

SCIENTIFIC CONDITIONING FOR MMA



Eric Wong, BSc, CSCS

WHAT TOP FIGHTERS ARE SAYING ABOUT TRAINING WITH ERIC

“Your best bet is to get good training and good trainers... You need to have someone who’s actually vested in your improvement... I have my strength and conditioning with Eric and he’s a guy I can count on...”

You want to improve your individual skills - don’t rush into MMA and doing everything all together, learn all your skills like your jiu-jitsu, boxing, thai boxing, your conditioning, and from there you can step into the game.”

Claude “The Prince” Patrick, UFC Welterweight
Toronto, Ontario, Canada



“I always say that Eric Wong is my ‘Secret Weapon’. Before I started training with Eric I did some weight training and conditioning and made some gains and felt good...”

But after I started training with Eric I wasn’t as sore after workouts and could go to boxing and wrestling and perform much better than before.

Another thing was I felt stronger than ever - I could grapple, spar and train as long as I wanted and never feel fatigued.”

Jeff “The Inferno” Joslin, Former UFC Fighter
Hamilton, Ontario, Canada

I followed your Ultimate MMA program for my debut MMA fight which I won by KO 49 seconds in the 1st round. I credit your program as the main reason why I was so prepared for my fight. I used to be overweight but I lost 13kg (29 pounds) over 3 months.

My cardio, strength and stamina were supreme and everybody at my gym compliments my increased level of fitness.

I personally don't know any trainers in my area that could have prepared me as much as your program has and I thank you for creating such an easy program to follow for guys like me who don't have access to professional trainers.

Mahu Powell, MMA Fighter
Brisbane, Australia



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INTRO

What's up?

I'm writing this report in my home office while it's -15° Celsius (5° Fahrenheit for you Yanks) outside. That's *without* the wind chill. And it's not getting any warmer. So given that I'd rather be here inside instead of doing anything that takes me outside, I've got a lot of time to put into this report and really lay it all out for you.

Truth is, I'd put in 100% effort if it were warm and sunny outside because I'm pumped that you're interested in discovering what I call CAGE Cardio is all about.

Over the course of the next 30 + pages you're going to encounter some really powerful and never-talked-about methods that you can start using immediately to get in top fight shape. Like, today.

If you're an **MMA fighter or combat sport athlete**, this is need-to-know info so you never step into the cage, under the bright lights, and gas out, never knowing what could've happened had you been in shape. Nothing would be worse than flushing all that hard work – all the blood and sweat you've spilled – down the toilet because you didn't train right.

If you **don't fight but still train MMA recreationally**, these methods will help you be a better student in your MMA classes because you'll be able to train at a higher pace and soak up the skills instead of fighting fatigue. Classes will be a lot more fun when you've got cardio for days.

And **if you don't regularly punch people in the face** (please try it sometime – it's fun), you can still use these methods to develop a level of fitness you've never felt before and *torch* a ton of fat to help you develop the physique of an *athlete*. Plus, you'll know WHY you're doing what you're doing.

With all of the knowledge available to us, we're coming to the Age of Information Overload aka the Age of Misinformation.

That's why this PDF is focused on one thing and one thing only: conditioning. We're not going to talk about strength training right now, but just know that strength forms part of the foundation to being in top shape. *[I'll be following up with you about this via email, so make sure you've added support@ericwongmma.com to your Contacts / Safe list]*

Now, one of the biggest problems is knowing how to put all of the knowledge you can find together to create an efficient and effective blueprint you can follow, without getting stuck in "paralysis by analysis".

So turn off your phone, shut down your computer, power down the TV, put the kids to bed, close the door, print this bad boy out, grab a highlighter and get ready to soak this good stuff up. Don't just skim this report. Why?

Because you're about to discover my CAGE Cardio Scientific System of Conditioning for MMA that I use to train UFC fighters and other pro athletes. Read, understand and most importantly apply this info because when you do, it'll change the way you train forever and get you results you might never have thought possible. So in the words of Big John McCarthy:



BACKGROUND

It's taken me quite a while to put this PDF together for you and the reason why is because I put it together in a way that I want you to be able to understand the science behind everything that I am about to share with you, but I wanted to ensure it doesn't go over your head and I know that there is a lot of stuff out there on the internet that is scientific but it is too complicated for guys that don't have degrees in science or kinesiology to understand.

So my intention in writing this is so put it together in a way that you totally get what I'm presenting, which I know will help you apply it as effectively as if I were training you in person.

Now, before we get into the meat in this PDF, I'm going to give you a short background about me.

