

ULTIMATE MMA STRENGTH AND CONDITIONING

TRAINING GUIDE

THE ULTIMATE WARMUP

- Instructions
- Perform all exercises in perfect form
 - Gradually increase the range of motion as you lumber up
 - Don't rest too long between exercises, you want to break a sweat
 - Breathe naturally or as directed in the video; never hold your breath
 - If you feel like you need more reps, do them, just don't get too fatigued
 - For the CNS Activation circuit, perform each exercise explosively and rest up to 30 sec between exercises – the goal is activation not fatigue

EXERCISE	REPS/DURATION
1) Bench Extensions	2 passes
2) Prone Hip Extension	8 per – 3 sec hold
3) Birding	2 per – 10 sec hold
4) Standing Hip Flexion	20 – 30
5) Seal Jumps	6 per
6) Reverse Lunge And Reach	6 per
7) Iron Cross	6
8) Hindu Pushups	6 per
9) Prone Knee-to-Armpit	6 per
10) Goblets	3
11) Stability Squat	10 – 20 per
12) Forward Leg Swings	10 – 20 per
13) Side-to-Side Leg Swings	10 – 20 per
CNS ACTIVATION CIRCUIT (1-2 rounds)	
1) Starting Power Pushup	3
2) Concentric Squat Jump	3
3) Plyo Pushup	3
4) Tuck Jump	10
5) Pogo Jump	10

12 WEEKS OUT PERIODIZED SCHEDULE

Phase	Work	Strength Day 1	Cardio Day 1	Strength Day 2	Cardio Day 2
Corrective	12WO	RT	LSD / AnT	RT	LSD / AnT
	11WO	RT	LSD / AnT	RT	LSD / AnT
	Base	10WO	RT	CBs / APi	RT
Conditioning	9WO	RT	CBs / APi	RT	CBs / APi
	8WO	RT	CBs / APi	RT	CBs / APi
	Strength	7WO	RT	MB / SBI	RT
Power	6WO	RT	MB / SBI	RT	MB / SBI
	5WO	RT	MB / SBI	RT	MB / SBI
	4WO	RT	NRG	RT	NRG
Taper	3WO	RT	NRG	RT	NRG
	2WO	RT	NRG	RT	NRG
	1WO	RT	NRG	RT	NRG

FIGHT WEEK

12 WEEKS OUT CARDIO PROGRAM

Phase	Strength Day 1	Cardio Day 1
12WO	LSD (40 min) or AnT (5 x 3/2 min)	LSD (40 min) or AnT (5 x 6/2 min)
11WO	LSD (45 min) or AnT (2 x 7/2 min)	LSD (45 min) or AnT (2 x 7/2 min)
10WO	CBs (4, 2 min rest) or APi (6 x 1.5/1.5 min)	CBs (4, 1.5 min rest) or APi (6 x 1.5/1.5 min)
9WO	CBs (4, 1 min rest) or APi (5 x 2/1 min)	CBs (5, 1 min rest) or APi (6 x 2/1 min)
8WO	MB, SBI (8 x 20/20 sec)	MB, SBI (10 x 20/20 sec)
7WO	MB, SBI (10 x 20/15 sec)	MB, SBI (12 x 20/10 sec)
6WO	MB, SBI (8 x 30/20 sec)	MB, SBI (10 x 30/20 sec)
5WO	MB, SBI (10 x 30/15 sec)	MB, SBI (12 x 30/15 sec)
4WO	NRG (2 rounds, 2-3 min rest)	NRG (3 rounds, 2-3 min rest)
3WO	NRG (3 rounds, 2 min rest)	NRG (4 rounds, 2 min rest)
2WO	NRG (4 rounds, 1 min rest)	NRG (3 rounds, 1 min rest)
1WO	NRG (5 rounds, 1 min rest)	Optional NRG (3 rounds, 1 min rest)

FIGHT WEEK

Remember – you're choosing one of the styles of cardio from 12WO to 9WO. From 8WO to 5WO, MB workouts are required (to be done after the Ultimate warmup and before weights) and SBIs are optional and to be performed after weights. Don't do them if you're not recovering well, do them if you are.

