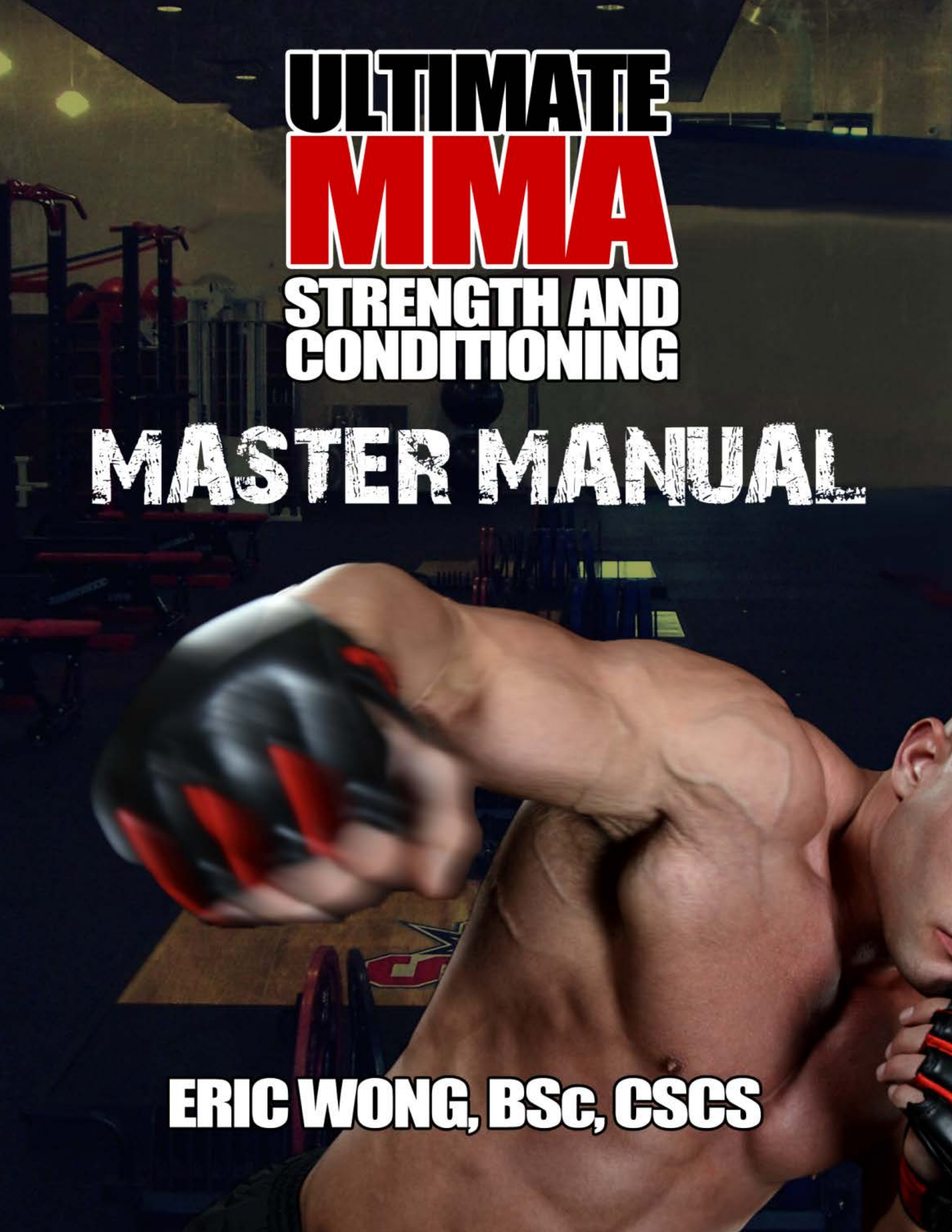


The background of the cover is a photograph of a muscular man in a gym. He is shirtless, showing his well-defined muscles. He is wearing black MMA gloves with red accents. He is in a dynamic pose, with one arm bent and the hand near his head. The gym setting includes various pieces of equipment like weight racks and benches in the background.