First of all, I've been training mixed martial artists since 2006 and I started training fighters two years after graduating from the University of Waterloo where I got my Bachelors of Science in Kinesiology.

I was really lucky to go to UW because one of the profs that I had was Dr. Stuart McGill, who is the most well-known low-back pain researcher in the world but is also somebody that has a lot of good ideas about training and performance for athletes as evidenced by him working with athletes like Georges St-Pierre.

I absorbed a ton of super valuable training knowledge and insights from Dr. McGill and also owe my own personal recovery from serious back surgery when I was 14 to him (another story for another day).



After I graduated from Waterloo I continued to learn and study and one of the guys I studied extensively under goes by the name of Paul Chek.

Chek introduced me to a lot of different concepts that I am going to share with you in our time together as well, and he's influenced a lot of high level coaches around the world including guys like my good friend, Elliot Hulse, Martin Rooney and many, many others.

Shortly after is graduated from Waterloo in 2004, I began working as a personal trainer in one of the local big box gyms, but it didn't take me long to get sick of the management and shady sales tactics that they used there.

So after 4 months I quit and started my own business and from 2004 to 2006, I trained regular peeps to get in shape, lose fat and build muscle.

But that wasn't my passion, because in my spare time I was training Brazilian Jiu Jitsu at a local school in Hamilton Ontario, where the head instructor was Jeff Joslin.

One day, I came to the realization that, since I loved training and watching MMA (those were the glory days of PRIDE), why didn't I start training fighters?

So I approached Jeff and basically said, "Hey, man, I think I can help you. Do you want to start training with me?" and he was open to the idea and that's how I began my career as an MMA Strength and Conditioning Coach. training

I started working with Jeff and the first thing we did was an assessment, but prior to that I spent a ton of time thinking about how to train a mixed martial artist because there was no real info out there on the subject (unlike now).

I was also nervous because when training a fighter, if you don't do a good job, it becomes very apparent when they go to war and I couldn't stomach the thought of Jeff gassing out because my training was ineffective.

So I had to come up with a lot of the concepts on my own based on my scientific background and taking ideas from different places and putting them together, then testing them on myself first, before bringing them to my athletes.

The first fight Jeff had after training with me was for a Welterweight belt for a now-defunct Canadian organization and he won that fight in the first round via knockout (sweet right cross) which was awesome, but at the same time, I didn't get to see his conditioning in action.

He told me he definitely felt more power in his strikes, which helped him score the KO, but conditioning was the true test of my training.

And it wasn't until his next fight which was actually his UFC debut against Josh Koscheck, where his conditioning was put to the test...

The pic to the right is Jeff and I before his fight against Koscheck...

It was a tough 3 round battle and while Jeff wasn't able to win the fight as Koscheck used his wrestling to secure the victory, Jeff battled hard for a full three rounds and afterwards, told me his conditioning never left him.



Jeff Joslin vs. Josh Koscheck at UFC Fight Night Miramar

After the fight, many local fighters approached Jeff and asked him what he did for his strength and conditioning and he directed them to me, so in 2007 I started working with fighters full time and that's how I began my career training combat athletes.

Man, that was fun writing that just to relive some of those awesome memories!

So in 2007, because of the lack of info on training for MMA out there, I started a blog where I shared what I was doing with my athletes.

It caught on and soon after, a guy by the name of Rocci Williams from the UK contacted me because he used my Ultimate MMA Strength and Conditioning Program.

After going through it, he realized why he was out of shape and gassing out (and he had a nice 1-6 record to prove it), despite doing S&C and doing it hard.

Quite simply, he was making one of the biggest mistakes that he can make when it comes to training and we are going to go over those mistakes in a second.

So before we get into the science behind my CAGE Cardio system, I want to make sure you understand 3 of the biggest mistakes I've seen martial artists make in their quest to be in top fight shape, so you don't make them too, then I'll reveal what CAGE Cardio is all about...

COMMON MMA S&C MISTAKE #1

From the very first email I got from Rocci, I knew what his problem was.

He described his old training routine and it was a mash up of different implements like kettlebells, barbells, sandbags, bands, dumbbells, balls and everything you could imagine.

While different tools offer different benefits, the key is not in the tools, but how you use them.

Give a hammer to a 12 year old and they'll bash themselves in the head and run home crying for mommy, but give a hammer to a skilled carpenter and he can build a beautiful house, but only if he's got the *blueprint*.

So the first mistake I see all the time is guys “winging it” and doing random workouts.

What happens is that guys will show up at the gym and they'll ask themselves, “Okay. What am I gonna do today?”

When this happens, there's no structure, no science and no progression behind the workout.

These are *key* elements of any quality S&C program.

