you so you're gonna be extremely fatigued at the time you hear all right good [Music]

(08:03) you

**16. Use This MMA Bodyweight Workout For Fight Endurance - YouTube**

[**https://www.youtube.com/watch?v=O9lLSdnC-U0**](https://www.youtube.com/watch?v=O9lLSdnC-U0)

Transcript:

(00:00) what's going on guys fill the route back again with another video I'm here at Treasure Coast barbell guru fitness performance systems training center our new center today though I'm gonna go over a bodyweight workout for mixed martial arts I've been getting a lot of questions lately about I don't have a lot of equipment I don't have the necessary tools or the weights to actually gain some strength and overall athleticism and conditioning for the sport of mixed martial arts so fear not

(00:30) I got your answer so today we're gonna be going over a lactic conditioning session this is for basic lactic capacity so that you could be strong throughout the entire time to fight all right let's make it happen alright guys so for the MMA bodyweight workout first and foremost we got to go over the focus points so today we're going to be working through that lactic system of training primarily the lactic capacity okay so the focus points are going to be using large muscle groups to recruit fast twitch muscle fibers to

(01:00) enhance the ability to produce force for that long duration you also want to use moderate tempo because we are going to be going a little bit longer the exercises are going to be very ballistic or explosive for thirty Seconds so make sure that the moderate pace is sustained okay you also want to utilize a mixture of strength exercises ballistics and MMA style drills now we're gonna be going over that when I start the workout when I start to get sweat on and when I start to really get after it now this is the

(01:30) first time I've been doing this since I ended my meet for politics so it should be fun but that's what you want to really focus on those style of exercises okay you want to basically look to improve upon lactic capacity that can increase the ability to buffer lactic which will develop more overall work capacity right we talked about this in my last video where we were doing lactic power work where we wanted to buffer that lactic out as much as possible so that you could be strong for the duration of the

(02:01) fight okay we're also going to make sure that we're producing a fast rate of ATP turnover right that identity triphosphate the body's natural energy source if you have that turnover faster throughout the fight you to have more intense bouts of energy throughout that timeframe right we want to increase the level of blood lactate which will develop more overall work capacity inside the fight the more you work the more active you are the better you're going to be the more dominant you are gonna be in the fight all right

(02:30) let's go over this whole entire workout in the exercises that we're gonna utilize all right so now we're gonna go ahead and get on to our workout okay we're gonna be doing one to two minutes of work right with explosive exercises for each series we're gonna do the frequency is going to be around two to three times per week each series is going to have three exercises in it so it will end up being 90 seconds long with a one-minute recovery all right like I said each exercise is going to be

(02:58) highly ballistic for explosive and then a core variation too as well alright let's get into this [Music] [Applause] [Music] [Music] [Applause]

(04:10) [Music] [Applause] [Music] [Applause] [Music] [Applause]

(05:20) [Applause] [Music] [Music] [Applause] [Music] [Applause]

(06:35) [Music] all right so now we're gonna get into our first series we're gonna do jump squats I'm going to way push up to sit out and I'm gonna finish with hanging leg raises 30 seconds each one minute recovery series one of my story [Music] [Music]

(08:43) [Music] [Music] ready

(10:13) [Music] [Music] okay so after you don't that you can do either two to three series of that so it's 90 seconds for each series it's about 27 minutes total alright what you want to do is you want to either manage your output so if you start slowing down if you start to die out take a little bit more time to rest you can go up to 3 minutes of rest all right so one to three minutes in between each series do at least two to three series all the way through all right what I'm gonna do now is I'm just

(11:15) going to go over each exercise so you guys understand it entirely so that when you go to do this overall workout you know what to do as far as the exercise goes for efficiency so for the first one we're gonna do the regular jump squat alright so they jump squat goes feet shoulder-width apart hands are gonna start at up position alright with the triple extension from them you're gonna drop down hip hinge and then drive your arm back up jump up in a straight line okay make sure as soon as you hit the ground can pop right back up also next

(11:50) okay so for the next one is going to be a push up to a sit out now with the push up I want it to be as explosive as possible but in control let's bring those elbows in we're not going to flare the elbows way out because we're talking about MMA right you want to make sure that our anterior delt and our tricep are stronger not just our pecs so I'm gonna bring our hands in our elbows in a little bit tighter right here so it looks like you're if I'm looking down at you you should look like an arrow with

(12:17) your arms you're gonna pop back up you're gonna twist through get that sit out and look up for a peak out then back down into the push-up so it looks like this alright push-up position right you're coming down you sit through you peek out push up through peek out good Xplosive fast all right so for the next one it's going to be hanging leg raises you can do them from the floor if you don't have a bar but I just like to do it hanging because I get lat activation I can hollow out my body a

(12:53) little bit better but you can't do it on the floor so this is what the hanging leg raise looks like okay so after your rest for one to three minutes we're going on to series two which is going to be a sprawl to a broad jump for the first exercise so this is what it looks like okay the next one is going to be a push up to groaners so you're gonna get a push up just like we did with the push ups it out same hand position same elbow position then you're gonna drive your leg up to your hand and then back out

(13:50) then switch sides through here's what it looks like good make sure you try to keep a neutral spine make sure you try to drive that leg up as high as you can working the muscles of the hip flexors to sew ass and then obviously you're working your triceps your delts your upper body pressing okay so for the last one for series 2 is going to be a Russian twist with the Russian twist I want you to use your hands so you're gonna place your hands on your obliques elbows are gonna be flared out chest is gonna be tall we're gonna twist with our

(14:27) legs off the ground and making sure that you're staying in good position you're not crunched over so here it goes legs up hands up like you just install and we're rotating alright on a series three all right so it's for series three after your one to three minute rest we're gonna be going into a jump lunge right so you want to make sure that you have a neutral spine posture you're jumping with high velocity you're jumping with a lot of form of ground and you're redirecting that force

(15:02) so it's a lot of stretch reflex so here it goes alright second one's gonna be a pike push-up so you can do the same push-up position right now we're just driving our hips up going back down back up working the muscles of the chest and then also the anterior delt there we go okay so for series three the last exercise is going to be a simple V sit up so your legs are gonna be spread out in the B position arms are gonna be up high straight out you're gonna go ahead and sit up through keeping a neutral

(15:51) spine all the way through the movement here we go right alright guys so you seem to work out you see me get after it now if you have any questions you know what to do hit the comments below I'll be shorter answer them I'm also gonna put the entire workout in the link in the description and I'll be coming out with a series workout plan for bodyweight MMA workouts whether you're a wrestler whether you're MMA practitioner whether you're a kickboxer whatever the case may be all combat sports orientated that's

(16:31) coming out soon so be on the lookout again if you like this video please let me know hit the like button also if you haven't done so yet hit the notification so you know when my videos come out I'll be trying to bang out at least three or four of them a week on the new guy on the block like I said before so trying to make this thing happen go ahead and hit the subscribe if you like what you see and I'll see you next time

**17. MMA Bodyweight Workout (The Most Powerful Workout On The Planet) - YouTube** [**https://www.youtube.com/watch?v=fEHCcWkuKCA**](https://www.youtube.com/watch?v=fEHCcWkuKCA)

Transcript:

(00:00) [Music] hey guys funk Robertson funk mmm a calm and today I've got what I think are the best bodyweight MMA workouts on the planet is Jitsu artists MMA martial arts boy Thai wrestler whatever these are the workouts gonna get you into the best shape and get you fight ready even if you don't figure I'm never gonna fight even if you just train these are the workouts to get your body ready to endure what you need to do as a martial artist these are my 10 exercise circuit you do each exercise for 60 seconds of

(00:42) work followed by 15 seconds of rest as many reps as possible through these are an eclectic a combination of movements that you're going to use as a fighter you need to be able to use your body as one you need to be laser muscles as one compound movements explosive movement Power movement core movements that's why I love these workouts because I put everything into one plus there's not mental fortitude these are very tough sixty Seconds work for about 15 seconds rest our top cardio based doctor intensity based work capacity these are

(01:10) the workouts the best workouts on the planet anyway let me take you through this workout ten exercises let's get it done perform each exercise for 60 seconds of work followed by 15 seconds rest doing as many reps as possible after you've done all 10 exercises rest for one minute and then repeat it for three rounds together okay our first exercise our knee slap burpees of course we're starting off with full metabolic exercise we want to get those knees up jumping as high as we can slapping your knees the top again we just go back fast

(01:38) up fast we don't we don't go into a push-up this is about speed this is about explosiveness it's about getting back fast and our passes you possibly can make sure that you breed throughout this movement and keep that core tight that's gonna be key you're keeping the energy and while you do this exercise our next exercise our kickthrough push-ups or grasshopper push-ups where you want to call them but here we do into the push-up at the top of the movement is when we kick through and rotate so we have a little bit of

(02:06) rotation of all obviously the upper body and chests are gonna be involved so you get muscular endurance you really got to focus on getting a very strong upper body in the MMA and martial arts community so push-ups are key but different styles push-ups like this kicks group will help next exercise a reverse lunge explode so here we go into a reverse lunge explode up that's where your arm is going to help me here now one of the things do things I want you to focus on here I really want you to strike the ABS you really want to tamper

