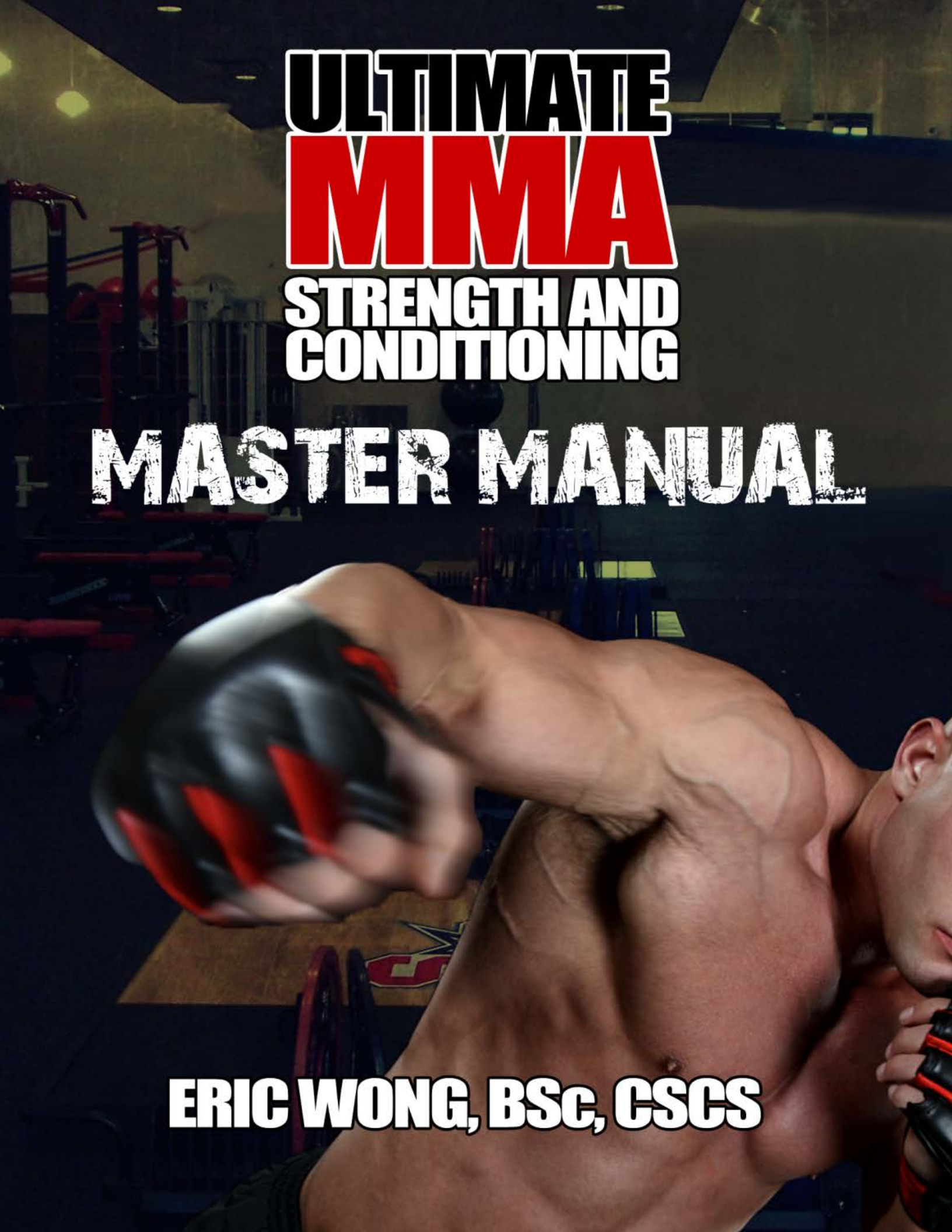


A muscular man is shown from the chest up, wearing black MMA gloves with red accents. He is in a gym setting, with various pieces of exercise equipment visible in the background. The title text is overlaid on the top half of the image.

ULTIMATE MMA STRENGTH AND CONDITIONING MASTER MANUAL

ERIC WONG, BSc, CSCS

"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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The information presented in this work is by no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

By continuing with the program you recognize that despite all precautions on the part of Eric Wong Training Systems, there are risks of injury or illness which can occur because of your use of the aforementioned information and you expressly assume such risks and waive, relinquish and release any claim which you may have against Eric Wong Training Systems, or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of the program. Bottom line – if you die, it's not my fault, and you can't sue me. :) However, use of this program as intended is highly unlikely to cause death and will only result in improved strength, power, flexibility and overall fitness.

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PREFACE TO THE NEW EDITION

"Between two fighters of equal skill, the one with superior strength and conditioning will always be victorious."

Since 2006, I've been training mixed martial artists for competition, from UFC fighters to your local amateur show, as well as boxers, BJJ players and wrestlers.

Because I'm not affiliated with one specific club, I've trained guys from many different clubs and towns around my area. Jeff Joslin's gym in Hamilton, Elite Training Center in Mississauga run by Claude Patrick, All Canadian Martial Arts, Xtreme Couture, etc...

