

Metadata: <https://www.youtube.com/watch?v=-HDWvQb8tpo>

So that was our diet. We're gonna go over our training diet Training diet simple and this is just exercise, right? We're not talking about high-level movement We're not talking about you know, like health besides just like what are you doing during the day now? There's three systems three general systems the first one ATP PC or the phosphocreatine system It's that extreme short power like throwing a punch as hard as you can into a bag Med balls are great for this which we did on a different DVD And that DVD goes way more into kind of this this training diet today We're gonna be talking a lot about movement, but just in general right we have that And that's like box jumps. There's a very very small threshold to train that so you only have so much of this energy This phosphocreatine in your system that can be used at one time So to build the reservoir it takes the longest to do so you want to hit a couple of those every day Just like jump every day as high as you can a couple times, you know Throw something super light really fast a couple times, you know Throw a couple punches into a bag, maybe take a couple shots shots on the Mac. Excuse me Just to keep that keep that fresh The second one and and this is kind of like basic you have your aerobic and your anaerobic We'll kind of split it up into that just for simplicity sake because it's we don't need to go through the Krebs cycle and all that crazy crap That's really not that complex. You can get that complex, but it's not that complex the right one your aerobic system is You exercising while replenishing that system with air right with oxygen Your anaerobic is what you can do without oxygen So the ATP PC system is part of that but it's different than like a lactic part so so we do separate the two so your your lactic work Get on the assault bike swim do the intervals sucks. This is the work that's going to be the worst No one likes doing lactic work, but it seems to be one of the biggest definers of success It's that 70% intensity that you maintain for a period of time where you interval and it's going to bring your heart into much healthier position it's Very very important and then the aerobic work is Should be essentially like a really high level drilling class Right, you're moving almost like you're dancing very slow very methodical You know taking an easy jog for a long period of time It's kind of that 50 or 40 percent intensity and you want to run the system at all At all different ranges, you know, I hate car analogies But when you break in a break in a motor Right, you have to run it at all the different RPMs so that the motor is used to running at all those RPMs It's kind of similar You know with a human body you can't take it apart and put it back together So the analogies never really work because the system's really integrated, but it is a good Just just way to think about that in general at a low level So for for right for those three you want to hit the lactic one is the most important ATP PC is super easy to hit so I don't put it as important I put the middle one is important to lactic that middle one because everyone hates doing it but it's probably the highest level of importance and There's kind of like an outlier here. That's really important to talk about and we're gonna go over it more in movement, but isometric tension most of what we do in Grappling Different than striking striking is mostly concentric eccentric. There's very little isometric right concentric and eccentric to break it down for you guys Concentric is the muscle is shortening as it's activating eccentric is the muscle is lengthening as it's activating Isometric is just muscle turning on and staying in place And you have a couple different types of isometric contractions, but in general isometric contractions are very very good Especially as you get you know as you're training into your like your later life because they increase the amount of tendinous tissue that your body creates and they So in the muscle There's like all these fibers that go through it if you think about like twizzlers Wrapped in saran wrap wrapped with more twizzlers in saran wrap that's saran wrap stuff Which is like your Achilles tendon your patellar tendon all your ligaments that ACL that we all love so much and That heel hooks love the most You know that stuff is made out of This this this tissue that's very very hard to recover. It's not it's living, but it doesn't have tons of blood flow And so those isometric tension Exercises help build that system and kind of give you more like bounce give you more tension kind of keep everything together better and and Hydrated better, so we'll go over and

we've done isometrics and other videos that you can check out as well There's one that's mostly on isometrics But really really important for your training guide But that hits that hits all the things that you should have