(03:07) those ABS but the second thing is I want you to keep that back in neutral position as you can see my head is AAPIs it's not curled over so I want to keep that neutral spine and that really will focus on keeping the tension on the app so keep that head up as you come up and really strike those ABS on the way up the next exercise the cardio movement we're focusing here on about the Sprint and press so cardio and of course shoulders are being moved to your shoulders endurance spot to high knees Sprint's so you're running as high as

(03:38) you can as fast as you can in the same stationary position but also you're pressing up so really want to focus on cardio moving his fight against sixty Seconds you don't want to stop you want to run as fast he can for the full the second next exercise are tabletops Russ I really love this one it's a mobility movement or movement stability movement everything that you would need as a fighter here to strengthen so here as you can see I sit back through and then I come up into a tabletop blasting my hips up into a tabletop so as you can

(04:13) see my butt does not touch the ground you want to touch the ground your shoulders will be stable your core will be you need to be engaged and again breathe the next exercise are bear crawl so I love this movement now with the bear crawl I want you to focus on keeping again as you can see here I'm keeping my back straight so I'm in a straight line here and I want to stay in that bear crawl movement really short movements using the arms and legs core is really tight moving as fast you can again you're

(04:42) gonna move you don't come up on the movement you just keep going forward next exercise a double low squat and jump so I like this exercise again because we've got a little bit of a low squat movement which will hit the quads and then you need to explode up while your quads are fatigued or getting fatigued so again you want to sit back on the squat ok you're sitting back in the squad heels around the ground and you want to jump through the heels so make sure your heels on the ground you're sitting back into the squat and

(05:10) again you want to except jump as high as you can at the top of the movement next exercise our plank builds this is straight up core straight up upper body straight up shoulder stability straight up amazing exercise and you want to move fast through this exercise true and again this is an anti rotational movement so you try not to rotate in the butt try not to rotate in the core you want to keep that core stable and push through the ground when you're pushing up you really got to push through the ground hard

(05:39) with each movement finally we're doing side-to-side sprawl so this is a final movement as you're gonna be fatigued through this last nine movements this is the one you really got to focus on because this is when you're tired someone's trying to take you down you've really got to focus on not being taken down so back fast up fast moving side to side make sure you shuffle don't cross over the feet and you're going back fast up fast moving as fast you can throw this move so there you have it guys I'm

(06:10) telling you I will go to my grave saying that these are the best workouts on the planet for fighters because how we come how I combine all the exercise together and put it into a workout that I help you get into the best shape of your life whether you want to fight or not anyways if you like that workout then please like it share it leave your comments below let me know what you think also I've got a free 4-week bodyweight workout get it somewhere here or click the link below and finally if you like that bodyweight workout then check out

(06:36) that one is it a tiger motel with a bunch of fighters and get it done

**18. Plyometrics Workout for MMA - YouTube**

[**https://www.youtube.com/watch?v=vf8iaXr9Vmw**](https://www.youtube.com/watch?v=vf8iaXr9Vmw)

Transcript:

(00:00) we're about to get explosive with this awesome plyometric workout stay tuned hey guys funk Roberts from funk MMA calm and today I've got an awesome plyo Punisher workout we're building explosive power here and we're using bodyweight only as a fighter you always want to improve your explosiveness whether it's explosiveness through takedowns or take down the fence or when you're striking you want to build that explosiveness so what we have to do is build our fast twitch muscles and today

(00:33) I've got a great workout it's five exercises again using plyometric movements and again you're doing each exercise for 30 seconds of work followed by 30 seconds rest what you want to do during each 30-second interval is ensure that you're being as explosive as possible which means move fast and explosive throughout those 30 seconds then rest for 30 seconds and move on to the next exercise now you're going to do this for two rounds that's ten minutes long that's it that's all you need but

(00:59) again we're building explosive power those fast twitch muscles that are going to help you be an explosive fighter now take guys that's all I have for you this is a bodyweight only so no equipment which means no excuses it's your turn to get it done the plyo Punisher is a 10-minute workout complete each exercise for 30 seconds of work followed by 30 seconds rest for two rounds that's ten minutes it's your turn to get it done hey I hope you enjoyed that video and

(02:42) you learn something new today make sure you click here to subscribe to my youtube channel so you don't miss another workout join over 200,000 fans on my Facebook page by clicking right here follow me on Instagram so you can see the behind the scenes look but I never get to show and finally grab your free programs over here so you can get it done I'll see you next week

**19. HIIT Bodyweight Workout for MMA - YouTube**

[**https://www.youtube.com/watch?v=yX3lA-MjIhQ**](https://www.youtube.com/watch?v=yX3lA-MjIhQ)

Transcript:

(00:00) bodyweight workouts one of the best ways for fighters to improve your strength auditioning I'm going to show you how stay tuned hey guys Robertson funk MMA comm and fighters today I've got an awesome bodyweight circuit for you to help with your overall strength conditioning it's all about doing workouts that will help you build all the physical attributes that you need is a fighter endurance cardio explosiveness core strength power speed agility everything that you need as a fighter you need to wrap it all up into one workout and

(00:37) today I've got that for you with this bodyweight circuit we'll be doing 10 exercises for 60 seconds of work followed by 15 seconds rest do as many reps as possible with good form as soon as you've done all 10 exercises rest for two minutes and then repeat for three full rounds that's a 40 minute workout but that's tough and again the focus is building all those physical attributes you need as a martial artist anyways I'm done talking I want you to check this out try it like it comment and get it

(01:05) done you

(03:37) you hey I hope you enjoyed that video and you learn something new today make sure you click here to subscribe to my youtube channel so you don't miss another workout join over 200,000 fans on my Facebook page by clicking right here follow me on Instagram so you can see the behind the scenes look but I never get to show and finally grab your free programs over here so you can get it done I'll see you next week

**20. MMA Home Bodyweight Workout - YouTube**

[**https://www.youtube.com/watch?v=b0cOXbkjDZo**](https://www.youtube.com/watch?v=b0cOXbkjDZo)

Transcript:

(00:11) the guy's Funk railroad's from funk mm a calm I'm here with Andy tea active MMA fighter and today we're going to take you through a home MMA bodyweight workout actually you can do this anywhere you can just at home at the gym or at your training facility but the key here is we're using bodyweight only and exercises that will help you burn fat build muscle increasing explosiveness and of course improve your cardio and endurance so today I'm going to bring Andy through nine exercises and each

(00:39) exercise he's going to do as many reps as possible for 45 seconds of work followed by 15 seconds rest and then move on to the next one the key here is working at a high intensity we're trying to again improve our cardio endurance but also trying to get as many reps out as possible for each exercise because again it's the endurance it's building muscle and you want to improve your overall performance anyways we're going to take you through this workout like I always say train hard fight easy and get

(01:06) it done see you on the other side okay so the first exercise here at sprawls as his machine and he's keeping his hips down and he's moving fast to this ball try to get up and down as fast as you can really focusing on keeping the hips downs alright so this exercise our kick throughs as you can see and he's rotating at the hips keeping the hips down and firing those feet side to side moving as fast as you can this exercise will reverse lunges and he stay nice and low using that front leg to push off as he reverses into the

(01:58) lunge this exercise our wide grip push-ups as you can see and these hands are nice and wide he's moving really fast through the push-up motion inhaling on the way down exhaling on the way up this exercise is an explosive plyometric movement as you can see andis driving the knees up bouncing off on the balls of his feet using the arms to help him explode into the air this exercise our gorilla hops amazing exercise for mobility as you can see Andy staying nice and low using those arms to drive forward and keeping the core tight as he

(02:37) moves forward in the gorilla motion this exercise our prisoner squats great core and lower body exercise as you can see as Andy squats down he pushes straight back up ensuring that he's driving through the heels and keeping the arms clasped behind his head this exercise our plank builds awesome upper body and core exercise as you can see Andy's driving to the hands and back onto the elbows making sure that his core is tight and his body stays in a straight line final exercise one-arm burpees as you can see Andy's planting that arm

(03:13) straight into the ground keeping the core tight exploding up on the jump and moving as fast as you can through this exercise so there you have it an awesome bodyweight workout that you can do at home at the gym or at your training session guys make sure you give Andy a big like man he ripped through this workout and when you do this workout I want to ensure that your explosive high-intensity doing as many reps as you possibly can now if you like this workout again give this a like make sure that you comment below and tell us what

(03:43) you think subscribe to this channel so you never miss a workout and if you like this awesome t-shirt there's a link in the box below so you can get your own finally if you want one of our free workouts click the link here or in our description box if you're on mobile I'm func Roberts from funk MMA comp here with Andy T now it's your turn to get it done

**21. Bodyweight Workout for MMA, Muay Thai, BJJ - YouTube**

[**https://www.youtube.com/watch?v=04kqo44X1Oc**](https://www.youtube.com/watch?v=04kqo44X1Oc)

Transcript:

(00:03) okay hey guys funk Robbins from over 40 shred comm funk MMA comm and today I'm here at Bloor Street Fitness engulfed in boxing and martial arts and I'm proud to bring you an MMA inspired bodyweight workout that's right today we're gonna do movements that you would see if you were in an MMA class or in a wrestling class or in a boxing class or in a martial arts Muay Thai class and I thought I'd bring them all together to give you an MMA inspired workout without you having to go in the ring and getting