Without them, you're going to hit a plateau and stay there and never get in top fight shape.

I'll be sharing a scientific program for you to follow and teaching you how to progress it to ensure you make consistent gains, but let's get through the next 2 mistakes first...

COMMON MMA S&C MISTAKE #2

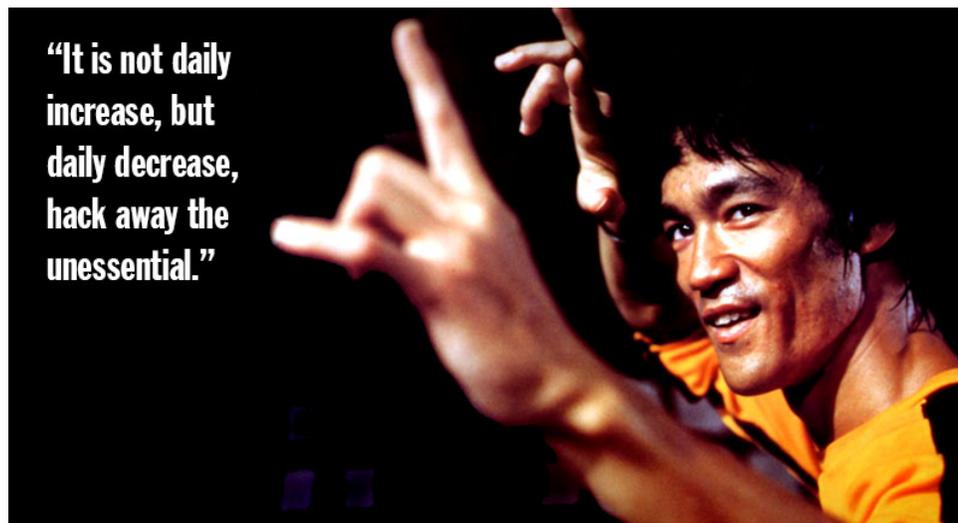
The second biggest mistake mixed martial artists make is overtraining. Maybe you've experienced this yourself?

Martial artists and fighters often have the mentality that "more is better" and "go hard or go home" so their S&C workouts are grueling and totally exhausting.

But when you do this on top of MMA and martial arts skill training, it becomes too much for the body to handle and pain, injuries and a general lack of energy and "pop" occur.

Yes, you definitely have to push yourself and work hard, but without a structured program to follow, this often results in overtraining sooner rather than later.

The actual key is to do the minimal amount of work to achieve the result you're after. Follow Bruce Lee's advice...



...because the less you do in the gym for your strength and conditioning, the more time and energy you have for your MMA training and skill development, sparring and everything you must learn to be a complete mixed martial artist.

COMMON MMA S&C MISTAKE #3

The third common mistake I often see is actually a paradox because it's kind of the opposite of mistake #1, but there is a slight distinction...

It's doing the same thing over and over (and over and over).

Here's how this goes hand in hand with "winging it" – guys who have no plan or structure show up at the gym and ask themselves, "What am I going to do today?"

And what happens is they'll do the same thing they've always done and are comfortable with, which keeps them right where they are because they're only doing the exercises and workouts they're already good at.

It's simply human nature – let's say you work all day and step into the gym at 5 PM, without a program to follow it's hard to be creative and all you want to do is get your workout done so you can get home and eat and then maybe get ready to go back to your MMA gym or dojo.

So the same workouts and exercises are performed over and over and what happens is that your body adapts and when your body adapts and you don't change it up, you hit a plateau and you stop making gains.

Even though you're working hard and sweating and breathing heavy, once you're adapted you're not going to improve any further.

Make sense?

So now you can avoid these all-too-common mistakes being made by martial artists and hopefully, your mind is open and ready to be programmed with my CAGE Cardio Scientific System of Conditioning.

Because once it is, your fitness is going to jump to the next level.

DEFINING “TOP FIGHT SHAPE”

In this PDF I'm going to reveal my patented CAGE Cardio system which I've been refining over years of training professional fighters to make it as simple and efficient as possible.

The reason why I'm doing this is because I want to see martial artists around the world using the system and getting into top fight shape and I believe the way to do that is teach you the underlying science behind the system, because I truly believe that understanding is the key to long-term and successful application and when you apply this system consistently, you're going to love the results and help me share the word with your friends.



If you don't understand what you're doing and why, then you might do it for a while, but you'll soon fall into the same old patterns and things you've always done.

But I assert that once you understand the science and see the power and efficiency of CAGE Cardio, it's going to transform the way you train forever.

So let me ask you a question...