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BASE CONDITIONING PHASE DAY 2

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Soft-leg Deadlifts	8 – 10	2 0 X	-3 RM	90 s	2 – 3
2) Flat Dumbbell Press	10 – 12	2 0 X	-1 RM	60 s	2 – 4
4) Skull Crushers	8 – 10	2 0 X	-1 RM	90 s	2 – 3
5) Woodchops	8 – 12	Control	-1 RM	90 s	2 – 3
6) SB Plank	8 – 10 per	Control	-1 RM	60 s	2 – 3
7) Sward	3 – 5	Hold 20 s	-2 RM	60 s	2 – 3
	12 – 15 per	Control	-1 RM	30 s	2

DATE	Reps Intensity	Reps Intensity	Reps Intensity	Reps Intensity	Reps Intensity

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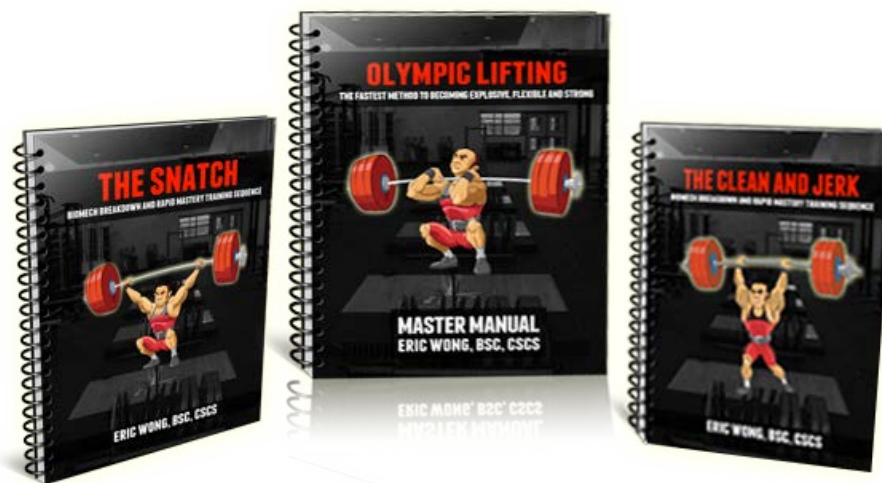
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NOTES ON THIS VERSION

I've made a couple of updates and tweaks to the resistance training workouts in this version to incorporate the Olympic lifts.

I know that not everyone is comfortable performing the lifts, which is why I left them out of the original program.

But now that I've released the Olympic Lifting Mastery Course, there's no reason to not be doing the lifts. :)



www.OlympicLifting.net

So go ahead and use this template if you're confident in your technique, or, go through the OLM course and you can even start this program simultaneously because the lifts don't come into play until later phases.

UNDERSTANDING THE TRAINING TEMPLATE

RESISTANCE TRAINING

All strength programs will be provided in the following format:

Exercise	Reps	Tempo	Intensity	Rest	Sets
1) Bench press	8 – 12	2 0 2	-1 RM	60 s	2 - 4
2) Prone cobra	3 - 9	20 – 60 s	3 min total	½ of hold	1

Reps – a rep is one complete motion through the exercise, for example, one repetition of the bench press is taking the bar off the rack, lowering it to your chest then pressing it up until your elbows are straight

Tempo – the pace of the movement or amount of time to hold a static exercise;

Example: 2 0 2 means lower the weight over 2 sec (eccentric), no pause at bottom, lift weight over 2 sec (concentric); if you see an 'x' that means you do the rep as fast as possible

Intensity – the amount of weight to use or time to work for the exercise

- Max: do as many reps as you can in **perfect form**
- -1 RM: stop when you feel like you have 1 more rep left in good form
- -2 RM: stop when you feel like you have 2 more perfect reps left
- BW: body weight exercise
- % 1 RM: your 1 rep-max multiplied by the % given

Rest – amount of time to rest in between sets;

- arrows (▼ 60 s ▲): if you see a down arrow, it means proceed to the next exercise without resting, once you see the right arrow, rest for the amount of time shown then go back to the first exercise in the sequence (superset or circuit techniques)

Sets – a number of repetitions performed together makes up a single set

Now that we're clear on the terminology, you may be curious as to why I prescribe ranges for reps and sets. The ranges are given instead of exact numbers because of the principle of progression; exercises will continue to benefit you only if they are progressed. If you do the same weight for the same number of reps each session, your body will adapt and the exercise will be less beneficial. So, the bottom portion of your program is dedicated to the Tracking Log. The Tracking Log enables you to write down

the exact number of reps, sets and weights that you used so that you can improve upon the session next time.