(00:39) hit so we've got eight exercises and we're doing each exercise for 45 seconds of work followed by 15 seconds reps as many reps as possible one after the other and then when you're done rest for two minutes and repeat for three to five rounds depending on how much time you have depending on what your fitness levels that but I thought I'd like to again bring you guys into the martial arts world the MMA world without having to actually take a punch so check out this workout I'm gonna go through it

(01:04) with you now it's your turn to get it done for this workout you're going to perform each exercise for forty-five seconds of work followed by 15 seconds rest making sure you get as many reps as possible in that 45 seconds once you're done all eight exercises rest for two minutes and then repeat for three to five rounds are you ready let's get it done first exercise are sit through Zoar kick throughs the great mobility exercise as you can see here I'm rotating from side to side keeping my core tight kicking my legs through and

(01:34) ensuring that my shoulders are nice and stable to keep me balanced next exercise are Judo push-ups or Hindu push-ups as you can see I am in an upward dog using those lats to pull me through keeping the elbows tight and then kicking my hips back up keeping the core tight exhaling on the way down inhale on the way up next exercise are side to side sprawl so here we're gonna shuffle make sure that we don't cross our legs and we're gonna sprawl we're gonna go down as fast as we can back up trying to make sure that our

(02:01) hips are as close to the ground as possible and you're moving as close as fast as you possibly can during the exercise next exercise a reverse lunge - knee strikes we're going a little Muay thai-style here I get a reverse lunge using that front leg to power yourself up and knee strike and again keeping that core tight and exploding up from the bottom of the next exercise a bear crawl so here again warm wrestling type jujitsu style exercise very tough but here we want to make sure that we're keeping our back straight and we're

(02:32) using our legs and arms to move to move back and forth easier forward than it is back but keep moving next exercise are AB bicycles I love this because it's the entire ab region we've got the obliques so as we rotate and then our elbows to opposite knee and try to move as fast as we can the entire ab region is going to be used here we're doing a squat two wrestlers lunge so now the lunge you're actually bending over like you're gonna try to try to take someone's leg so we're moving back and forward and then

(03:03) again we're squatting down from keeping those heels to the ground when we squat and moving forward our final exercise our punches so here we're rotating each punch so rotating straight punches then we're doing five hooks again making sure that we rotate at the hips rotate the legs and then after that we do uppercuts so again we're continuing to rotate really power through each of these exercises so there you have it MMA inspired bodyweight only workout but you can do anywhere anytime the only

(03:33) thing is you're not getting punched in the face anyways please leave your comments below let me know what you thought about this workout how you did in this workout like this share that subscribe this channel and if you like that workout and want more MMA inspired bodyweight workout then look at that link right there click that video I'm func Roberts over 40 short calm funky remain calm get it done

**22. Plyometrics & Upper Body Strength Training | MMA - YouTube**

[**https://www.youtube.com/watch?v=v2uSIpYUn3s**](https://www.youtube.com/watch?v=v2uSIpYUn3s)

Transcript:

(00:00) what's going on y'all so today we have tyler ray here in the building got about eight weeks to his next fight so we are gonna be working on power we're gonna be doing some strength speed work and also doing some cognitive conditioning let's get into it [Music] going up [Music] five seconds four

(01:05) three two five more seconds four three two one [Music] good good one one more up [Music] [Music] so we're going to lateral force displacement you're going to hit a lateral bra jump with a turn come on [Music]

(02:20) rotate towards this side throwing and pushing all right stay tight boom and this will load it as you rotate this way it'll load it activate your meat and push off all right [Applause] all right guys so if you're looking to increase your abilities get to a new you new year check out the transformation challenge link is down below and get a call with my team to go over the details to get started on your new life in 2022.

(03:29) goodbye come on good steve come on up oh [Music] grip yes [Music] [Applause] [Music]

(04:41) i'm watching the stream a little bit [Music] much okay so he's going to see five different words flash on the screen so he has to memorize those words that's the memory task and he's going to do 15 seconds max effort on the bike and after he has recalled as quickly as possible so he's under stress fatigue while still

(05:43) memorizing all right ready three two so four out of five so he got so far nine out of ten which is 90 which is great [Music] king break that i'm doing my words king break rival the side trust yep five out of five but yeah keep moving though five seconds four three

(06:50) [Applause] three two one that's a wrap we take a look we went we were eight weeks out so we did plow metrics we did some speed strength and strength speed working into strength speed um after the plyometrics we finished off with some lactic explosive repeats right working in the 15 second range and while he did that he had to memorize certain words so that he had to have cognitive efficiency while he's slightly fatigued he's going to repeat those explosive bouts over and over again for an extended amount of time to increase his

(07:26) ability to buffer out lactate alright so there it is have any more questions make sure you subscribe it's a notification in the comments down below also if you want to find out more details on my mentorship program if you're a coach looking to learn some of the methods the training principles the protocols check it down below link is in the description see you again next time peace [Music]

**23. MMA Workout For Developing EXPLOSIVE Power - YouTube**

[**https://www.youtube.com/watch?v=l0RuBZ5v0hU**](https://www.youtube.com/watch?v=l0RuBZ5v0hU)

Transcript:

(00:01) what what [Music] what what's up guys this is jeff chan from mma shredded and in this video i'm gonna be showing you one of my personal strength and conditioning workouts to developing power if you like this video please like comment share and subscribe first warm up by either jogging on the spot shadowboxing or skipping i usually skip for three rounds of three minutes to get all warmed up to prevent injuries the first circuit is going to be three exercises focusing on increasing power in the legs whether it's to increase explosive power

(01:03) in your kicks or that double leg takedown so the first exercise is going to be alternating jumping lunges with a kettlebell in your hand try not to let the knee touch the ground although it can happen sometimes keep your back as straight as possible and you want to aim for 30 to 40 seconds pushing as explosive as possible then rest one to three minutes the goal is to recover as much as possible between reps so that each rep is performed maximally the goal of this workout is to increase power so you want to take the necessary

(01:46) time to recover the second exercise is flipping the heavy bag when lifting the heavy bag make sure to use your legs to do the lifting squat down with your back straight and explode up as you lift up with your hips and legs again try to be as explosive as possible and aim for 30 to 40 seconds when you're done rest another one to three minutes before the last exercise of the circuit one time the last exercise will be a burnout of power roundhouse kicks of 40 to 60 seconds blast each kick as hard as you can alternating from right to left

(02:51) i was highly doubted [Music] [Music] again [Music] wow then rest 8 to 15 minutes before you

(03:58) start the next circle i recommend active rest whether it's a shadow boxing or skip rope the second circuit will also be three circuits now focusing on increasing power in the shoulders chest and legs to increase explosive punching power the first exercise is going to be kettlebell swings make sure to keep your back straight and let your hips legs and shoulders do the work aim to hit 30 to 40 seconds then rest one to three minutes all the calories allergic to [ \_\_ ] [ \_\_ ] on stacking you talk money that's a

(04:57) different accent every show yeah i gotta pack it up second exercise is going to be battle ropes get down into squat position and pull back on the ropes keeping your back straight this is going to focus on burning your shoulders out you can do any style of battle ropes you want but here i am performing what is called around the world bring both arms up at the same time then both arms down repeatedly here i switch it up to bicep waves alternating bringing one arm down and the other one up repeatedly [Music]

(06:25) the last exercise of the circuit is explosive push-ups on heavy big bounce from one side of the heavy bag to the other side to get a deep stretch in the chest aim for 30 to 40 seconds then rest 8 to 15 minutes to recover for the last circuit [Music] the last circuit is going to be a burnout of sprints for 30 to 40 seconds followed by shadow boxing with a dumbbell in each hand for 40 to 60 seconds

(07:44) [Music] these other [ \_\_ ] stuck up in my way so i'm never gonna change always catching plays that's just how i maintain if you're really trying to get it done the same thing i keep [Music]

(09:03) hit me up you know i'm playing yeah

**24. MMA Training Schedule (1 Week) - No Equipment Needed! - YouTube**

[**https://www.youtube.com/watch?v=px-C4Jhg3DM**](https://www.youtube.com/watch?v=px-C4Jhg3DM)

Transcript:

(00:00) what's going on guys Shane here they say na mele so Vince and I put together a weekly solo MMA training regimen for you all that you can do at home no equipment or partner is needed and each class has a specific area of focus like today we're gonna be focusing on muy Thai and balance developing the muscles in our back core and hips would have got working on smartness let's have already be doing some leg works and power endurance and some gravel movements cool so you can watch Vince's videos and the

(00:26) rest of mine completely free on fighttips calm but until tomorrow we got to do some weight on today all right man so we'll see you mom yep yep yeah cool all right time to get serious welcome to class one of six solo fighter workouts where each class we have a specific area of focus within MMA today's Muay Thai imbalance tomorrow is wrestling day three is boxing day four is Taekwondo day five is boxing part two and day six we round it all together with a full MMA class then you get a day of rest and then you can repeat it you