# **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](mailto: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,



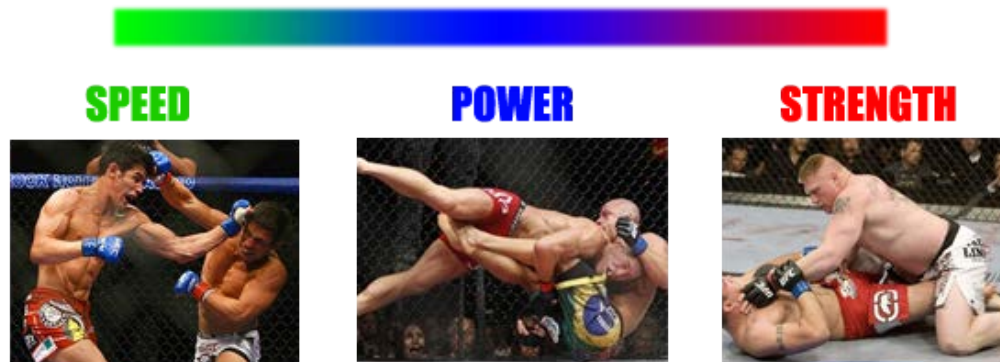


**FIRST AND FOREMOST**

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removed for this preview}**

## STRENGTH <sup>28</sup> POWER AND SPEED

### THE SPEED-STRENGTH CONTINUUM



When I refer to strength training, I'm referring to any kind of exercises that aim to develop your movement pattern strength, power and/or speed. These can include basic weightlifting exercises like Bench presses and Squats, bodyweight exercises like Pushups and Jumps, cable exercises, medicine ball exercises, etc.

What we're not talking about is cyclic exercises, like running, biking, sled pulling, etc which you'll be using to develop your cardiovascular system.

The first concept to understand about strength training for MMA is that unless you're a heavyweight, we're all about relative strength vs. absolute strength. MMA is a weight class sport after all so it's all about maintaining a certain weight while improving strength, power and endurance.

Relative strength is generally measured either by strength compared to bodyweight or using a bodyweight exercise like Pushups. A 170 pound welterweight who can bang out 70 pushups has higher relative strength-endurance than a 205 pound light-heavyweight who can bang out 65 pushups.

But if 170 pounder Squats 255 pounds (1.5 x bodyweight) and the 205 pounder 360 pounds (1.75 x bodyweight), in this case the 205 pounder has a higher relative strength.

So remember what I told you in the Body Composition section – the longer you keep your body close to the optimal weight and body composition the better you'll feel as you continue to build your relative strength.

If you don't have a fight within the next 4 months, it's a good idea to focus on achieving the optimal body composition then work on this fight-specific program

to peak your strength and conditioning from there as opposed to trying to peak for a fight while simultaneously gaining or losing fat and/or muscle.

Now there are a few different types of strength required in mixed-martial arts. Let's discuss them and how and when you're going to be building them in this program.

## STRENGTH

Think of max strength as the foundation for strength and power development. It's all about how much weight you can move, regardless of how fast you move it. As you saw in the diagram above, max strength is at the strength end of the strength-speed continuum.

Max strength is related to the guidelines I gave you for the Bench Press, Deadlift and Squat – the “big 3” powerlifting exercises.

When focusing on max strength, you generally lift heavy weights (90% of 1RM or more) for low reps (1-5) with lots of rest between sets (2-5 minutes) in the big 3 exercises. But you've got to support these efforts with training accessory and synergistic movement pattern exercises to ensure muscle balance and minimizing weak links.

Max strength isn't that important in a fight itself, because it will be very difficult to simply muscle a guy around. It's all about being able to explode and catch your opponent off guard.

That being said, training max strength in the gym improves your potential for developing your power, to a point.

That's why I've provided relative strength guidelines in the big 3 exercises – so you have targets to shoot for and you're not gung-ho on getting as strong as possible.

Lifting beyond these #'s in the big 3 won't help your MMA performance at all and may actually hinder it. Once you've hit these #'s, it's all about maintaining your strength while developing the next characteristic...

## POWER

Developing peak power is all about being able to generate a lot of force, fast. It is expressed by the following equation:

$$\text{power} = \text{force (weight)} \times \text{velocity (speed)}$$

The thing is, as the weight you are lifting goes up, the speed at which you can lift it at goes down. This is called an inverse relationship as one goes up, the other naturally has to go down. It's not physically possible to lift a weight at max weight at the same speed as you lift a weight that's 30% of your max.

While max strength training is all about the force or weight you're working with, power training is about finding the right balance of weight and speed of movement. The weight used to achieve 'optimal' power is different for different exercises.