When you train for MMA (or most martial arts and combat sports), what are you trying to develop?

What's your answer?

HINT: it's 2 words.

Did you guess...

POWER ENDURANCE

These 2 words describe the fitness you're looking for.

Think about it – your ability to execute your techniques powerfully for as long as necessary.

Power endurance is the holy grail for martial artists.

It means being able to explode in movements specific to your sport over and over. And *over*.

Being able to throw punches, kicks and knees with KO power in the 1st round as well as the last.

Being able to lock in and finish the submission when it presents itself in the dying minutes of the fight.

One misconception about being in top shape is the idea that you'll be able to throw full power strikes non-stop for 3 x 5 minute rounds. This is not the case and never will be and don't think if you can't do this, you're not fit.

Being in top shape means you can explode with a vicious flurry and be fit enough to *quickly* recover so you can do it again and again. Make sense?

OK, so then how do you develop power endurance?

Well, it begins with precise and scientific training of your body's 3 energy systems.

That's why the first thing I'm going to take you through is a crash course in exercise physiology so you understand the energy systems so you understand the "why" behind the "what" I'm going to show you.

ENERGY SYSTEMS 101

I've done my best to simplify this topic for you compared to what my profs taught when I was in university. After all, my goal here isn't to put you to sleep. If it were, I'd charge you thousands of dollars in tuition. :P

For all movement, your body relies on energy, just like a car relies on gas. You probably know cars, so let's use them as an analogy.

The **Aerobic** energy system is like a Toyota Prius Hybrid – it's very fuel efficient and can literally go on forever. But it isn't very fast or powerful. Or sexy. However, **the Aerobic system is also used to help the other 2 systems recover**, which is a *key point* to remember.



The **Anaerobic Lactic** energy system is like a Ford Truck – it's powerful and has a lot of torque and towing capacity, think GRIND, but it eats a lot more gas than a Prius. The Lactic system lasts a maximum of 1-2 minutes before work must stop or drastically decrease in intensity for it to recover. If you've ever fought for a submission but had to give it up because your arms were on fire, this is the Lactic system at work.



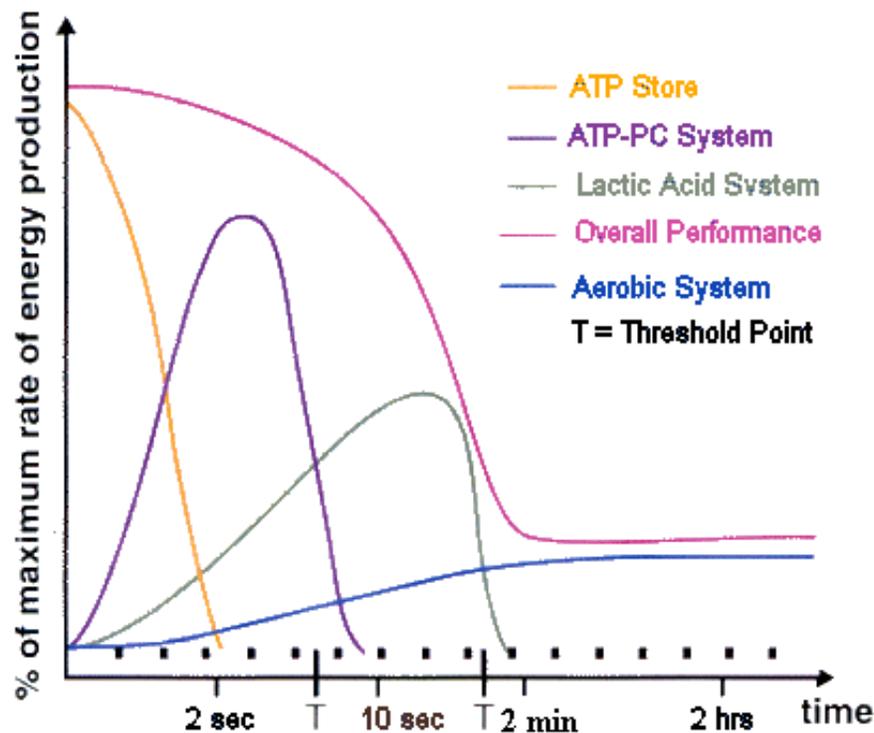
GEEK NOTE: contrary to popular belief, the burning sensation and muscle fatigue is not actually from lactic acid, but *likely* due to another by-product of lactic metabolism such as the accumulation of NADH + H⁺ ions and/or increased net ATP dephosphorylation, both results of the processes the lactic system uses to generate ATP.