(01:06) do that three more times and you have a full month's worth of MMA training at home no partner or equipment needed all right that being said let's get started with the warm-up which I like to start every single one of my exercises with goes head-to-toe full-body very easy very simple to do we'll start at the top let's go hands on the hips look up to the ceiling down to the floor do this ten times two three four five six seven eight nine now we go left and right turn over the left shoulder chin over the

(01:34) right shoulder I do that two three four five six seven eight nine ten now we go ear to shoulder left to your left shoulder right to your left shoulder that's two three four five get a couple cracks nice seven eight nine ten working our way down we're just going to go arm circles backwards keep your arms bent or you can go straight arm again we're gonna do this for ten and good switch directions go forward two three four five six seven eight nine ten turn these in the bear hugs three four five six seven eight

(02:21) nine ten hands can go back on your hips four rotations three four five six seven eight nine ten good now you're gonna grab either elbow and when you widen up your stance have your toes face outward and you're just gonna hinge forward now bring your left elbow to left knee turn the elbow out and we're just gonna get a big hip rotation here then it goes right knee right elbow and then we're gonna switch go in the opposite direction let's get 10 of these so this completion will be to let me go back in the

(02:59) opposite direction for a third great way to stretch the side body the low back the core all right fifth rep now and six we're gonna be working the core a lot today so make sure to properly warm up the spine gonna hit two more here the final one and good let's bring the feet shoulder-width apart toes can still be slightly outward and we're just drop down into squats now make sure you get past that 90 degree Bend alright so if you're doing your squats and you're stopping here and coming up what I want

(03:46) your main goal to be now is really make sure that you can drop that butt all the way down see notice on my knees here this is a 90 degree Bend we wouldn't get past that 90 degree you still want to keep the shoulders back so that your back stays straight and it's okay to lean forward you just don't want to arch the back alright just keep the shoulders back and down boom dropping all the way down getting 10 reps of these squats two more and good let's just bounce in place warm up the calves a little bit we're gonna go

(04:21) back and we can do squats for one more set right now we're just bouncing on the toes warming up the calf muscles sometimes we can't drop all the way down into our squats simply because our calves are too tight it's good way to warm it up right here and good that's widen up that stance again a little more than shoulder width toes face slightly out and again drop all the way down into your squats we're gonna do ten that's three four five six seven three more make sure your knees are driving out like you're trying to

(04:54) spread the earth and good now I'm gonna slow it down a little bit we're gonna go back to the calves let's go feet just about touching all right right below you and we're gonna go up to the ball of the feet where are you gonna start to work our balance now now try to hold here see if you can hold right in this position here and try to concentrate your weight into the big ball of your foot so your biggest toe that knuckle try to balance it in there good now try to go out towards the pinky so that the weight was on the outer

(05:26) edges of your foot good now slowly lower so that it's the complete blade edge of your foot that's touching the ground now even more try to rotate so that it's just your heels touching the ground and then the inner edge of the foot so we're making small circles we're going up to the ball of the foot then we're putting the weight into the outer edge then the heel and then the inner edge and then back up to the ball then switch directions so there we go inner edge first then the heel touches then the

(06:01) outer edge then back up to the ball of the foot and see if you can do that and just alternate each direction slower the better working those small stabilizer muscles and the feet and then in the ankle great for balance great for throwing kicks and knees which we're gonna be doing a lot of today let's get one more rotation full all the way around slower the better and good from here we're just gonna do a very simple very basic but essential warmup that you'll see in Thailand if you've ever trained in Thailand the kids will

(06:38) get home from school they'll take their shoes off they go on the mats and the right away they start doing marching knees so it looks like this so I'm gonna do that for two minutes let me break down the technique then I'm gonna have you pause the video and then just go up and back in your room thrown Martini's alright real quick just how we do it we're going to take a marching step with our lead foot and we're gonna stab the ball of the ground or the ball of the foot into the ground that's going to give you this motion

(07:11) here where I can really start to march and spike that knee forward now notice what I'm doing with my hands they stay bent and they go up overhead then as they come down I want to imagine grabbing their head grabbing their forearm and pulling them into the knee okay so my left hand grabs there for my right hand grabs their head and I pull them into my knee when I throw my right knee then it's the opposite when the foot goes down now my right hand grabs the forearm left hand grabs the head and I pull them into my left knee that foot

(07:41) goes down back and follow-through okay think about the knee going forward you want to shish-kebab them you want to spear them so you should aim for their spine when you throw the knee okay don't scrape them and go up to the ceiling go through them back back okay so when you pause the video to it's back and forth of marching knees all right how you feeling hip score back warmed up ready to go ready to throw some kicks cool we can do just that we're gonna pick the intensity up a little bit now we're gonna do a couple

(08:16) of combos followed by three calisthenic exercises and we're gonna do that for three sets so what I'm gonna do is I'm gonna break down the combo and how to do the calisthenics then I'm gonna do it with you in real time and then I'm gonna have you rewind the video and then do it a second set and then rewind it again and do it a third set okay so here we go the combo is going to be a lead jab rear knee rear kick spin 180 degrees cross switch me switch kick spin 180 degrees all right little bit slower so it's the

(08:48) lead arm straight punch then it's the rear leg knee bring that leg back same side kick then we go opposite rear cross lead me lead kick and back okay so if you're Orthodox it's going to be left punch right knee right kick Right punch left knee left kick if you're southpaw it's going to be the opposite right punch left knee left kick left punch right knee right kick guys got it cool that will drop down to a low plank so you're on your elbows but I want you to do jumping jacks from here so you're

(09:25) gonna go out and in with your feet out and in all right simple easy one from here then after 60 seconds of that we're going to come up to our palms for a high plank but we're gonna do mountain climbers and you can go straight up and down with your knees where you can go to the opposite elbow get a little twist in there after 60 seconds of this we go right to our back and then we do shin taps so arms and legs are extended as we crunch up we slap our shins and go back down do that for 60 seconds then you

(09:59) pause the video rewind we go right back to the combo then you go right back to the low plank jacks then you go to the mountain climbers then you go to the shin taps and then you rewind it again you do it again same combo LoJack's mountain climbers and then finish with the shin taps alright you guys ready we're gonna do in real speed 60 seconds each station try to pick you start off slow make sure you get the the mechanics down then pick it up and then get a nice workout with it alright we're starting with our combo

(10:28) jab rear knee rear kick in three two one go jab really need rear kick cross switch me switch kick remember they don't have to be head kicks you can throw the knee to the body and it can be a low kick cross switch me low kick more than halfway there guys keep it up keep that intensity high now that you've got the movements down each strike should break a bone that's high for one more bag and drop down on your forearms and elbows

(11:35) and feet are going out and in out in out man make sure you're getting quality breaths here not only full in house but also full exhales create that space and your lungs for more oxygen keep that core tight engage the glutes halfway there guys thirty more seconds of this then we go up to our palms we got mountain climbers great for the hips same motions let me throw the knees great for the core the back the forearms or you never should be feeling it in your back and your calves hips and good come up to the to the palms high plank

(12:33) and we got mountain climbers like I said you can twist bring the knee to the opposite elbow or straight up and down good guys keep running like I said we're pick the intensity up not supposed to be easy if you want to be a fighter you want to even train like a fighter not supposed to be easy this is how players are in that respect pushing through and they want to give up halfway through thirty Seconds shin taps in twenty seconds keep that intensity high fifteen seconds less than 10 now keep pushing 5 4 3 2 1 onto your back straight to

(13:32) shin taps got a grind here guys gonna work that's 20 seconds in 40 seconds to go and cut all the calories are burning think about the endurance that you're building both mentally and physically 20 seconds we go we'll get a short rest after this I'm gonna do two more sets don't let that defeat you stay strong less than ten five four three two one stand it up

(14:35) feel free to pause the video give yourself a short rest and sure it can be two minutes if you need it but also when you go back to your combo throw in the jab the rear knee the rear kick use this as an active recovery so the sooner you can get back to moving while catching your breath it's going to be more realistic to a flight right there was a tough clinch or a scramble who was MMA and you're out to bear up out of breath but the fights not over you look up at the clock he's still got three minutes

(15:04) to go well you better be jabbing movement showing the teeps throwing your knees throwing your kicks so instead of just waiting here for full two minutes try to jump right back into it yeah keep good technique but it doesn't have to be super intense enough for them to respect it bang that's a bloody nose bang knocked the wind out of him bang he stumbled now boom or the right shade hurt him though we didn't see the switch name though I may have broken a rib switch kick bang alright so try to keep the form correct

(15:37) and the intensity like I said that you can be catching your breath during those movements then it goes right back to the low planks jacks then you got the mountain climbers then you finish with chin taps so pause rewind if you have to do it all again two more sets all right so by now you should be out of breath sweat and muscles fatigue if you're getting a good workout in and if you wanna do a little bit more do another set or you can freestyle shadowbox go around do three rounds in five rounds of two minutes three minutes alright and

(16:10) you can practice the columns that we just did jab really a kick cross leading link kick written free stop where can he punches kicks knees elbows takedowns and defense as you want now we're going to go into a cool-down we're going to work our balance first and then we're gonna finish with a full body stretch okay the balance drill looks like this once again so and finally one more step and back okay so what i'm doing here is i'm throwing a roundhouse kick but I'm keeping my knee bent and I'm catching it

