

# ARE YOU POWERFUL?



## WHAT IS POWER?

**Athletic Power is Defined by the Ability to Exert a Maximal Force in a Minimal Amount of Time.**



**"The key is not the will to win. Everybody has that. It is the will to prepare to win that is important."**

**– Bobby Knight**

## POWER EXERCISES



## TEST YOUR POWER

### Med Ball Throw for Distance



### Power Clean



### 5 - 10 - 5 Agility



### Broad Jump



Med Ball Throw for Distance (5kg).....	20'	35'	50'+
Power Clean (% of BW).....	.75	1.0	1.25
5 - 10 - 5 Agility.....	5.0	4.7	4.5sec
Broad Jump (2ft-2ft).....	70"	85"	100"+

## FIGHT STATS:



### Work to Rest Ratios

**Striking 1:4**

**Wrestling 2:1**

**MMA 1:1**

**Avg Burst of Effort During a Fight Lasts 2-5sec. Combos, Takedowns, Throws, Scrambles, Etc. There are typically 4 bursts of effort per minute in MMA. If the statistics are correct, then we need to train our athletes to be explosive, not simply grind them with circuits and low intensity drills.**

### Power Workouts Should Be...

1. High Intensity
2. Low Volume
3. Allow Complete Rest Between Sets and Series



### Overtraining Kills Power

**Research Shows that training too hard, too often, without sufficient recovery can lead to a huge decrease in performance**

**36%↓  
POWER OUTPUT**

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