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Bench Press	8 – 12	2 0 2	-1 RM	60 s	2 - 3
2) Prone Cobra	3 – 6	Hold 20 s	BW	~	1

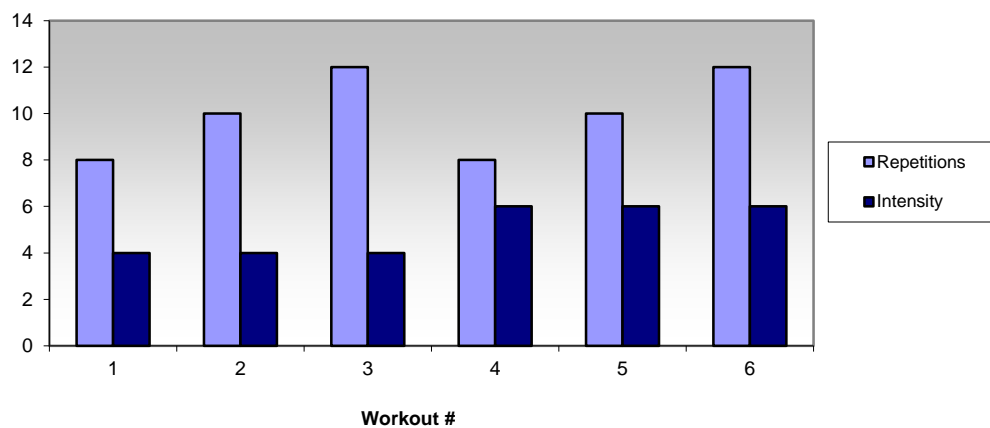
EXERCISE	DATE	Aug 10/07	Aug 13/07	Aug 16/07	Aug 20/07	
1)	Reps	12 10	12 12 10	12 12 12	10 8 8	
	Intensity	135 lbs	135 lbs	135 lbs	145 lbs	
2)	Reps	9	6	4	2 2	
	Intensity	20 s	30 s	45 s	60 s 30 s	

For the Bench Press on Aug 10/07, the athlete completed 2 sets, doing 12 reps for the first set and 10 reps for the second, both using 135 lbs. For the Prone Cobra, the athlete did 1 set of 9 reps holding each rep for 20 sec on the same day.

KEY: make it a habit to write down the reps performed after each set is completed

As you can see, for each session the athlete was within each rep and set range for both exercises. The progression from workout-to-workout follows a step-wise progression model for the bench press as displayed in the following graph:

Step-Wise Progression



The athlete starts at 8 reps then works up to the top of the range (12). At this point, the athlete increases the intensity, and goes back to the bottom of the rep range (8).

To progress your exercise program, work your way up to the top of the rep range. Then increase the intensity, which will naturally decrease the number of reps you can perform and bring you back to the bottom of the range. Then you work your way back to the top.

Following step-wise progression will ensure that you continue to improve from workout-to-workout. Even if you do 1 more rep or add a measly 5 lbs, over time, these incremental gains will result in real results.

Just like in anything, there are a lot of different ways to skin a cat. This is one of the simplest methods to follow to make progress.

[CLICK HERE FOR A VIDEO TUTORIAL ON HOW TO TRACK YOUR WORKOUTS](#)

HOW TO MAKE THE MOST OF THIS PROGRAM

The following tips will ensure you have effective workouts. They're just little reminders of important info that we've covered elsewhere.

- ❑ **Perfect form for each rep.** Yes, the form police are out in full force, but instead of a ticket, lack of progress or injury are your punishment. Once your form starts to fail, stop the set and write down the number of reps you completed in good form only.
- ❑ **Stick to the rest times outlined.** If you change the rest time, you change the program. Save the chit-chat for the coffee shop – you're in the gym to do some serious work to improve your game.
- ❑ **WRITE EVERYTHING DOWN.** Look around and I guarantee that the people who are tracking their progress are in better shape or making faster gains than the rest of the monkeys in the gym.
- ❑ **If you are tired and don't feel up to doing the full program, then drop some of the sets but maintain the intensity.** But don't use this as an excuse to wimp-out – if you are wimping out in the gym I can only imagine what's going to happen in the cage.
- ❑ **If possible, avoid weights first thing in the morning.** You're weaker then. Wait at least two hours after waking to let your muscles and nervous system wake up from the coma you've been in over the last 7 hours. This tip may also save you from throwing out your back by herniating a disc. However, if that's the only time you can train, do what you gotta do. Just be really strict with form and don't push exercises like Deadlifts until you're 100% confident you're ready.
- ❑ **If you're doing a unilateral exercise and you find that one side is weaker,** start your sets with that side, then match the # of reps with the strong side.
- ❑ **Speaking of focus,** if you've got rest in between sets, just sit down and chill out, but don't let your mind wander. Stay in the zone. Studies show that visualization of your next set improves performance, so right before you get into your next set, picture how well it's going to go.
- ❑ **A few hours before you train,** look at what you did last session and get your mind and body prepared to beat it. Making progress is the only way to force your body to adapt and get stronger and more powerful.