(16:52) with the swinging arm right so when we throw a roundhouse kick we do the Dracula guard first this scissor motion happens when we swing but I want you to actually hook your hand and catch at the bottom half of your shin catch the kick now I'm continuing to kick into it so I'm trying to extend my leg and I'm bringing my hips forward so I'm in line my knee is in line with my hip is in line with the opposite shoulder so if you're here no good I want you to bring the hip forward drive the shin into the

(17:20) palm and balance here for five seconds five not one two three four five I want one two three four five back down we do that 10 times so 10 on the right 10 on the left 1 2 3 4 5 the less movement on that support leg the better so even when I'm trying to find and catch my balance I want that to be a minimal think about a gymnast when they stick the landing they get 10 out of 10 when they get a nice stick not when they go and they catch it so when you throw the kick I want there to be back minimal movement 5 seconds

(18:01) stabilizer muscles and the feet and the angles and the calf make sure your head is over your support leg right so if I go to the side I don't want you to be leaning back like this I want your head over the support leg opposite hand up I want the shin to be kicking into the fingers I want the hips forward in line with the knee then I come back down alright once you do that for 10 reps then we're gonna go to our cooldown stretch up feel free to pause it here and then come on back ok let's start our stretch by opening up the hips

(18:36) here we're gonna continue to work the balance as we do so I don't have you do is bring your hands to heart center alright in my time call this the whyisign respect but also a symbol of balance okay so we're gonna do is we're gonna keep it right here in a heart center a nice balance position and I'm going to really focus on the balance of your feet root it into the ground imagine your feet are made up of wooden blocks and each corner is drilled into the ground now I want you to loosen up the screws and your

(19:01) right foot and lift that leg up so under the ball of your foot first then lift that knee up as high as you can but still that's support leg I want that deeply rooted into the ground so use everything from the foot the ankle the calf the knee the quadricep the glute the hip everything is activated and we're staying nice and steady good now I want you to bring the knee out to the side without rotating your body just try to isolate the movement of the hip and leg bring it forward again and now we're going to step it back into

(19:32) a low lunge so I want you to find your balance you're gonna start to tilt forward kick the heel back as if you're throwing a back kick reach back as far as you can as the lead leg bends place that foot on the ground and then you can drop the knee to the ground sweep your arms up up overhead and I want you to feel this stretch now as you bring your energy of your hips forward you should feel the stretch in the front of the leg that's behind you okay keep the arms up overhead deep breath full exhale again inhale

(20:10) and Excel good let's start to put the weight into the lead leg again and we're gonna balance again as we swing the knee back up bring the hands back to heart center and place that foot back down do it shake it out now we're just gonna switch the opposite leg now so route the opposite foot now into the ground all four corners of your foot drilled into the ground you can't go anywhere activate the cap the knee the quad the glute the hip as we raise the opposite knee as high as we can again tilt that leg out to the side without

(20:50) rotating the body and bring it back to Center now we're going to kick the heel back as we tilt forward slightly bending the lead knee extending the rear leg back until our toes touch the ground bring that knee to the ground sweep the arms up overhead you can also take a small step with the lead foot if you're gonna get more of a stretch in that hip and deep breaths here you want at least three imagine you're bringing that breath not just in through your nose into your chest but down into the the

(21:33) stomach even as well as the hips into the area that we're stretching really visualize sending that breath down one more breath again we're gonna put some weight into the lead leg as we come forward bring that knee back up is we bring hand back to heart center and gently bring that foot back down alright awesome now from here just going to swing our arms up overhead take a breath in exhale as we fold forward touching the hands to the mat you can bend your knees now we're going to just step back into a

(22:09) high plank or a push-up position okay let's just hang out here for a second make sure we're in proper alignment hips shouldn't be dropped down but should not be up in the air now we're gonna bring on a bun up in the air we're gonna do a downward facing dog so TP your body butt up in the air and I want your shoulders not to shrug near your ears I want them to move in the opposite direction so bring your shoulders down your back create space from your shoulders and your ears all right you can add a slight bend in your

(22:41) knees you can also pedal your feet up get a nice stretch and the calf muscles but then I want you to get steady alright shoulders down your back butt up in the air and good now we're going to go back forward again to the plank position or push-up position flip your feet so the tops of your feet the part where your shoelaces are are on the ground all right now drop down into the bottom of a push-up so that your chest comes down to the floor now I want you to push the tops of your feet there's part of your shoelaces into the

(23:19) floor so that your knees come off the ground good now I want you to start to lift your chest up off the ground and take a breath in and back down as you exhale good this time as we inhale we're gonna extend our arms so our hips come off the ground make sure your knees are off the ground so keep that pressure in the shoelaces ready inhale and exhale down one more like that inhale extend the arms exhale down go let's come to a seated position cross your legs I'm just going to do some low back twists and that'll finish

(24:06) out our workout of the day okay so we're gonna take the right hand go to the left knee other hand acts as a kickstand behind us and I don't really want you to force with your arms here I'm also wanting you to be able to rotate your body just by using your core muscles so as you inhale I want you to feel the crown of your head lift up body gets tall as we exhale we just feel yourself rotate away a little bit more again inhale get tall fill up the body with air and exhale twist one last time inhale exhale slowly release come back

(24:49) to Center opposite hand opposite knee reach behind and again try to do this with the core muscles not so much the arms anyhow fill up the body as much as you can with that oxygen exhale twist staying tall if you like there's balloons in your body in your lungs and you're inhaling them as much as you can pull them up as much as you can a little bit more exhale stay tall just twist a little bit more one less breath in exhale and release alright guys there you have it class one complete Muay Thai focusing

(25:33) on balance a lot of stuff will work the calf muscles the small stabilizer muscles in our feet and our ankles did a lot of core work as well it's a lot of a lot of ways that we can get power in our shots is within the core but also that's going to help us with our balance when throwing our knees and during our kicks punches everything you ask any high level muy Thai fighter what the most important aspect of Muay Thai is I can almost guarantee they're gonna tell you it's balanced so make sure you work on

(25:58) it we can always get better at it get steady less shaky less recovery steps especially that kick catch drill alright so feel free to run it back but like I said tomorrow you got Vince the anomaly teaching wrestling it's gonna be a lot of leg endurance stuff so get ready for that and that can be found for free on fighttips comm see you guys there until next time i'm shane with fighttips with the underdogs [Music]

**25. Top 5 EXPLOSIVE Exercises For MMA - YouTube**

[**https://www.youtube.com/watch?v=k3iNdbDNxMc**](https://www.youtube.com/watch?v=k3iNdbDNxMc)

Transcript:

(00:00) i'm gonna give you five of the most explosive exercises that you can utilize for mma and we're gonna start right now [Applause] okay so the first exercise for explosive mma movements this is going to be something that we refer to as reflexive movements okay so if you know what the sports performance bible is click on the link down below you can go over to garagebank.

(00:27) com and you can check that out we go deep into reflexive movements okay it's a very new area of strength and conditioning but what that entails is something that involves uh reaction and also projecting forward anything along those lines where you have to absorb force and react quickly so here we're going to be utilizing a drop okay so a drop to projection forward so we're here drop okay and i want to see that quick reaction and drive forward so this is also a movement that sprinters can use but if we're thinking about mma there's

(01:01) a lot of change in direction there's a lot of force absorption and you have to learn how to use that energy properly when you're in the octagon when you're in the ring again this this could be used for wrestling as well so we're here drop forward okay and so a lot of things that happen in the ring happen so quickly that your your nervous system actually can't fire fast enough so if we're actually thinking about okay i want to step and punch we won't be able to execute that quick enough we need to train our body

(01:33) specific skills so that it can actually do it so your body can do it without your mind thinking through that and that's where reflexive strength training comes into play and that's that first key exercise with improving explosiveness with mma fighters okay so the second key exercise to improve explosiveness with mma fighters this is going to be a rotating jump lunge to the box okay so again we talked about reactiveness there's a lot of different movements and when we're thinking about strength and conditioning for fighters

(02:01) we've got to look through their filter we have to look through the fight filter there's a lot of different things going on it's an open skilled sport again if you don't know what open skill means click on the link down below check out sports performance bible but here we're going to be doing a jump launch so we're here right up and i want to rotate oh and you can start to see how difficult that becomes but what i want to do if i have a set of three on each side my right leg will be outside i'm going

(02:34) to jump land and rotate right my left leg will be on the inside that'll be the first set the next set i'll do here okay i'm dying holy cow my legs are also sore from squatting yesterday but as you work through it you want to make sure that you have a couple sets with the left legs on the outside a couple sets where your right leg's on the outside and that's going to improve your proprioception your explosiveness and overall it's going to increase your performance inside the ring okay next

(03:08) movement that we're going to utilize the third exercise explosive movements for mma fighters this is going to be something where you want to accelerate all the way through and i'm going to full disclaimer i don't know how to throw a punch properly i was a shot putter so everything i'm gonna do is basically going to mimic throwing a shot okay so you can critique my punching capability in the comments or you can go over to our subreddit and just rip me up and make really ridiculous memes about my

