

Fight Camp Conditioning



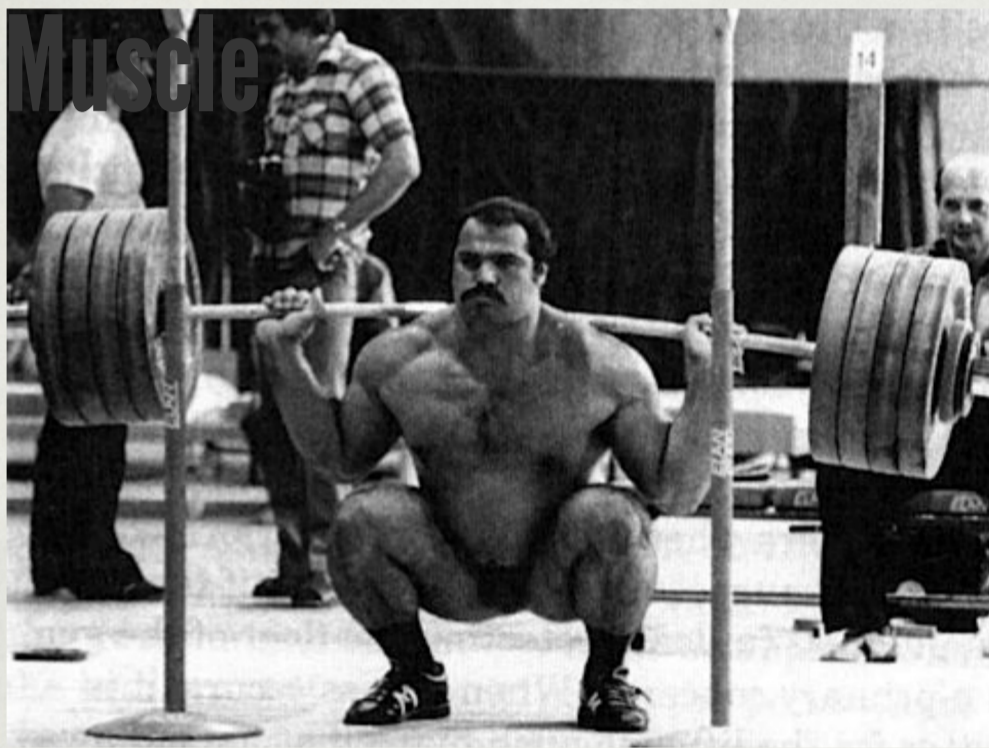
How to Peak for Competition Part 1: Are You Healthy?

Do you have any injuries or ailments that are keeping you from practicing? Achy knees, rolled ankle, low back pain, bum shoulders, tweaked wrists or similar can sideline us, if we don't address them. If you do have a current or old injury, you should take a few minutes and assess your body head to toe, find the weak links and address them accordingly. The following drills will help you determine what type of workouts you need to focus on to improve your performance.

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The Fastest Way to Gain 10lbs of Muscle



The foundation of this program is the barbell back squat. You will be performing the back squat Monday, Wednesday and Friday for 3-4 weeks. In addition to squatting, you will perform one pushing and one pulling exercise to challenge the upper body. Simple, right?

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HOW TO PEAK FOR COMPETITION

MMA • BJJ • KICKBOXING • WRESTLING • BOXING • MUAY THAI

HOW CAN I GET STRONGER, FASTER AND IMPROVE MY CARDIO?

People will ask you this often, so we developed this simple workout that will help you build strength, speed and cardio in a way that works right for you and your schedule.

ARE YOU HEALTHY?

"TUNE UP PROGRAM"

Focuses on mobility and range of the waist, shoulders and ankles.

ARE YOU IN SHAPE?

"EXPAND THE TANK"

Focuses on core strength and endurance. You'll be able to work out longer, stronger and more efficiently.

ARE YOU STRONG?

"BUILD THE BEAST"

Focuses on strength and power. You'll be able to lift heavier, stronger and more efficiently.

POWER TIP:

Focus on your power. Power is the key to success in all sports. It's the difference between a good athlete and a great one. Power is the ability to exert force in a short amount of time. Power is the key to success in all sports.

CAN YOU REPEAT POWER?

"PREPARE FOR BATTLE"

Are you able to repeat bursts of effort for the duration of your match or fight?

RECOVER

COMPETE!

WHEN THE TIME TO PERFORM ARRIVES, THE TIME TO PREPARE HAS PASSED.

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FOOT CAMP CONDITIONING.COM

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Exercise of the Week: Bulgarian Split Squat Variations

There may be actually no better type of squat than the Bulgarian Split Squat (aka Rear Foot Elevated Squat). From a mobility, stability, and strength stand point, the Bulgarian Split Squat may reign supreme. Using Ultimate Sandbag Training and kettlebells open up a new world to working the Rear Foot Elevated Split Squat.

Click Image Below to View Full Video:

Interview with Tony Ricci Professor, Strength Coach and Nutritionist

Tony is a former competitive Olympic lifter, Mr. Eastern USA bodybuilding champion, and holds Black Belts in multiple combat disciplines. He has trained thousands with objectives ranging from improved fitness to Olympic competition, including professionals in ballet, figure skating, US cycling, modeling, fitness competition, swimming, football, bodybuilding, powerlifting, baseball, boxing, kickboxing, and mixed martial arts.

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'Inside the VIP'

Get a Sneak Peek Into Our Exclusive VIP Experience

Marcus Martinez hooked us up with 20+ videos on clubs, kettlebells, and bodyweight training that are gonna change the way you think about getting strong and powerful.

[Get Access Now](#)

Featured Coach: PJ Nestler, Velocity Sports Performance

PJ Neslter is the Sports Performance Director and Center Director for STACK Velocity Sports Performance in Irvine, California. He has been training NFL, NHL and UFC athletes for over a decade now. Today, he's on the DAILY to share some awesome training strategies that will make you more powerful.

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Gear - Equipment - Reviews Animal Flow Workout

Whether you're an extreme athlete, a yogi, a traceur, a strongman, a B-boy, an MMA fighter or just someone who likes staying in shape, you can benefit from more mobility, strength, endurance and power. And the Animal Flow® Workout will give you all of these while having a little fun in the process!

[>>Learn More About Animal Flow Here<<](#)

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