OF TRAINING DAYS PER WEEK

I've received this question a few times so I figured I'd make an entire section on it so you understand how it works.

Basically, you can do this program training only 2 days per week. That's how I've designed it so that you can still get results while also balancing an MMA training schedule.

To do this, you perform your workouts like this:

1. ULTIMATE Warmup (< 10 mins)
2. Resistance Training (< 50 mins)
3. Cardio (< 15 mins)
4. Stretch (< 10 mins)

As you can see, the entire workout from start to finish including warmup and stretch should be under 1 hour and 25 mins, so judge accordingly.

With MMA fighters, I find that they are used to 1.5 – 2 hour classes and MMA training sessions, so the time doesn't bother them at all.

However, if you don't train MMA and strength and conditioning is all you do, you have choices...

You can continue to do only 2 days/week as scheduled and fill the rest of the week with other things, such as bodyweight circuits, other sports, a long, slow jog, or whatever you feel like.

You can train 3 days/week, separating one of the Cardio sessions from the RT workout. If you do this, still do the ULTIMATE Warmup before your Cardio session and stretch afterwards.

You can train 4 days/week, separating the Cardio completely from the RT as outlined above.

It's up to you and your schedule, they all work, so pick the one that suits you best.

INTERVAL TRAINING NOTES

All interval workouts are listed as follows:

of sets x work time / recovery time

So for the 16WO AnT (3 x 4/2 min) workout, you're doing 3 sets of 4 min work / 2 min recovery.

You can choose ANY type of cardio exercise for the intervals, but here's my list of recommended types to do in order:

1. Running outdoors
2. Schwinn AirDyne or Jacob's Ladder
3. Running on the treadmill
4. Swimming
5. Cycling or Stairclimber
6. Elliptical or Rowing Machine

It doesn't matter what you choose and you can mix it up if you want, the key is to follow the overall structure of the interval method programmed, based on these 3 types:

1) Anaerobic Threshold Intervals (AnT) - think moderate-hard intensity when doing your interval. The intensity is the fastest speed/pace you can maintain without having to slow down. So it'll take a bit of playing around at first, but once you get it dialed in you're good to go.

2) Aerobic Power Intervals (API) - think hard intensity where you hit max HR by the end. If you're running outdoors, do it this way: start out at a good medium-hard pace, then over the last 20-30 seconds, pick up the pace and then sprint max out for the last 50 metres or so like you're racing someone to the finish line for the gold.

3) Short Burst Intervals (SBI) - think MAX intensity right from the start. Sprint out the gates and go as hard as you can for the allotted time. You will have to slow down at some point, that's fine, as long as you're working all out.

Remember – you're choosing one of the styles of cardio from 16WO to 9WO. LSD or AnT for the first phase and Crazy 8's or API for the second. From 8WO to 5WO, MB workouts are required (to be done after the Ultimate warmup and before weights) and SBIs are optional and to be performed after weights or on a separate day if need be. Don't do them if you're not recovering well; do them if you are.

PERIODIZED TRAINING CALENDARS

I've provided you with an 8, 12 and 16 week periodized training schedule to follow, depending on how far away your fight is.

If you don't have a fight lined up or you don't fight at all, go through the 16 week calendar your first time through then you can choose to repeat either the same schedule or go through the 12 week program, or some modification, based on how your body felt through the different phases.

If you're less than 8 weeks out, use the 8 week schedule and start however far away you are from the fight. But try not to make a habit of taking fights on short notice, as every fight in your career deserves the best prep possible.