(03:31) punching capability but we're using the power elastic band here okay click on the link go to power elastics.com pick this up so what we're going to do is i want to see a good rotation okay so here punch and try and hold punch and try and hold and you want to try to really decelerate with this left side so it's quick and you can get nice good tension all the way back you want to do both sides okay so let's do five sets of five each side and really try and feel this deceleration and that's gonna actually

(04:08) make it feel a little bit more lively it's gonna make it feel a little bit more like if you were grappling with somebody that eccentric that tension pulling in and resisting that is gonna light up your trunk that's gonna lead to better dynamic trunk control which in turn is gonna help your hip movement your head movement when you're inside the octagon okay so that fourth exercise to improve your explosiveness as an mma fighter this is a movement that we put together a plyometric series and again

(04:33) if we can think about strength and conditioning there's got to be absolute strength there's got to be reflexive work there's got to be plyometric work okay we talk about this all inside the sports performance bible but anyway if we talk about a movement that we put together for a two-time state champion he wrestled at penn state he was a starting linebacker at penn state played for the titans this is called the jan jump series and this transfers really really well to mma because you're going

(04:53) to be doing unilateral movements into bilateral movements so i like to think about if you have somebody that that's moving side to side if you're a fighter i'm envisioning someone like leota machida who's very very awkward and their steps are always a little bit awkward for an opposing fighter they're gonna go single legs so the fighter that we're training is going to go a single leg jump a single leg jump a single leg jump a single leg jump and then they're going to transfer into bilateral jumps

(05:15) then you're going to hurdle hop up hurdle hop so single legs over the mini hurdles and then bilateral over the big hurdles and that's going to help train the fighter to learn how to react and be fast from that unilateral position and from that bilateral position and in turn it's going to help them in their different positions that they might encounter inside the octagon okay so this is one of my favorite exercises for increasing your upper body power output so shot putters fighters boxers anybody

(05:43) can use this even if you're wrestling to increase your pummeling capability this is going to be a depth drop with your upper body now you can get better at this and you can increase the height you can start lower you can just start at clap push-ups but the whole goal here is force absorption and enforce application rapidly okay and then over time you get really more advanced with it so if i'm starting up here right my whole goal is that i don't want to have my chin hit the bend or hit the floor and i don't even want my stomach hitting

(06:21) okay so now i'm going to hit three and so it's essentially taking a plyometric and the big key factors that force absorption here and then using that energy that stored elasticity back into that big explosive push-up to get back onto the boxes this is one of the best ways to improve your knockout power it's a really good way to increase your bench press if you're a bench presser it's a good way to increase your finish if you're a shot putter utilize this you know two i'd say twice a week is plenty

(06:53) be aware that it could bang up your your elbows if you have some elbow pain it might be stemming from here so start lower focus on catching and then that big drive from the upper body okay so if you're weak you're slow you react poorly inside the octagon click on the link down below head over to garagetank.

(07:15) com and you can pick up our strength training for mma this is a program that we put together to help increase your ability your skills to execute co-contractions to absorb force and to apply it as rapidly as possible until next time guys peace [Music] so [Music] i

**26. MMA Workout: S & C Routine Of The UFC’s Stephen Wonderboy Thompson - YouTube**

[**https://www.youtube.com/watch?v=QajGp2tpV34**](https://www.youtube.com/watch?v=QajGp2tpV34)

Transcript:

(00:09) thanks fit-up yeah we're gonna be doing some stream to conditioning today I know spent hours and hours on martial arts training wrestling jujitsu striking but for any athlete stream to conditioning is very important let's do it [Music] one of the answers the rock can't go stick throw these out I call have a call out of college he's got to catch that caller so little hand-eye coordination [Music] can you hover to pump it already see that yeah week 9 day 2

(01:29) we're gonna start off with some hand cleans today after that he's got some explosive push-ups today we're gonna do on the boxes we're gonna front squat today finish up with some balance and some injury prevention literally from our toes all the way up the entire body and of course what pops always says what part of your body do you not want in shape especially in the fight [Music] five rounds just at the fight but within

(02:36) those five rounds I gotta do three sets of everything so I just went through my first set of the petal of the hand cleans the one-arm bench and the ass but I got two more rounds of that then we move on to round two so just like a fight fast pace explosive movements which is just like a fight as well so let's get it moving on next we're going to front squat and then some Grip chin-ups so we're gonna get a little bit of you know bicep but also get the back involved and then again alternate v-ups hit that core hard again round two is

(03:24) over moving on to Round three a lot of explosive moves especially chest area we just did some and won our bench so I'm trying to work on that explosive movement so didn't ran when we did a strength movement for bench because today was our strength day for upper body then we gave him a round off from that upper body as far as we let his chest kind of recover and now we're gonna do some explosive work with that [Music] [Music] round three done on to the fourth round got that heart rate going explosive

(04:27) movements chest is done and feeling yoked right now round four here we go [Music] you're ready to do here in the round 5 is when do some balance and functional training so what we're trying to do is recruit more appropriate receptors alright so the first thing he's doing do for the upper body is some wobble board push-ups he's gonna put his feet up on the BOSU ball and he's got 15 push-ups here on the wobble board okay just try not to let his hands touch the edges all right and keep everything nice and

(05:09) balanced all right here we go baby let's get it let's go stabilize using his shoulders right now things also happen he uses his core stabilized so you can stay down we're gonna put him up here on the BOSU ball we inverted it make it look tougher he's gonna stand on that I'm gonna throw him the med ball we're gonna go for a minute my goal is to try to knock him off his goal is to try to stay on [Music] we were cute ladder footwork reaction joke what in a napkin is odd play on those subs

(05:58) [Music] [Music] static stretching at the end I was a tough workout we don't gonna be tight tomorrow he's not gonna recover as fast so we're gonna lay him down get a good sag stretch and then once we find the bag he's got a recovery drink all right day please thanks Josh all right guys that concludes our strength conditioning workout let's coach said we're finishing up with some stretching and I keep the muscles loosey-goosey so I can keep keep kicking people in the head so if you liked what you saw today make sure you

(06:51) subscribe because we're coming up with content on the rag every Thursday coming to you live usually that live but it's coming to you so make sure you hit that subscribe button we'll catch you on the flipside

**27. Philosophy of strength & conditioning for MMA with Brandon Harris and Suga Sean O'Malley | SANABUL - YouTube**

[**https://www.youtube.com/watch?v=9OLnfqbUEO8**](https://www.youtube.com/watch?v=9OLnfqbUEO8)

Transcript:

(00:00) so I've been working with sugar full time since 2019. I was fortunate enough to take the role as full-time strength coach ever since then we've just been building and improving he's one of those very unique athletes that understands the complexity of the task and how everything that he does filters into his performance his sleep his nutrition his mindset what he's doing outside of his training also influences the ultimate goal which is to be a world champion from my perspective as a coach that's rare when you get an athlete that

(00:40) doesn't need to be held accountable to those things they just understand it so the role is very different as a coach when you have the athlete that understands that so as a team myself taking you and Tim we're here to support sugar so we're all invested in the same goal which is becoming a world champion and winning the fight what we do a really good job as as a team is connecting understanding what's going on in the other modality we get together on Saturday sparings and we get we get get a chance to have communication we get to

(01:18) talk about how he looks what we're seeing and we've been doing this for a while now so I think this is I think this is our 11th fight together it could be wrong but it's around that so 11 fights are growing I'm getting to know each other I'm developing even a better relationship within the team and I couldn't be with better guys you have takino multiple time world champion it has his own perspective and what he sees you have Tim one of the best MMA coaches that has a really unique relationship with shug and then me so I

(01:51) think there's just a great camaraderie between us between us all as a strength coach as a coach I've been doing this for almost 20 years and one of the highlights of my career is working with sugar a big piece of that is how he Embraces growth how he Embraces curiosity and constant Improvement towards a goal of becoming a world champion and what impresses me and what I've learned from in observing sugar is how the the greater the challenge the more he steps up and the calmer he can become in a more stressful scenario

(02:37) which I think is really unique and it's a testament to his mental training his mindset and how he continues to work at those things within our training we're constantly integrating breath work we're integrating nervous system regulation and because he he already has that it's it's extremely fun because we get to take it and steer it in different directions and bring in new challenges because ultimately as the way I see it and as a coach is when we're presented with something that scares us or we're

(03:14) presented with something that stresses us out the really the only option is to move straight at it to welcome it to open to it I think that's what separates the elite from that next level underneath is this willingness to move towards fear stress insecurity whatever you want to call that to open to it and to attack it and it's something that Sugar embodies in his practice not only in MMA but in life one of the challenges with MMA athletes is the balancing of all of the variables there's a lot of variables there is

(03:58) grappling it's wrestling there's striking obviously that's MMA you have strength conditioning which should supplement the sport and should fill gaps one of the things that we're very aware of in our can is monitoring fatigue and looking at Readiness a big piece of that is sugar not having a relationship where he trusts me and we can talk about how he feels so we're constantly looking at pairing objective data the order ring we're doing Moxie testing now so we're looking at how he's utilizing oxygen and what is

(04:35) his feel what's this subject the subjective nature how does he feel when he gets up does he feel like he's trending in the right direction so it's a very reactive model we have a plan we map out that plan we learn from our mistakes but we're we're always willing to make adjustments as needed so that we can Peak when it's appropriate obviously that's on Fight Night but we prioritize sparring sessions we prioritize hard grappling always looking to monitor fatigue monitor Readiness so