The **Anaerobic Alactic** energy system is like a Drag Car – it's fast as hell but can only last for a short period of time – a max of 10-15 seconds before it's out of gas. Think of yourself sprinting; you can only go full out for around 10 secs until you slow down.



Now that you know the basics of the energy systems, let's get into a little more detail and some research that sheds light on how to best develop the energy systems for MMA.

The typical graph you'll encounter when learning about the energy systems looks like this:



This graph shows how most of the energy from 0-10 seconds is produced by the Alactic system; from 10-90 seconds by the Lactic system and any energy produced after 90 seconds is mostly by the Aerobic system.

However, more recent research shows that this graph is WRONG, or at least, inaccurate.

A 2001 study by Spenser and Gastin showed that in a 400m race, where athletes are running their balls off and that typically lasts 45 seconds or so at elite levels, 43% of the energy produced for this even is from the Aerobic system. That's almost *half*. (*Here's the abstract for fellow geeks*)

In an 800m race, which takes around 1 minute and 45 seconds to complete, 66% of energy is produced Aerobically.

Now, imagine in a 3 x 5 minute MMA fight how much energy comes from the aerobic system – probably upwards of 80-90%. Thus, the Aerobic system forms your endurance base for developing CAGE Cardio.

So the typical graph you'll see (and the one I learned in University) is wrong for MMA or any other sport where speed/power is necessary.

Now, you may be thinking, "How do I train the energy systems for CAGE Cardio?"

Before I share my answer, I've got a question for YOU:

What energy system is responsible for generating KO power or power to fuel an explosive double-leg takedown?

If you said, "The Alactic system" you get a pat on the head and a gold star. It's the system where you get energy *instantly* for explosive power.

And remember what I said earlier was a key point to remember - **the Aerobic system is also used to help the other 2 systems recover.**

That's why to develop CAGE Cardio, you want to adhere to the following 3 energy system training rules:

3 Rules of Training the Energy Systems

1. The Aerobic system forms your base.
2. The Alactic system fuels KO power, explosive takedowns and other powerful movements.
3. You need to have experienced the effects of the Lactic system for *emergencies*.

I've already explained Points 1 and 2. With respect to point 3, you might be thinking, "Why just train the Lactic system for *emergencies*? Don't we want to train it as much (or more) as the other 2?"

Good question. There are 2 reasons I recommend this:

Because the Lactic system has *limited potential* for development, and when used, it creates intense local muscular fatigue that will gas you out.

Just ask Shane Carwin how he felt in the 2nd round after feeding punch after punch to Brock Lesnar... If you don't remember, he maximally engaged the Lactic system and then he couldn't even hold his arms up to defend himself.



Your body will naturally gravitate towards whatever you train most often. It's smart like that. It relies on its strengths. So if you spend most of your time training the Lactic system, when it comes time to fight, your body will engage it sooner than if you spent more time training the Aerobic or Alactic systems.

But if you don't train it at all, you'll freak out when you do need it. That's why I say you train it for *emergencies*.

For the Lactic system to give you energy, a by-product of hydrogen ions is produced. **This turns your blood acidic.** It's this acidosis that causes the burning feeling and inhibits muscular contraction.

You know this feeling if you've ever done a drop set of Bicep curls or 21's. Or fought for a choke for a minute only to have to give it up because you couldn't squeeze any more.

The problem is that it takes a lot of time and rest to fix this acidosis. But if you're in the middle of a fight, you won't be able to rest and recover. Soon, because you're unable to defend yourself, you're going to take damage and might even be KO'd. Hopefully the ref steps in before that happens...

The Alactic and Aerobic systems on the other hand don't produce a by-product like this that makes your arms feel like *concrete*.

When the Alactic system is empty, it's simply empty and needs to be refueled by the Aerobic system.

And the Aerobic system literally never stops working and can go on for hours without slowing down. It's what fuels hours long endurance events like marathons or the Tour De France (that and PEDs, of course) and as I said before, it fuels recovery of the other two systems. But it doesn't have that top end that you need to strike or explode with maximal force.

So you with me on the 3 Energy System Training Rules for Power Endurance now?

Then let's get to what you've been waiting for – the details behind my CAGE Cardio Scientific System of Conditioning.

THE CAGE CARDIO SYSTEM

Whenever I say CAGE Cardio, I'm referring to the CAGE Cardio Scientific System of Conditioning that I've developed to get you in top fight shape.

It could also be referred to as "Scientific Circuit Training", because each of the workouts could be considered circuit workouts.

But there are specific details that distinguish the 3 different types of workouts in CAGE Cardio, which we're going to discuss in a sec.

Before we get to that, I'd like you to think about previous circuit workouts you've done in the past or watched on sites like YouTube.

