

PYTHON POWER



EXERCISE LIBRARY

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Dynamic Mobility

Warmup

Standing Knee to Elbow

1. Stand up tall with your arms in a 'Y'
2. Staying as tall as you can, bring one knee up and the opposite elbow down to meet in front of your body
3. Return to the start and repeat with the other limbs



Prone Knee to Armpit

1. Start lying on your stomach with your hands under your face
2. Lift one leg up and out so the inner thigh is opened up towards the floor
3. Bring your knee to your armpit keeping your body as close to the ground as possible
4. Return and repeat on the other side



Push Plank

1. Start on your knees with your butt on your heels and hands as far in front of you as possible
2. Lift your knees slightly off the ground*
3. Simultaneously pull yourself forwards through your hands and push with your legs to drop down in a pushup position
4. Keep your elbows tight to your body in the pushup position
5. Push yourself back with your arms and pull yourself back with your hamstrings to return to the starting position
6. * You can keep your knees on the ground if this version is too difficult



1-Leg Star Toe Touch

1. Stand up tall and lift one leg off the ground
2. Reach with the toe that is in the air as far forwards as possible, bending the knee of the leg on the ground slightly
3. Repeat at a 45 degree angle in front, sideways, 45 degrees to the back, and straight back
4. When finished all 5 directions on one leg, repeat on the other leg



Narrow → Wide Squat Hops

1. Start with a narrow stance and squat down
2. Come up and hop into a wide squat
3. Come up and hop back into a narrow stance and repeat



Groiners

1. Start in a pushup position but with your hands together
2. Maintain a neutral spine as best as you can
3. Jump one leg up so your inner thigh is by your elbow keeping your other leg straight
4. Repeat on the other side



Phase 1: Submission Strength

Day 1

Bent Over DB Rows

1. Tilt over at the hips with soft knees and a neutral spine
2. Keep your weight on your heels and your head in line with your spine
3. Pull the DBs to your waist, not your chest
4. Squeeze your shoulder blades down and back at the top
5. Keep your body steady without moving



Bench Step Overs

1. Stand to the side of a flat bench and place one foot on top of it
2. Pull yourself up so you're standing tall on one leg with the foot that's on the bench
3. Step behind with the foot that's in the air until it touches the ground
4. Maintain good posture and keep your torso pointing forward as best as you can
5. Pull yourself back up and over to the start position with the foot that's on the bench
6. The muscles in the leg/hip that are on the bench are doing most of the work



Towel Bicep Curls

1. Wrap 2 towels around a barbell
2. Grab the towels evenly so the barbell hangs straight
3. Keeping good posture, perform a bicep curl and rotate the palms so they face you at the top



Flat DB Press on SB

1. Pickup a pair of DBs and place them on your thighs as you sit on a SB
2. Kick the DBs up as you roll down until your head, neck and upper back are resting on the SB
3. Pinch your shoulder blades down and back when the DBs are resting on your chest
4. Keeping your hips high, push the weights up and in while keeping your shoulder blades pinched
5. Reverse the motion under control
6. Keep your eyes looking straight to the ceiling, don't tuck your chin to your chest



Hanging Knee/Leg Raises

1. Hang from a chinup bar with an overhand grip
2. Pull your knees to your chest and curl your hips forward slightly with a strong ab contraction
3. To hit your obliques, pull your knee towards an opposite shoulder
4. Can also be performed with straight legs for a greater challenge



Phase 1: Submission Strength

Day 2

Pausing Chinups

1. Hang from a bar with an underhand grip
2. Pull your chin over the bar and squeeze your shoulder blades down and back while you push your chest out at the top
3. Return to the bottom and hang with straight arms for 2 seconds before repeating



Skull Crushers

1. Grab a BB or EZ-bar with an overhand grip
2. Lie down on a flat bench and pinch your shoulder blades together
3. Push the bar straight up and turn your elbows in so they're pointing towards your knees by activating your lats
4. Lower the bar towards your hairline (or top of your forehead if you're bald :P)
5. Don't let your elbows flare out – keep them in tight as you press the weight back up