(05:10) that we're making sure that we're recovering as much as we can in a sport that so demanding on your physiology developing a strength conditioning program for an MMA MMA athlete or for sugar there's a lot of complexity and that's one of the reasons why I love it is because MMA is the most complex sport that exists understanding the complexity is a huge piece of it and one of the keys is I see it is understanding that Sean is not competing in powerlifting he's not competing in weightlifting he's competed in MMA many

(05:49) string coaches from my perspective or that I've seen tend to be very biased that that a MMA athlete or that every athlete needs to be better in the gym and that's not to say that being stronger being more explosive isn't important it is but their sport always has to take precedence so anything that I do in the gym any any adaptation that I'm looking to create in the gym takes a back seat to the specificity of his sport from that perspective I'm always looking at assessing his Readiness assessing his recovery and

(06:28) making sure that I'm not forcing strength conditioning when it's not appropriate again at the end of the day he is an MMA athlete he's not a weightlifter he's not a power lifter my role is to understand the gaps in his physiological systems and in his movement capacity that are preventing him from performing at the highest level or from ultimately achieving his outcome achieving his goals of being a world champion [Music]

**28. Fighter Core Workout: 3min Abs Routine - YouTube**

[**https://www.youtube.com/watch?v=aKe7V1o5F10**](https://www.youtube.com/watch?v=aKe7V1o5F10)

Transcript:

(00:00) what's going on guys Shane here with coach PJ and today you guys are gonna get to Train with Shane now coach PJ is a strength and conditioning coach who works with boxers he works with MMA fighters today he's gonna put me through a core workout that you guys can follow along too you don't need any equipment you don't need a partner or anything like that so if you guys want to be a fighter you need to train like a fighter let's do it so today's core workout guys it's gonna be three minutes in length

(00:24) we're gonna have 20 second intervals of nine different exercises Shane's going to begin with full situps right all right ready - any modifications do these if people can't do full sit-ups coach if you're not able to do the full sit-up I'll be more than happy to just settle with a light crunch getting your hands up as high as you can towards the knees in three two one let's transition to that Russian twist or a boxers twist rotating the upper torso keep the knees bent if you can if you want a challenge

(01:00) bring the hands all the way up and around your head great job Shane you got eight more seconds we're gonna go to a jackknife in three two and one lay all the way back flat bring the arms and the legs all the way up if you want to challenge yourself you keep your legs extend it all the way out if you need to make a regression legs will go down towards the ground hands will go down towards the ground after every single rep in three seconds we're gonna go to a double crunch three two and one double crunch we're gonna

(01:36) bring the legs up together at the same time there it is so you're using your upper core and your lower core together hence the term double crunch there you go Shan you're almost there in three seconds we're gonna go two leg raises Ready Set let's go legs come all the way up you're gonna try your best to get the legs as close to the ground as you can without touching the ground if you need to you can put the hands to the small of your back or underneath your butt which will help the lower back low

(02:08) tension you the phone to second chain we're gonna go leg switches let's go one leg up in the air one leg all the way down good now again this lower core is getting engaged the entire time make sure that you are breathing in your nose out your mouth Shane in four seconds we're gonna go to a straight leg sit up three two one feet go down full sit-up all the way down keep your feet flat in the ground again if you're doing this by yourself you can put a weight on top of the feet so donate the bag do whatever

(02:43) you can to keep the legs down the entire motion good Shane you got five more seconds three two and one let's go to that flutter kick let's go flutter kick beautiful we're almost there that's it like a scuba diver like a scuba diver they're gonna again put the hands to the small of the back or the butt to help with that whole leg motion in our last one we're gonna go chin taps it's rock and roll chin taps arms gonna come all the way up tap those shins you got 15 more seconds champ finish strong finish

(03:23) strong here it is you got five four three two thank you sir that's what I'm talking about that was good not bad three minutes a hard work course tonight you can do just that three-minute round or if you want to do two rounds of that or even three go ahead with a challenge and there you guys have it you can add this core routine to the end of your own training or just add it to your own ab routine if you film fancy you can double or even triple it up awesome there you have it guys give it a go until next time I'm

(03:58) Shane go to Peter fight tips for the underdogs [Music]

**29. 7 MIN SUPER HIIT MMA WORK OUT - NO EQUIPMENT - YouTube**

[**https://www.youtube.com/watch?v=dVfrvVYwk\_w**](https://www.youtube.com/watch?v=dVfrvVYwk_w)

Transcript:

(00:00) hey guys Nick Joseph's I'm here with pro MMA fighter Davis dos Santos and he's gonna put you through a seven-minute MMA workout and the first exercise we're gonna be doing is MMA shadow fighting ready start now 45 seconds using his knees going nice and light you're just warming up elbows basically using all his all his weapons all this tools here again you're just visualizing you're actually sparring or fighting someone is it bring up his hands just working very light again work on your form work on

(00:43) your technique you're just warming up again we're doing seven minutes 45 seconds with a 15-second break that's it David 10 more seconds ten nine eight seven six five four three two and one break next 45 seconds we're gonna be doing sprawls ready David da I say go and go props no that's it he's going up going down just driving his hips down opening up the stance in the back beautiful going from side to side - yeah he's always keeping his hands up still working beautiful look at that

(01:40) awesome Davis good job Davis very nice beautiful ten more seconds Davis eight seven six five four three two and one beautiful 15-second break the next one we're gonna be doing that exercise for the to work at jujitsu okay ready Davis just tell you guys this is all Davis's workout I'm just kind of coaching you guys as he's doing it go boom so he's practicing the triangle moving back that's it beautiful you could also hear his heart rates going up again you're working your core the hips are driving them up so you're

(02:32) stretching at the same time you need that that flexibility especially for your jujitsu 20 more seconds Davis again there's a full body workout you could do it at home you don't need a lot of space and go out your own rhythm said Davis five four three two and one good 15-second break next one Davis you're gonna do kicks 45 seconds of just kicks at UH weight that's it breathe three two one kicks go one two three four five six seven eight nine ten one two three four five six seven eight nine ten one knees two three good alternate the

(03:32) kicks to the knees again look he's touching so you're working your abs at the same time that's it good job Davis other side that's it finish it off Davis comes up that's it ten more seconds nine eight seven six five four three two and one good now we're gonna work on the takedowns are you thinking another 10 second break to shake it off breathing you can see still moving that's it that's it Davis the Brazilian powerhouse go takedowns boom comes in good driving it up like you're squatting feet

(04:20) parallel sit he's always working his footwork moving side-to-side hands are always up and he's simulating is going for a takedown boom picking him up guys could tell we haven't stopped so far and there's a full body workout beautiful he added the sprawl in there you could probably maybe even add some strikes if you want to just play with it guys at the end just you know make it your own it's 15-second break and break ready Davis and go that's it go into the clock moving clapping three four five six

(05:22) look at these clapping push-ups guys again plyometrics for your explosive power it's going from up to down even if you drop it doesn't matter I don't know many did but if you want just do regular push-ups a formal degree that's it nine eight seven come on Davis six five come on Davis two one finish a vacant Flash Davis finish with a plank go ready hold it and go that's it that's it that's it hold it hold it hold it Davis hold it hold it well good come on come on Davis come on hold it 10 9 8 7 6 5 4 3 2 1 10 more

(06:17) seconds 10 9 8 7 6 5 4 3 2 & 1 break good job man guys look at this look at this Wow right Wow there's a seven minute workout 45 seconds with 15-second break yes full body the guys drench you could do this at home you have no excuses guys just to tell you Davis is 37 years old so again it's an easy workout you can do this at home actually it's not an easy work that's a pretty tough workout but you know you can play with it you don't have to do the clapping push-ups just do regular push-ups you know you could you

(06:58) could modify a little bit the exercise to make to really adapt them to your to your levels hope you guys enjoyed the video I want to thank us for watching davis los santos from MMA fighter stay safe and stand strong now the contest of the month is this tactical flashlight all you have to do is share the video on Facebook go follow me on Instagram the links on the description box as well as don't forget to subscribe to hit that Bell leave a comment I want to thank you guys for watching stay safe stand strong

**30. 25 Minute MMA Home Workout With Brock // Hammer's at Home Workouts - YouTube**

[**https://www.youtube.com/watch?v=EMiYLZDNJps**](https://www.youtube.com/watch?v=EMiYLZDNJps)

Transcript:

(00:01) hi welcome to hammer's home workouts today we're going to be doing a 25 minute mma workout so set your gym space up in your living room or your garage press play and do the whole video if you're confused about how to sprawl or do footwork click the link in the bio for a quick instructional video on how to do those movements let's get started [Music] okay let's start with the warm up so grab your hips feet about shoulder width apart we're going to start with hip circles very important this one take your time

(01:02) make sure you're doing it properly we're going to do 10 reps either side okay 9 10 other way now really make sure you're stretching your range of motion warming up your hips okay next up we're going to go for arm circles so outwards first nice big test range of motion your shoulders okay 10 reps inside now other way seven eight nine ten okay chest now in and out in and out make sure you open your chest up pull your shoulder blades together at the back we're gonna go for ten reps of this one as well eight