Generally speaking, optimal power training focuses on fast reps using weights in the 30-60% of 1RM. Sets should last no longer than 15 seconds but more often 10 seconds or less and full rest is required between sets. Rest periods range from 1-3 minutes, depending on the exercise. A high # of sets is best, with up to 8 sets being performed in this program.

That being said, using a weight below or above that range will also contribute to power development, which you will also be doing in this program, but the 30-60% of 1RM range is where peak power is generated.

It's all about how the whole program is designed to work together synergistically – what exercises, rest periods, overall program design, cardio, etc – everything must be inline and work together as a whole, otherwise competing demands can limit your gains.

Now there are 2 distinct types of power to train: starting power and reactive power.

**Starting power** is your ability to quickly move a weight from a dead stop. This is important, as being able to quickly execute a move like a throw is a similar ability. If you're clinched up with your opponent and you're fast from being relaxed to launching him to the ground, you're much more likely to score your takedown/throw than if you are slower.

Specific exercises included in this program to train this ability include the good old Deadlift as well as the Starting Power Pushup and Box Jump.

**Reactive power** showcases your ability to rapidly reverse the direction of movement. A good example of this in MMA is if your opponent throws a punch at your head and you step back to avoid it then quickly explode forward with a big counter punch of your own. If you've got poor reactive power, you'll be too slow and he'll be able to avoid your punch but if you're well-trained in this area, you'll catch him and maybe even score a big KO because he'll be dazed.

Plyo pushups, Squat jumps, Lunge jumps, Bench presses, Chinups and most exercises will help you develop this ability. The key is to focus on changing directions as fast as possible.

For exercises where you're leaving the ground like Plyo pushups and jumps, the instruction I give my athletes is to think of the ground as hot coals and to spend as little time in contact with the ground as possible, or you're going to burn your feet. This gets the right image in mind and helps you maximize your reactive power.