Deadlift + Row

1. Setup a cable with a row handle at knee height
2. Step back from the machine and take a narrow stance, feet about 6 inches apart
3. Keep a slight bend in your knees as you tilt from the hips forward to perform a Stiff-Leg Deadlift
4. Keep your weight on your heels and your arms extended as you bend over
5. Once you've reached full range at the bottom, stand up by driving your hips forward, contracting your glutes
6. As you come up, pull the cable towards you pinching your shoulders down and back at the end
7. Make sure your weight is on your heels the whole time



Reverse EZ-Bar Curls

1. Grab an EZ-bar with an overhand grip
2. Maintain good posture with your shoulders back as you curl the bar up
3. Make sure you keep your wrists straight – don't let them bend at all



Flat Jack

1. Start with the tops of your feet on a ball, hands on the ground like a pushup
2. Keeping your shoulder blades down and back, push yourself back so your body is flat
3. Pull yourself forwards back to the start position
4. Pull your knees to your chest keeping your low back in neutral (don't curl too much)
5. Return to the start position – that equals 1 rep



Phase 1: Submission Stamina

Day 1

Good Morning Curls

1. Grab a BB and stand in good posture with shoulders back and knees slightly bent
2. Curl the BB up and hold it at the top position
3. Perform a Good Morning/Stiff-leg Deadlift (BB stays at the top position of the curl)
4. Maintain a slight bend in your knees, keep weight on your heels and your back straight as you tilt over at the hips
5. Keep the bar close to your body the whole time
6. When your hamstrings tighten at the end ROM, squeeze your glutes and drive your hips forward to get back up tall
7. Lower the bar, perform another curl and repeat



Hip Raises MB

1. Lie on your back with knees bent, squeezing a MB between your legs, just above your knees
2. Raise your hips off the ground contracting your abs
3. To hit your obliques, aim your hip for the same side armpit as you raise up
4. Make sure you don't drop the MB on your face... This is your official disclaimer. :)



Rope Hammer Curl Row

1. Sit on a seated row machine with a rope handle or weave a towel through a single handle
2. Sit up in good posture
3. Keeping your elbows tight to your sides, perform a hammer curl using your biceps
4. Once at the end ROM of the curl, powerfully pull your shoulders down and back giving a good squeeze at the end



Hip Extensions SB

1. Grab a DB and sit on a SB
2. Roll down until your head, neck and upper back are resting on the ball
3. Place the DB on your hips
4. Drive your hips up high pushing through your heels and firing your glutes
5. Hold this top position as you breathe naturally
6. Lower down under control relaxing your glutes briefly then repeat



Slithering Circuit

Sprawl

1. Stand in a fighting stance
2. Sprawl out kicking your legs to one side and pushing your hips to the floor



Scorpion Strike

1. Start in a pushup position
2. Rotate your body up so your left hand stays on the ground and kick your left leg straight out
3. Swing the leg back through as you rotate down so both hands are on the ground again
4. Keep the left leg going through and bring it up and over your right leg, 'striking' the ground with your left toe
5. As this is happening, lower yourself down into a Pushup
6. Push yourself back up and return to the start position and repeat on the other side



Hop in to Breakfall

1. Hop both feet in as close to your hands as you can
2. Staying compact, bring your hands off the ground
3. Roll back onto your butt, then spine as you slap your arms on the ground to perform a breakfall
4. Don't let your head hit the ground when doing the breakfall



Triangles

1. Raise your hips off the ground by contracting your abs
2. Bring your right hip towards your right armpit
3. As you're doing this, cross your right knee over your left ankle
4. Lower down under control and repeat on the other side



Stand in Base

1. Situp and post one arm up back behind you
2. Bring your hips off the ground
3. Swing the same leg of the arm that's posted so the foot lands beside the posted hand
4. Keep your free arm up guarding your face
5. Stand up by stepping back



Phase 1: Submission Stamina

Day 2

Bear Hug Row

1. Sit on a seated row machine with a rope handle or weave a towel through a single handle
2. Sit up in good posture
3. Grab the rope and flare your elbows out so your arms are parallel to the ground and your palms are facing the floor
4. Flex your elbows in bringing your hands towards your shoulders
5. Pull your shoulder blades together and squeeze your biceps as powerfully as you can