As you're reading through this PDF, you might think, "Oh, I've seen this all before," but when I explain what you're looking at, you'll see circuit training in a whole new light and realize that much of what's out there is a random mish-mash of exercises that make for tough, yet imprecise workouts.

While random circuits will help you reach an intermediate level of fitness, they'll never move you to advanced, because reaching the advanced level requires precise training methods.

Not only that, but as you've already learned, being imprecise with your training can lead to overtraining and injury, which will set you back in your efforts.

So the goal of this system is not only to get you in top fight shape, but do so in the most time and energy efficient means possible.

If you're training MMA or martial arts at least 2 days a week (and your classes include some elements of intensity), then you only need to perform CAGE Cardio workouts twice a week to elevate your fitness.

Plus, these workouts generally take around 20 minutes to complete, so time is not an excuse and they don't overwhelm your body's recovery ability, allowing you to effectively train martial arts at the same time.

Within the CAGE Cardio system, 3 distinct workouts exist:

1. Aerobic + Lactic [A+L]
2. Aerobic + Alactic [A+A]
3. NRG System Complexes [NRG]

Let's go through all 3 now, starting with A+L.

A+L: FEEL THE BURN

Most circuit training workouts you see such as CrossFit would be considered A+L workouts.

A+L workouts involve tapping into the Lactic energy system, then moving to exercises that tap into Lactic metabolism in other muscle groups.

Whenever the Lactic system works, the Aerobic system must also work to facilitate recovery.

The Lactic system produces by-products that must be removed, otherwise your muscles can no longer contract (or contract with less force) – this removal of by-products is facilitated by the Aerobic system.

So if you do an exercise for 30 seconds, you might feel your heart and breathing rates elevate slightly.

Do an exercise for 30 seconds, then switch to another exercise for 30 seconds and your heart rate and breathing will elevate a bit more.

And when you string together 4 or more exercises like this, both your Aerobic and Lactic energy systems will be working hard.

Here's an example for a simple 4 exercise A+L workout – perform each exercise for 30 seconds and move immediately to the next:

1. Pushups
2. Squat Jumps
3. Inverted Rows
4. Reverse Lunges

Rest for 2 minutes then repeat for anywhere from 4 rounds and you've got yourself a nice little CAGE Cardio A+L workout.

I'll be sending you a more advanced A+L workout via email soon but I just want to keep things simple right now to help you understand the science behind the workouts.

As a side note – this is an example of a Systemic A+L workout, because you alternate between upper and lower body exercises, which causes blood to shunt between the upper and lower body, providing a greater cardiovascular benefit.

However, Local A+L workouts target an area more, which provides a greater Lactic adaptation in the working muscles.

Don't worry about how and when to implement this right now, just know that it exists. ;)

So there are a number of different ways you could work within the A+L framework to create workouts and simultaneously target the Aerobic and Lactic energy systems, but timed sets of 30-45 seconds where you do 3-5 exercises in a row is a good place to start and easy to implement.

In looking at the majority of circuit workouts out there, can you see how they're usually A+L?

Here's the thing – A+L workouts should be done the LEAST frequent when compared to the other 2 styles of workouts in the CAGE Cardio system, because if you remember back to the 3 Rules of Training the Energy Systems, the Lactic system is to be trained for emergencies.

Because of this, you don't want to spend the majority of time training for an emergency situation – you want to spend most of your time training for the keys to winning a fight, namely explosive power endurance.

And that's where the next 2 CAGE Cardio workout classifications come into play...

A+A: POWER AND CARDIO

Before I explain the energy system demands of A+A workouts, unlike the Lactic system, when we think about the Alactic system where we're thinking about overloading certain muscles with the by-products of Lactic metabolism, it's more productive to think in terms of movement patterns.

Thus, compound and sport-specific movements are the ticket to getting the best results. But when training the Lactic system we can make use of other means such as isolation movements and isometrics because with them, we can get maximal Lactic engagement.

Unlike the A+L workouts, in the A+A workouts we want to keep muscular fatigue to a *minimum*.