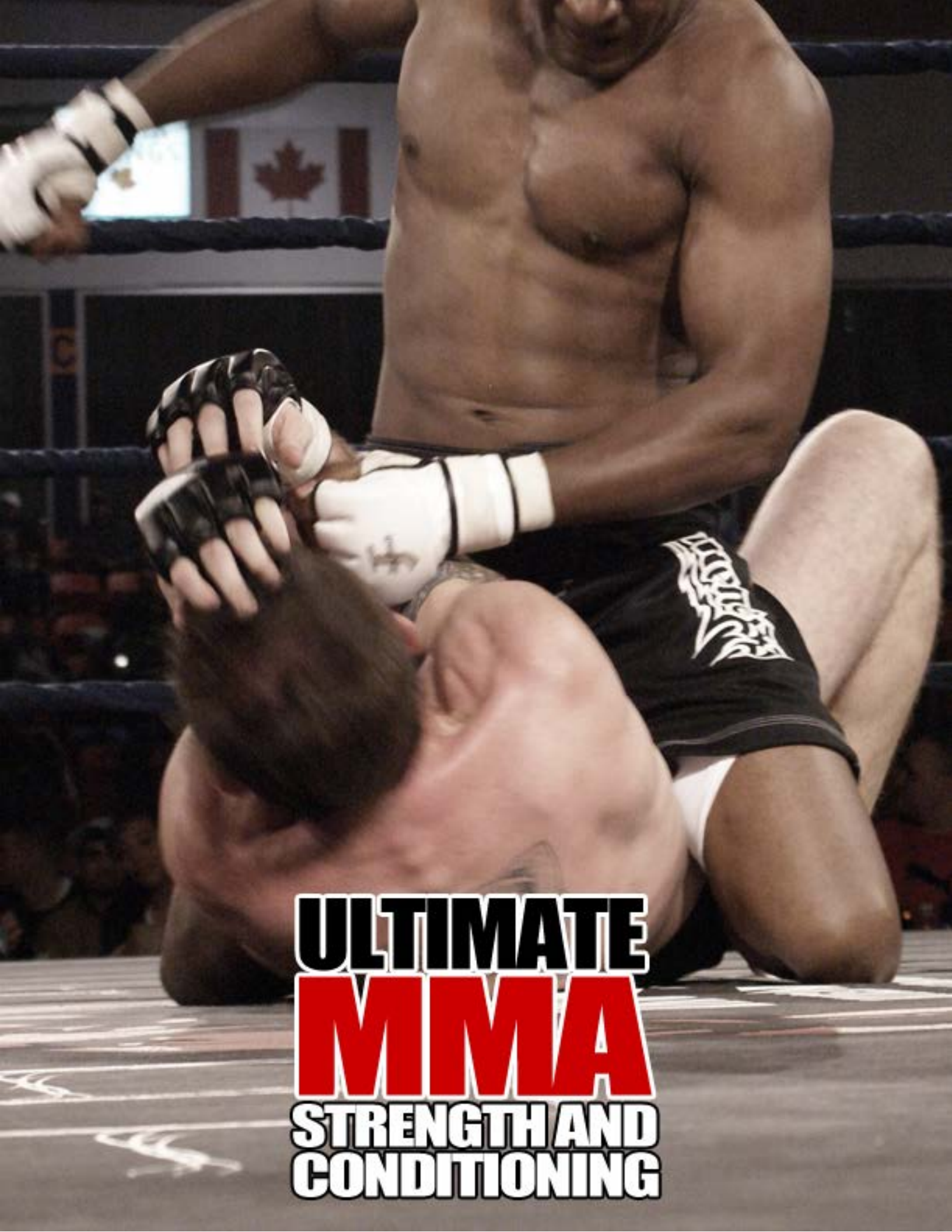
## **SPEED**

Speed is at the very left of the continuum and is shown when there is very little external resistance. In MMA, the execution of rapid punches are a good example of speed, as is your movement around the cage.

Speed development training is very similar to power training in that the exercises are performed at full speed for at most 15 seconds but more often 10 seconds or less and you take full recovery between sets, resting anywhere from 1-3 minutes. The main difference between speed and power training is that in speed training you use the minimal amount of resistance.

I've integrated some fast foot exercises to improve your agility and quickness. If speed and quickness is something you want to focus on, check out the blog posts below where I give you some drills you can add into your program:

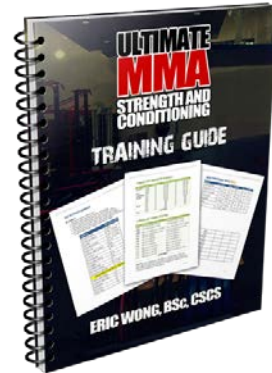
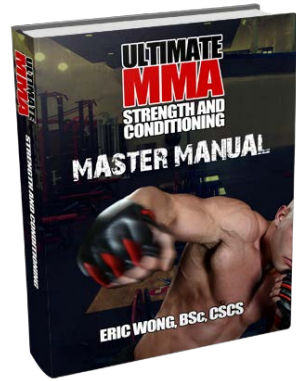
- [Simple and Effective Quickness Drill](#)
- [Outdoor Quickness Drills](#)
- [6 Components of Quickness](#)
- [Quickness Program](#)



**ULTIMATE**  
**MMA**  
**STRENGTH AND**  
**CONDITIONING**

# Here's Everything You're Getting With The Ultimate MMA S&C Program v2.0:

- ✓ **The super-expanded Ultimate MMA S&C Master Manual** that reveals the theory, science and background behind the program so you understand exactly why it delivers superior results in only 2 days/week (if you're one of those who likes to understand the background behind your workouts, this is HUGE).
- ✓ **The easy-to-follow Ultimate MMA S&C Training Guide** that outlines every cardio and strength workout, exercise, rep, set and every detail you need to peak your functional fitness
- ✓ **Continue to make gains, week after week with the 8, 12 and 16 week periodized programs included** - you could keep going through these programs over and over for years and never hit a plateau
- ✓ **Proper exercise technique is one of my key principles of effective strength and conditioning**, which is why I filmed over 116 mins of new videos of each and every exercise for you showing you exactly how to do everything right
- ✓ **My brand new 5 component warmup protocol** to prime your body to have the best workout possible
- ✓ **And a heck of a lot more... *seriously!***



This update is MASSIVE. That's why I'll be increasing the price. Once I'm done with all the website updates, the price goes up for good. **And you get my 60 Day No-Holds Barred Guarantee if you're not happy.** So there's zero-risk. If you decide to pull the trigger later you'll be spending more money. So if you really want to get in top fight shape, take action right now:

[Yes. I Want v2.0 at the Original Price Before It's Too Late...](#)

Your coach,  
Eric

P.S. Don't forget, you're also getting my Ultimate Fight Prep Warmup, No Sweat Weight Cutting Guide and nutrition-itsu ebook included, but these too will be gone once the site is updated. [Click here to get the 2012 updated package for the 2009 price.](#)