IMPORTANT NOTE ABOUT # OF SETS: with respect to # of sets during RT workouts, when starting a new phase, do the lowest # of sets and as you progress through the phase, add no more than 1 set each workout. This will minimize muscle soreness while ensuring progress. The philosophy is all about doing the minimum amount necessary to get results, and when switching up exercises, the new movement and/or rep, rest period, exercise order variables alone are enough to stimulate adaptations, so you don't have to go overboard with volume (# of sets). Remember EricWongMMA PSC #1!

Periodization Calendar Legend

16WO – 16 weeks out from your fight (or the end of the program)

RT – Resistance (Strength) Training

LSD – Long Slow Distance Cardio (steady-state with HR 135-150 bpm)

AnT – Anaerobic Threshold Intervals; maximal steady state cardio – the fastest steady pace you can handle for the entire work interval

C8s – Crazy 8's bodyweight circuit

API – Aerobic Power Intervals – start out at a good medium-hard pace, then over the last 20-30 seconds, pick up the pace and sprint max out

MB – Medicine Ball Routine

SBI – Short Burst Intervals – go 110% full out!

NRG – NRG System Complexes

16 WEEKS OUT PERIODIZED SCHEDULE

Phase	Week	Strength Day 1	Cardio Day 1	Strength Day 2	Cardio Day 2
Corrective	16WO	RT	LSD or AnT	RT	LSD or AnT
	15WO	RT	LSD or AnT	RT	LSD or AnT
	14WO	RT	LSD or AnT	RT	LSD or AnT
	13WO	RT	LSD or AnT	RT	LSD or AnT
Base Conditioning	12WO	RT	C8s or API	RT	C8s or API
	11WO	RT	C8s or API	RT	C8s or API
	10WO	RT	C8s or API	RT	C8s or API
	9WO	RT	C8s or API	RT	C8s or API
Strength	8WO	RT	MB and/or SBI	RT	MB and/or SBI
	7WO	RT	MB and/or SBI	RT	MB and/or SBI
	6WO	RT	MB and/or SBI	RT	MB and/or SBI
	5WO	RT	MB and/or SBI	RT	MB and/or SBI
Power	4WO	RT	NRG	RT	NRG
	3WO	RT	NRG	RT	NRG
	2WO	RT	NRG	RT	NRG
Taper	1WO	RT	NRG	RT	NRG
FIGHT WEEK					

Additional Notes (applies to all schedules: 16WO, 12WO and 8WO)

- For RT workouts, when you start a new phase, start off with the lower # of sets and add sets as you progress through the phase.
- Within some weeks, there are different options to choose from with respect to your cardio workouts. I recommend you choose one and stick to it for the entire phase. If you're going to mix it up, choose one style for 2 weeks in a row and the other style for the last 2 weeks.
- In the Corrective Phase, I recommend AnT intervals, but if you find you enjoy going out for long runs, do the LSD instead.
- In the Base Conditioning Phase, you can do either the Crazy 8's or the APIs – choose whatever one is harder for you.
- During the Strength Phase, you'll perform the MB workouts before the RT session and if you're doing the SBIs, you'll do those after strength training.

16 WEEKS OUT CARDIO PROGRAM

Week	Cardio Day 1	Cardio Day 2
16WO	LSD (30 min) or AnT (3 x 4/2 min)	LSD (35 min) or AnT (3 x 4/2 min)
15WO	LSD (40 min) or AnT (2 x 5/2 min)	LSD (40 min) or AnT (2 x 6/2 min)
14WO	LSD (45 min) or AnT (2 x 7/2 min)	LSD (45 min) or AnT (2 x 7/2 min)
13WO	LSD (50 min) or AnT (3 x 6/2 min)	LSD (50 min) or AnT (3 x 6/2 min)
12WO	C8s (3, 2-3 min rest) or API (6 x 1/1.5 min)	C8s (3, 2-3 min rest) or API (8 x 1/1 min)
11WO	C8s (4, 2-3 min rest) or API (5 x 1.5/1.5 min)	C8s (4, 2 min rest) or API (7 x 1.5/1 min)
10WO	C8s (5, 2 min rest) or API (5 x 2/1.5 min)	C8s (4, 1.5 min rest) or API (5 x 2/1 min)
9WO	C8s (4, 1 min rest) or API (6 x 2/1 min)	C8s (5, 1 min rest) or API (7 x 2/1 min)
8WO	MB, SBI (8 x 20/20 sec)	MB, SBI (10 x 20/20 sec)
7WO	MB, SBI (10 x 20/15 sec)	MB, SBI (12 x 20/10 sec)
6WO	MB, SBI (8 x 30/20 sec)	MB, SBI (10 x 30/20 sec)
5WO	MB, SBI (10 x 30/15 sec)	MB, SBI (12 x 30/15 sec)
4WO	NRG (2 rounds, 2-3 min rest)	NRG (3 rounds, 2-3 min rest)
3WO	NRG (3 rounds, 2 min rest)	NRG (4 rounds, 2 min rest)
2WO	NRG (4 rounds, 1 min rest)	NRG (3 rounds, 1 min rest)
1WO	NRG (5 rounds, 1 min rest)	Optional NRG (3 rounds, 1 min rest)
FIGHT WEEK		