I've also trained different martial arts at many of these schools and have noticed one general theme over and over: lots of questions about strength and conditioning for combat sports and a whole lot of **CONFUSION**.

I'd just finished training Claude at his gym and James, one of his students asked if he could ask me some questions.

"Sure," I replied.

He then went on to rattle off about 6 or 7 questions mixed in with various statements like, "I don't know whether to lift light weight for high reps or heavy weights for low reps," and on and on.

Unfortunately, this experience isn't typical. I've noticed it become even more prevalent with the vast amount of information available on the internet, especially since much of it is contradictory.

Unless you've got a background in exercise science, it can be hard to decipher fact from fiction; truth from hype.

For example, a common approach to training is to mimic a martial arts skill with added resistance, [like this exercise which you must avoid like the plague](#).

When you ask a coach why you're doing this, they'll respond with something like, "Adding resistance makes punching harder, so when you drop the resistance, punching will feel easier."

While this sounds logical, it's not as simple as that, as I outline in the article linked above.

And because MMA is such a rapidly growing sport, a lot of characters are trying to jump on the bandwagon to cash in and ride the wave. [This device](#) is a prime example and I breakdown exactly why it's B.S.

Not to mention the fact that a lot of coaches are stuck in "old-school" ways of thinking, such as, "You've got to train hard... and if you want to be in better shape, all you've got to do is train longer and *harder*."

Because of all of this, I constantly get bombarded by questions about training and nutrition, which makes this program even more relevant now than when I initially released it in 2008.

If you fight, my goal with the Ultimate MMA S&C Program (which I'll refer to as U-MMA from now on) is to clear the confusion and give you a program that's easy to follow and helps you understand the why behind the what. I want to give you the confidence that comes with knowing that you can not only go the distance if necessary, but also push the pace and impose your will.

So if you've got many questions left unanswered about strength and conditioning for MMA, this book and program may be the most important thing you read all year.

In this edition, I've added testimonials to help you stay motivated and stay on track. I've also added and updated most of the sections including the workouts with the new knowledge I've gained from my constant study of strength and conditioning to make this program more complete, more efficient and more effective than ever.

After you read through it all and especially after you follow it, please hit me up at support@ericwongmma.com with your results.

I'll be honest in saying that I won't reply to everyone personally (I get way too many emails everyday), but I will read all of your feedback and comments.

I wish you all the best success in your strength and conditioning training and MMA training, whether you're a fighter or you're just doing it for fun, because MMA is a hell of a lot of fun, even taking a good punch once in a while. :)

Train hard AND smart,





FIRST AND FOREMOST

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this preview}

ERICWONGMMA PSC 28 6 MANAGE YOUR “ADAPTATION ENERGY”

A common myth about training is that your fitness improves from your workout when in fact your fitness improves after you’ve recovered from your workout.

The workout is the stimulus for your body that makes it think, “Hey, something’s going on here. I’d better adapt to be ready for when this comes the next time.”

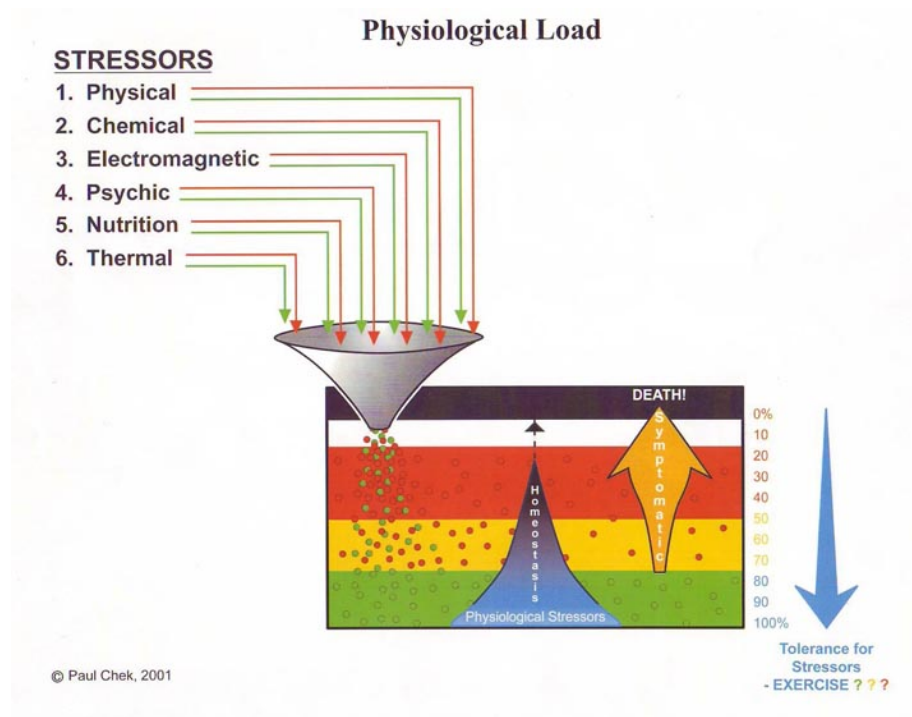
To recover, your body needs energy, which I call **“adaptation energy” (AE)**.