(01:43) nine and ten okay now for the shoulders up and through up and through make sure you maintain a nice posture as we're doing this as well nice straight arms a few more seven eight nine and ten awesome okay next we're going to do a three-point stretch so shoulder width apart again reach up extend your shoulders up reach through and then reach all the way through and touch the mat behind your legs as far as you can so let's go for ten so there's one there's two there's three there's four

(02:22) that's five try your best with this one just stretch out our hammies stretch out our glutes stretch out our shoulders three more eight nine and 10. great work guys next up we're going to do some lunges and some squats so first things first set your feet shoulder width apart step back lunge step back lunge step back lunge step back lunge five more to go keep your posture eyes on the horizon as we're doing this that's the way three more last one okay now set your feet sit your bum back weight on the heels as we do our squats

(03:08) so let's go for ten it's doing properly eyes on the horizon shoulder blades pull together nice five six seven eight nine ten all right give your legs a shake and we're gonna move on to our skipping now okay guys next up skipping now during our skipping round uh we're gonna do ten fast and 10 slow for 2 minutes so let's go during the fast pace 10 seconds you can do high knees or double unders so let's get started 10 slow all right ten fast so pick it up nice high knees five four three two one ten slow again i'll show you the

(03:56) next option in the next ten fast ones some double unders if you can do them three two all right double unders two nice okay now ten slow again good work try and keep up okay high knees again nice and back to 10 even pace nice work keep it up okay again double unders awesome back to even pace okay high knees again

(05:08) okay back to even pace few more to go guys keep up double unders again awesome back to even pace a few more to go okay find these again back to even pace last one double unders awesome one more to go i need last one

(06:24) great work last one even ten work guys that's the skipping okay guys warm-up done now on to our workarounds we're gonna do three five-minute rounds but you're gonna get a 60-second break in between the rounds so please give me your full intensity leave the play button on and complete the whole workout let's go so we're going to start off with freeform footwork when i call sprawl you're going to sprawl back up throw two punches of your choice and move immediately after and we're going to do this for one minute

(06:59) okay let's go moving around sprawl up one two and moving around sprawl up one two and moving around keep your footwork moving shoulder width apart sprawl up on two and moving around sprawl up one two moving around sprawl up one two moving around keep moving guys sprawl up one two moving around sprawl up one two moving around sprawl up one two moving around a few more guys sprawl up one two moving around keep moving guys hands up elbows in footwork sprawl up one two moving around cutting angles up one two moving around

(08:04) okay guys next up we're gonna do 30 seconds of burpee so let's go down with a jump please okay burpees on next part four punches after the sprawl so roll up one two three four and moving so same as before but four strikes now so sprawl and moving sprawl moving keep moving keep moving hands up elbows in sprawl moving fast punches sprawl moving sprawl and moving after you finish punching

(09:08) make sure you're moving guys moving head movement as well sprawl one two three four moving sprawl one two three four moving head movement feet moving sprawl one two three four four one two three four moving okay 30 seconds of 180 jump squats so let's go do it properly guys okay guys last footwork round four punches again but throw an elbow after the four punches and move so let's go moving sprawl four punches and elbow and move just throwing an extra elbow on the end of the punches keep your head moving keep your footwork going

(10:13) angles sprawl one two three four moving nice sprawl one two three four elbow and move move off after that elbow keep your feet shoulder width apart sprawl moving hands up as you're punching moving through one two three nice moving again sprawl one two three four okay next 30 seconds push up guys so toes or knees chest nice and low let's go 30 seconds keep your core tight as well please do your best so final 30 seconds guys just listen to my call let's go sprawling two punches and move sprawling four punches

(11:16) move elbows in hands up sprawling two punches move sprawling two moving sprawling four moving hands up elbows in sprawling two [Music] oh oh okay guys second five minute round

(12:39) please keep up let's go footwork hands up elbows in bit of head movement as well after every sprawl i call we're going to throw a knee point your knee okay sprawl and knee point those toes sprawl and knee just one knee after every sprawl guys let's go sprawl knee and moving after every knee you gotta move sprawl knee and moving around sprawl knee moving hands up elbows in head work sprawl knee moving sprawl knee move a few more guys sprawl knee move straight away after you throw sprawl knee move nice work guys okay moving on 30 seconds

(13:39) of burpees again let's go whole 30 seconds guys keep that jump happening come on okay stay moving we're going to throw a knee and an elbow after your movement okay keep those hands up elbows in footwork angles let's go sprawl knee elbow and move sprawl knee elbow and move nice keep it up just one minute for this sprawl knee elbow move nice work guys it's bro knee elbow move few more sprawl knee elbow move good work almost there

(14:44) footwork head movement sprawl knee elbow move awesome work again sprawl knee elbow move sprawl knee elbow move sprawl knee elbow moving almost there guys sprawl knee elbow move good work guys almost finished okay next 30 seconds 180 squats let's go keep that form please good work almost there almost there guys

(15:53) nice work guys okay keep moving now this round after our sprawl we're gonna add a jumping knee and an elbow if you can't do jumping knees just do a standing knee that's fine don't want anyone getting injured okay let's go sprawl jumping knee elbow moving nice sprawl jumping knee elbow and move nice guys keep it up only 60 seconds on this one let's go sprawl jumping knee elbow move awesome work head movement throw a couple strikes if you like sprawl jumping knee elbow move nice almost there guys sprawl

(16:34) jumping knee elbow move awesome hands up elbows in sprawl jumping knee elbow move awesome sprawl jumping knee move almost there little bit knee elbow nice moving sprawl okay nice good work guys next up push-ups 30 seconds let's go don't give up [Music] okay guys final 30 seconds let's go

(17:43) moving hands up one two double jab four sprawl knee moving jump cross jump across hook cross sprawl knee moving double jab cross sprawl jumping knee elbow move one two one two hook cross moving knee sprawl jump across okay guys third five minute round this

(19:25) is all on the ground so no more moving around let's go let's start off with a plank on your elbows please nice playing for 30 seconds ankles hips shoulders in one line is it really what's wrong oh my god ready okay next 30 seconds what we're going to do come up to our hands move our feet slightly in plant your heels now we're going to do sit throughs sit through chest out hips out back other side back keep your feet up close to your hands hip through back hip through back hip through back few more guys

(20:29) hip through back hip through back hip through back hip through back do more hip through back hip through back okay back to a plank guys walking down hold that form 30 seconds good good work guys almost there hold it five seconds okay back up feet in a bit heels down hip out back hip out back hip up back almost there guys keep it up hip out nice and strong through through through

(21:37) okay guys last three minutes on your back hands on your hips legs nice and straight leg raises let's go just 30 seconds on this one guys keep up keep your legs as straight as possible okay next up leg swimmers point your toes keep your legs straight 30 seconds guys do your best almost finished halfway there okay next up is an out keep your toes pointed

(22:44) 30 seconds on this one also and then a final 30 seconds of sit-ups get ready okay feet up touching the front of your knees little sit-ups but keep your core engaged the whole time last one let's keep it up a few more five seconds guys keep it up okay good work guys time for the warm down so what we're going to do i'm going to sit beach pose hands on the back feet about shoulder width apart what we're going to do is rotate touch both hands on the ground

(23:48) and we're also going to slightly look over to the other side to give us a nice hip stretch here as we do this up to the center over the other side slight look middle touch slight look middle touch it slight look turn your shoulders touch it turn your shoulders a little bit back up to the middle touch the mat twist touch twist touch on the mat twist again a few more guys almost there touch twist two more touch twist one more touch twist okay rolling over to our front knees apart as far as you can down on our

(24:28) elbows we're gonna groin stretch now we're gonna push our hips back and push our knees apart as far as we can and we're gonna breathe don't forget to breathe nice deep breathing in and out and push down stretch your groin as much as you can push your hips backwards two more deep breaths try to push a little bit more nice okay knees slightly together down on the tops of our feet reaching forward for child's pose we're gonna put resistance in our palms push down to give ourselves a shoulder

(25:06) stretch at the same time don't cheat with these ones make sure you do a good job pushing down nice one deep breath pull your fingers out a little bit push down again a little bit further nice one more time guys stretch a little bit more creep those fingers out and push down one more time on your palms okay great work next up cobra pose coming forward hips down shoulders up we're gonna look up at the roof as far as we can and push our hips forward and down as far as we can as well while squeezing our shoulder blades together

(25:46) behind our back and remember to breathe here push hips forward good work two more times okay great work back onto our hips we're gonna stretch our shoulders across now pull it into your chest as far as you can also don't have your hips punched up your shoulders bunched up high down and pull across all right she's going to hold this one for 15 seconds 5 more seconds 3 two one nice work let's change sides pull it in as far as you can just on the pointy elbow there and again shoulders down as far as you can hand pull

(26:36) five seconds okay last one triceps pull from point of our elbow slightly lean that way if you're doing this arm again 15 seconds got five seconds left five four three two one nice shake it other side from the point of elbow again lean across ten more seconds lean a little bit more remember to breathe five seconds four three two one streak your arms jump back up have some water you're finished great workout guys thanks for joining in please like and subscribe to the channel and we will upload more content soon

(27:34) [Music] you