If your cardio is at a very low level right now, I suggest starting with LSD instead of AnT during the first phase (16WO-13WO). It will be easier on your body and you'll still make drastic improvements on your fitness.

If you are doing LSD, then it's best to separate it from RT – either do it on a separate day, or leave at least 4 hours between the RT workout and the LSD session.

12 WEEKS OUT PERIODIZED SCHEDULE

Phase	Week	Strength Day 1	Cardio Day 1	Strength Day 2	Cardio Day 2
Corrective	12WO	RT	LSD / AnT	RT	LSD / AnT
	11WO	RT	LSD / AnT	RT	LSD / AnT
Base Conditioning	10WO	RT	C8s / API	RT	C8s / API
	9WO	RT	C8s / API	RT	C8s / API
Strength	8WO	RT	C8s / API	RT	C8s / API
	7WO	RT	MB / SBI	RT	MB / SBI
	6WO	RT	MB / SBI	RT	MB / SBI
	5WO	RT	MB / SBI	RT	MB / SBI
Power	4WO	RT	NRG	RT	NRG
	3WO	RT	NRG	RT	NRG
	2WO	RT	NRG	RT	NRG
Taper	1WO	RT	NRG	RT	NRG
FIGHT WEEK					

12 WEEKS OUT CARDIO PROGRAM

Week	Cardio Day 1	Cardio Day 2
12WO	LSD (40 min) or AnT (3 x 5/2 min)	LSD (40 min) or AnT (3 x 6/2 min)
11WO	LSD (45 min) or AnT (2 x 7/2 min)	LSD (45 min) or AnT (2 x 7/2 min)
10WO	C8s (4, 2 min rest) or API (6 x 1.5/1.5 min)	C8s (4, 1.5 min rest) or API (6 x 1.5/1 min)
9WO	C8s (4, 1 min rest) or API (5 x 2/1 min)	C8s (5, 1 min rest) or API (6 x 2/1 min)
8WO	MB, SBI (8 x 20/20 sec)	MB, SBI (10 x 20/20 sec)
7WO	MB, SBI (10 x 20/15 sec)	MB, SBI (12 x 20/10 sec)
6WO	MB, SBI (8 x 30/20 sec)	MB, SBI (10 x 30/20 sec)
5WO	MB, SBI (10 x 30/15 sec)	MB, SBI (12 x 30/15 sec)
4WO	NRG (2 rounds, 2-3 min rest)	NRG (3 rounds, 2-3 min rest)
3WO	NRG (3 rounds, 2 min rest)	NRG (4 rounds, 2 min rest)
2WO	NRG (4 rounds, 1 min rest)	NRG (3 rounds, 1 min rest)
1WO	NRG (5 rounds, 1 min rest)	Optional NRG (3 rounds, 1 min rest)
FIGHT WEEK		

Remember – you’re choosing one of the styles of cardio from 12WO to 9WO. From 8WO to 5WO, MB workouts are required (to be done after the Ultimate warmup and before weights) and SBIs are optional and to be performed after weights. Don’t do them if you’re not recovering well; do them if you are.