But AE is limited, that is, you can’t completely drain yourself through the grueling workouts day in, day out, and expect to make constant progress.

Plus, AE goes to recover from each and every stressor that your body experiences, whether it be from:

- Physical: what you do with your body ie. working out
- Mental/Emotional: what thoughts you think ie. worrying about finances or fighting with your partner
- Nutritional: what foods you eat
- Environmental/Chemical: dealing with pollution or drugs

I first learned this from Paul Chek who calls these stressors your Physiological Load. He clearly illustrates the concept in the diagram below:



He uses slightly different terminology here and I've eliminated a couple that for our purposes aren't as important (electromagnetic, thermal - the likelihood that cell phone use leads to poor performance in a fight is pretty low, IMO).

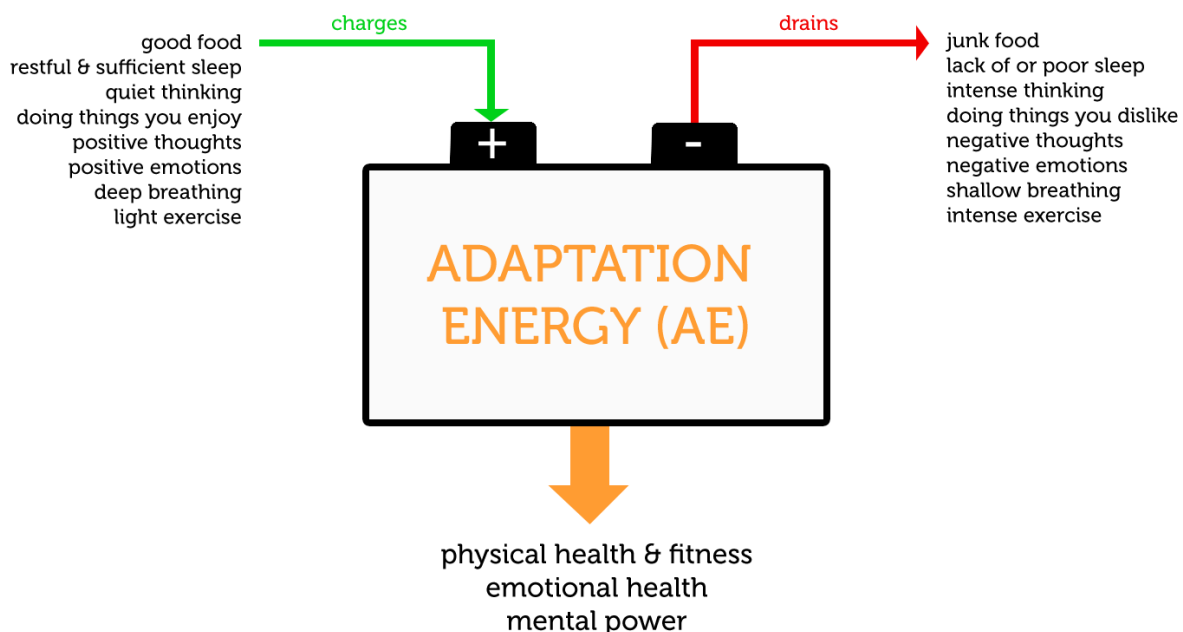
As you can see, all stress goes into the same 'bucket' and the amount of AE you have determines how your body deals with it and whether or not you exhibit symptoms.

You've probably experienced this for yourself... For example, you might've had a time in your life when you were under serious mental stress and because of this, you felt like you weren't recovering from your workouts as quickly as before.

This is the concept in action... For this example, if you can't change the mental stress, managing the stress in the other areas could allow you to continue working out and recovering properly, such as making sure your nutrition is perfect. It's all a fine balance that's based on your individual situation.

The key is knowing that this exists and being aware when you're out of balance. Then you can take the necessary actions to right the ship.

Here's a simple diagram I've created to help you understand what adds to your AE, what takes it away, and what your AE goes to:



So if you ever feel like you're not recovering from workouts, you lack "pop", you often get sick, revisit the two diagrams I just showed you to see where you can make changes to charge up your AE.

{pages 33-99 have been removed
for this preview}

So that's Preview #1 of the Ultimate MMA S&C Program v2.0.

Whaddya think?

Now, make sure you vote on the page for the topic you'd like me to publish.

I'm only going to publish 1 more topic, so read through the Table of Contents to see which one you want to hear...

Eric

P.S. You could always just [buy the program here](#) and avoid the whole democratic process. :)

P.P.S. on May 12th, I'll be done updating the site and the price will be going up to \$77 and I'll be removing the Weight Cutting and Fight Prep Warmup guides that you're getting for FREE right now. No pressure – just a heads up. :)