1-Arm SB Power Press

1. Grab a DB and setup on a SB with head, neck and upper back on the ball
2. Keep the DB on your chest and your opposite arm pointing straight up
3. Simultaneously drive the DB up and pull your other arm down rolling onto this arm slightly
4. Lower down back to the start position
5. Keep your hips up high the whole time



Fat Bar 1-Arm Row

1. Use a fat bar or wrap a towel around a DB handle
2. Setup in a 1-arm row position with your hand directly under your shoulder and knee directly under your hip
3. Keep the shoulder blade of the posted arm down and back
4. Maintain a neutral spine as you pull the weight up towards your hip (not chest) engaging your lats
5. Pull your shoulder blade back at the top of the motion



Leg Curls with MB Squeeze

1. Lie down on your back on the floor with your feet up on a SB
2. Place a MB between your knees and keep it squeezed tight
3. Bridge your hips so your body is flat
4. Pull the SB in using your hamstrings and bring your heels as close to your butt as you can
5. Drive your hips up at the same time so your hips don't bend at all
6. Reverse the motion and make sure you don't lose the squeeze on the MB



Russian Twists MB

1. Lie down on your back with your knees bent holding on to a MB overhead
2. Crunch up and slam the MB on the ground on one side
3. Keep your shoulder blades off the ground as you slam the MB to the other side
4. Lower back down under control and touch the MB on the ground above your head
5. Repeat slamming the ball on the other side



DB Swing Curls

1. Start with 2 DBs by your sides
2. Generate some momentum with the DBs so you can kick them back behind you with straight arms
3. Keeping a slight bend in your knees and your weight on your heels, drive your hips forward powerfully with your glutes and come up tall
4. As you're coming up, curl the weights up
5. Keeping a fluid motion, push the weights forward (don't just let them drop) and repeat the swing/curl movement



Leg Swoop

1. Start in a 'quad squat' position
2. Kick one leg straight through between the opposite leg and arm
3. Swoop it around and under your opposite leg, jumping off the ground with the leg that's on the floor, returning to the start position
4. Repeat on the other side



Inverted ISO Rows

1. Hang under a bar with your feet on the floor or up on a SB
2. Make sure your spine is straight the whole time
3. Pull yourself up for a couple of reps, then hold at the top, squeezing your shoulder blades down and back
4. Make sure you breathe naturally as you're holding isometrically



Compensatory Stretches

Cobra

1. Lie face down with your hands under your shoulders
2. Press yourself up keeping your hips on the ground and reversing the curve in your spine
3. At the top, push your chest out, pinch your shoulders down and back and pull your chin in
4. Hold for 30 seconds



Wrist Flexors

1. Get in a 4-point position on your hands and knees
2. Turn one hand so your fingers point towards your knees
3. Lift your other hand off the ground and sit your butt back slowly to stretch your wrist
4. Keep your elbow straight and hand flat on the ground the whole time and don't overstretch
5. Hold for 30 seconds



Fingers/Thumb

1. Sit or stand and rotate one hand towards
2. Pull the thumb and each finger with your other hand holding a 10-20 second stretch for each



Hip Flexor (Psoas)

1. Put your right knee on the ground and your left foot down in front of you
2. Stay tall and contract your abs, trying to tuck your tail between your legs (it won't move much)
3. Keep your abs contracted and slowly move your hips forward, this will increase the stretch in your hip
4. Once in position, raise your right arm up towards the ceiling and slightly side bend your torso over to the left side
5. Hold for 30 seconds



Hip Flexor (Rectus Femoris)

1. Start with both hands and knees on the ground and place your right foot up on a SB, bench or a chair
2. Step forward with your left foot so it's flat on the ground
3. Slowly get up tall taking both hands off the ground
4. You'll feel a strong stretch right down the middle of your thigh
5. Hold for 30 seconds



Tabletop (Biceps and Pecs)

1. Sit on the ground with your knees bent, feet flat and hands behind you, fingers pointing away from your body
2. Keeping your elbows straight, bridge up and try to get into a tabletop position
3. Look straight up to the ceiling
4. Pinch your shoulder blades down and back the whole time, pushing your chest towards the ceiling



Lats

1. Stand near a pole you can grab or door frame
2. Grab it with one hand and sit your butt back back, turning your torso in towards the arm that's grabbing
3. Try to relax the arm as much as possible so you can stretch your lats