8 WEEKS OUT PERIODIZED SCHEDULE

Phase	Week	Strength Day 1	Cardio Day 1	Strength Day 2	Cardio Day 2
Base	8WO	RT	AnT	RT	AnT
Conditioning	7WO	RT	AnT	RT	C8s / API
Strength	6WO	RT	C8s / API	RT	C8s / API
	5WO	RT	MB / SBI	RT	MB / SBI
Power	4WO	RT	MB / SBI	RT	NRG
	3WO	RT	MB / SBI	RT	NRG
	2WO	RT	NRG	RT	NRG
Taper	1WO	RT	NRG	RT	NRG
FIGHT WEEK					

8 WEEKS OUT CARDIO PROGRAM

Week	Cardio Day 1	Cardio Day 2
8WO	AnT (3 x 5/2 min)	AnT (3 x 6/2 min)
7WO	AnT (2 x 7/2 min)	C8s (4, 1.5 min rest) or API (6 x 1.5/1 min)
6WO	C8s (4, 1 min rest) or API (5 x 2/1 min)	C8s (5, 1 min rest) or API (6 x 2/1 min)
5WO	MB, SBI (10 x 20/15 sec)	MB, SBI (12 x 20/10 sec)
4WO	MB, SBI (8 x 30/20 sec)	NRG (3 rounds, 2 min rest)
3WO	MB, SBI (10 x 30/20 sec)	NRG (4 rounds, 1.5 min rest)
2WO	NRG (3 rounds, 1 min rest)	NRG (4 rounds, 1 min rest)
1WO	NRG (5 rounds, 1 min rest)	Optional NRG (3 rounds, 1 min rest)
FIGHT WEEK		

Remember – you’re choosing one of the styles of cardio from 12WO to 9WO. From 8WO to 5WO, MB workouts are required (to be done after the Ultimate warmup and before weights) and SBIs are optional and to be performed after weights. Don’t do them if you’re not recovering well; do them if you are.

THE ULTIMATE WARMUP

Instructions

- Perform all exercises in perfect form
- Gradually increase the range of motion as you limber up
- Don't rest too long between exercises, you want to break a sweat
- Breathe naturally or as directed in the video; never hold your breath
- If you feel like you need more reps, do them, just don't get too fatigued
- For the CNS Activation circuit, perform each exercise explosively and rest up to 30 sec between exercises – the goal is activation not fatigue

EXERCISE	REPS/DURATION
1) Bench Extensions	2 passes
2) Prone Hip Extension	8 per – 3 sec hold
3) Birdog	2 per – 10 sec hold
4) Standing Hip Flexion	8 per – 3 sec hold
5) Seal Jumps	20 – 30
6) Reverse Lunge And Reach	6 per
7) Iron Cross	6 per
8) Hindu Pushups	6
9) Prone Knee-to-Armpit	6 per
10) Groiners	6 per
11) Stability Squat	3
12) Forward Leg Swings	10 – 20 per
13) Side-to-Side Leg Swings	10 – 20 per
CNS ACTIVATION CIRCUIT (1-2 rounds)	
1) Starting Power Pushup	3
2) Concentric Squat Jump	3
3) Plyo Pushup	3
4) Tuck Jump	3
5) Pogo Jumps	10

CORRECTIVE PHASE DAY 1

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
A1) Pushups (SB)	Up to 20	Control	BW	▼	2 – 4
A2) Prisoner Squats	Up to 30	3 0 3	BW	30 s ▲	2 – 4
3) 1-arm DB Row	8 – 12 per	Control	-2 RM	30 s	2 – 3
B4) 1-leg Stiff-leg Deadlifts	6 – 8 per	Control	-2 RM	▼	2 – 3
B5) Rotating Plank	2 – 3 per	Hold 15 s	BW	30 s ▲	2 – 3
6) Cobra	3 – 6	Hold 20 s	BW	~	1

Notes

1) Once you can do 3 sets of 20 reps in perfect form, move to Push-ups with hands on ball and aim for 3 sets of 10 reps.

6) Hold for 20 sec, then drop briefly for 2-3 sec and come back up

EXERCISE	DATE				
1) Pushups	Reps Intensity				
2) Prisoner Squats	Reps Intensity				
3) 1-arm Row	Reps Intensity				
4) 1-leg SLD	Reps Intensity				
5) Rotating Plank	Reps Intensity				
6) Cobra	Reps Intensity				

CORRECTIVE PHASE DAY 2

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
A1) Bulgarian Split Squat	12 – 15 per	Control	BW	▼	2 – 3
A2) 1-arm 1-leg Overhead Press	8 – 12 per	Control	-2 RM	▼	2 – 3
A3) Forward SB Roll	Up to 10	3 5 3	BW	▼	2 – 3
A4) 1-Leg Hip Extensions	5 per	Hold 10 s	BW	60 s ▲	2 – 3
5) External Rotation	8 – 12 per	Control	5 – 20 lbs	30 s	2 – 3
6) Lower Ab / Leg Raise	Up to 10	Control	BW	60 s	2 – 3