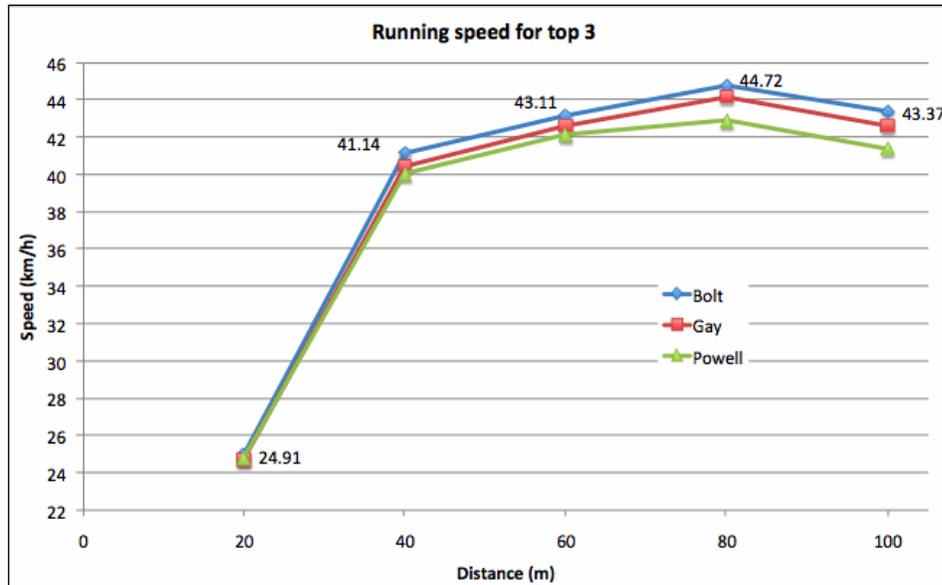
Instead of fighting through burning and pain, the goal is to focus on maximal effort for the short period of time you'll be doing the exercise, then regroup so you can focus again on maximal effort.

Remember that the Alactic system is what generates explosive power such as the ability to land a huge KO punch or shake the cage via a thundering takedown, but this power is very limited.

You'll usually be able to perform a set for a max of about 10 seconds before the Alactic system is tapped out.

The exact time depends on the exercise – exercises with a smaller within-rep work:rest ratio or a large relative elastic component can be performed for longer without fatigue, but 10 seconds is a good general rule of thumb and you can't go wrong using it.

To illustrate my point, here's an example from the race where Usain Bolt set a world record of 9.58 seconds in the 100 m sprint:



Source: <http://www.sportsscientists.com/2009/08/analysis-of-bolts-958-wr.html>

The graph shows the speed of the top 3 competitors in the race, Bolt, Tyson Gay and Asafa Powell.

You can see that speed for all 3 increases until they hit the 80 metre mark, at which point they all slow down.

It took Bolt 7.92 seconds to reach the 80 metre mark before he started to slow down. This is for a total body movement that requires a lot of muscular work with a relatively small elastic component, which would make the exercise more taxing on the Alactic system, resulting in the shorter time to fatigue.

Compare this with the Pogo Jump, which has a low within-rep work:rest ratio and is highly elastic and you can see why it is able to do Pogo Jumps for 15, even 20 seconds before the height you jump decreases.

With these factors in mind, I may prescribe a certain # of reps or a timed set that may fall anywhere from 5-20 seconds long. It all depends on the exercise and the exact time needed to maximize the involvement of the Alactic energy system.

Here's an example of a simple A+A workout:

1. Squat Jumps for 10 sec
2. Light active recovery for 30 sec (shadowbox, jumping jacks, etc)
3. Explosive Pushups for 10 sec
4. Light active recovery for 30 sec – this is 1 complete circuit
5. Repeat for a total of 6 circuits

You could then rest completely for 3-5 minutes and do another similar circuit with different exercises, such as a Chinup and Lunge Jump.

[I'll be sending you a more advanced A+A workout via email, but let's just get the science down first]

So you're working the lower body, then don't come back to it for just over a minute, which gives the Alactic system time to recover.

But because you're doing active recovery exercises and upper body in between, your cardiovascular system continues to work throughout the workout, providing the Aerobic benefit.

An important point to keep in mind is that the endurance of the Alactic system cannot necessarily be increased directly i.e. the storage of the energy source (ATP-CP) that fuels the Alactic energy system is limited.

However, you can increase the power of the Alactic system, which is what you do when you increase your max strength and/or power.

That's why performing a complementary strength training program is so important – because it allows you to increase your maximal strength and power.

So strength training and CAGE Cardio work hand in hand. Synergistically. Like two peas in a pod.

And as I said before, A+A workouts also improve the speed at which your neuromuscular system recovers, especially when you apply scientific periodization to it.

This is important because the faster you recover, the more often you can explode at full force within a 5 minute round and the better chances you have of pulling off a big KO in the cage.

Another benefit of A+A workouts is that they're not very muscularly demanding, so they won't negatively impact your skills training as much as A+L or the final CAGE Cardio workout you're about to learn about...

NRG SYSTEM COMPLEXES: HOW TO PEAK

Ahhhh, my bread and butter...

I created the first NRG System Complex training Jeff “The Inferno” Joslin for his 2006 title fight.

When Jeff got the call from UFC matchmaker Joe Silva to fill in for someone who dropped out of a fight on short notice, Jeff quickly agreed and training camp would begin again with 6 weeks until fight night.

The fight took place at a Marine base in California, so it wasn't exactly friendly territory for us Canadians.

It was a unique venue for the event and a surreal experience with fighter jets and helicopters outside and being surrounded by Marines.

I still watch the fight every once in a while because it was my first time at a live UFC event and it was even more special because I trained one of the fighters on the card.

I could probably describe the fight in detail from start to finish, but while Jeff put up a great fight and by most accounts (including Joe Rogan's) won the standup game, he couldn't stop Koscheck's takedowns and lost via decision.

While losing was heartbreaking, Jeff was happy about his performance and for me, I finally had the proof that my conditioning methods worked, as Jeff was able to battle for all 3 rounds against a tough wrestler who is also known for his conditioning.

After the fight, Jeff told me he could've kept going and felt great in there.

And while I'm always the first to say that fitness is the result of a well-designed and periodized program, I credit a large part of his high level of

conditioning to the NRG System Complexes we'd done leading up to both of the fights I'd trained him for.

[NOTE: while Jeff's future was bright, he suffered multiple concussions in training and decided to retire from MMA to focus on coaching. He's also created the hands-down best beginner's MMA training program called [MMA Quickstart](#). Highly recommended for those wanting to learn MMA at home or those looking to start training at a club but who don't want to feel lost when they get there.]

My unique NRG System Complexes are performed with very specific set, rep and exercise order. The way the workouts are designed effectively train all 3 energy systems of your body and develop your conditioning perfectly for MMA.

They integrate and advance the principles from both the A+L and A+A workouts that you've just learned about and are highly specific to an MMA fight, but not just any fight, a worst-case scenario fight.

This is because the # of reps you perform keep you within the Alactic system, and the exercise choices and order allow the Alactic system to slightly recover on a local level, thus avoiding heavy Lactic engagement.

For example, in my classic NRG System Bodyweight Complex found in the [Ultimate MMA S&C Program](#), you superset between 8 Lunge jumps and 8 Explosive pushups. 8 reps of either take less than 10 seconds of work – so the alactic system is predominant.

While you're doing the pushups, the legs are resting, and vice versa, so the alactic system has a bit of time to recover.

You'd then perform the Lunge jumps again and the Pushups again, completing 2 sets of each before moving on to the next exercise. Doing 2 sets allows you to challenge alactic endurance, without totally fatiguing the system and forcing you into lactic dominance.

You might then move on to a core stability or quickness exercise giving the major upper and lower body muscles a chance to recover, while you're still working and doing an exercise specific to MMA.

This goes on for about 5 minutes, so as you proceed through the complex, the Alactic and Aerobic energy systems are engaged more, giving you complete energy system development, never-ending cardio AND explosive knockout power that will last you to the final bell – if you don't KO your opponent first!

The one downfall from these complexes is that they require a little more thinking because you're moving between exercises a lot quicker and there are more exercises to perform.

NRG System Complexes aren't as simple as doing 30 sec of one exercise then moving on, but they are the most scientific and effective workouts to peak your conditioning for MMA.

Because after you've pushed yourself through a training block of NRG System Complexes, you'll be ready to deal with anything thrown your way.

So, like I mentioned, these workouts are a little more complex compared to the A+L and A+A setups, so I'm not going to show you here, because I first want to give you the time to do the A+L and A+A workouts, just so you can feel how they are.

Then, when I send you an example of an NRG System Complex to do, you'll know the difference from experience, not just what you learned here.

I'm doing this because I want you to apply the material here and you've got a couple of workouts you can work through already, so put them into action because that's the only way to get results – way too many people read and research and study and never do the only thing that gets results – DOING THE WORK!

Read through this report again and make an ACTION list of things to implement in to your training and actually schedule them in, then DO IT!

Don't be one of those guys with dozens of workouts collecting "virtual dust" on your hard drive.

That's not fair to me and it does you absolutely no good.

So get to work and I'll be in touch again soon with videos and more workouts including a sick NRG System Complex to do.

Our conversation has just begun...

Your NEW coach,

A handwritten signature in black ink that reads "Eric Wong". The signature is stylized and cursive.

Eric Wong, BSc, CSCS

Blog: www.EricWongMMA.com

Facebook: www.facebook.com/ericwongmma.fb

YouTube: www.youtube.com/user/ericwongmma