Notes

EXERCISE	DATE				
1) Split Squat	Reps Intensity				
2) 1-arm OHP	Reps Intensity				
3) Forward Roll	Reps Intensity				
4) 1-leg Hip Ext	Reps Intensity				
5) Ext Rotation	Reps Intensity				
6) Lower Ab	Reps Intensity				

BASE CONDITIONING PHASE DAY 1

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Back Squats	8 – 12	3 0 2	-1 RM	90 s	3 – 4
A2) Forward Alternating Lunges	8 – 10 per	Control	-1 RM	▼	2 – 4
A3) Pullups	8 – 12	2 0 2	-1 RM	60 s ▲	2 – 4
4) Snatch Pull	6 – 8	2 2 1	-2 RM	60 s	3 – 4
5) Dumbbell Hammer Curls	8 – 12 per	Control	-1 RM	60 s	3
6) Side Bridges	3 per	Hold 20 s	BW	30 s	2 – 3
7) Face Pull	12 – 15	Control	-1 RM	45 s	2 – 3

Notes

4) This exercise (and others in subsequent phases is an Olympic Lifting assistance exercise from my Olympic Lifting Mastery Course. I've included it here as an example of where I would slot the Olympic Lifts in for those of you who are either familiar with the lifts or have gone through my OLM course. No additional videos or exercise descriptions will come here; if you're looking for those and if you're looking to master the lifts, grab my OLM course here: <http://www.olympiclifting.net/master-olympic-lifts>.

EXERCISE	DATE				
1) Back Squat	Reps Intensity				
2) Lunges	Reps Intensity				
3) Pullups	Reps Intensity				
4) Snatch Pull	Reps Intensity				
5) Hammer Curls	Reps Intensity				
6) Side Bridges	Reps Intensity				
7) Face Pull	Reps Intensity				

BASE CONDITIONING PHASE DAY 2

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Stiff-leg Deadlifts	8 – 10	2 0 X	-2 RM	90 s	2 – 3
2) Flat Dumbbell Press	10 – 12	2 0 2	-1 RM	60 s	2 – 4
A3) Incline Dumbbell Flys	8 – 10	Control	-1 RM	▼	2 – 3
A4) Skull Crushers	8 – 12	Control	-1 RM	60 s ▲	2 – 3
5) Woodchops	8 – 10 per	Control	-2 RM	60 s	2
6) SB Plank	3 – 5	Hold 20 s	BW	30 s	2 – 3
7) Sword	12 – 15 per	Control	-1 RM	30 s	2

Notes

EXERCISE	DATE				
1) SLDs	Reps Intensity				
2) Flat DB Press	Reps Intensity				
A3) Incline flys	Reps Intensity				
A4) Skulls	Reps Intensity				
5) Woodchops	Reps Intensity				
6) SB Plank	Reps Intensity				
7) Sword	Reps Intensity				

MEDICINE BALL WORKOUT DAY 1

EXERCISE	REPS	REST	SETS
1) Back toss	6 – 8	2 min	2 – 4
2) Side ball toss	4 – 6 per	2 min	2 – 4
3) Front ball slam	6 – 8	90 s	2 – 4

Notes

EXERCISE	DATE				
1) Back toss	Reps Intensity				
2) Side ball toss	Reps Intensity				
3) Front ball slam	Reps Intensity				

MEDICINE BALL ROUTINE DAY 2

EXERCISE	REPS	REST	SETS
1) Chop toss	4 – 6 per	2 min	2 – 4
2) Lying chest toss & Get-up	6 – 8	2 min	2 – 4
3) Seated side toss	4 – 6 per	90 s	2 – 4

Notes

EXERCISE	DATE				
1) Chop toss	Reps Intensity				
2) Lying toss / up	Reps Intensity				
3) Seated side toss	Reps Intensity				

STRENGTH PHASE DAY 1

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Sumo Deadlifts	3 – 5	X 0 X	-1 RM	2 min	3 – 4
2) 1-arm DB Rows	6 – 8 per	2 0 X	-1 RM	60 s	3 – 4
3) Woodchops	6 – 8 per	3 0 X	-1 RM	60 s	3
A4) SB Leg Curls	8 – 12	2 0 2	BW	▼	2 – 3
A5) Power Press	6 – 8	X 0 X	-2 RM	60 s ▲	2 – 3
6) Reverse EZ-Bar Curls	8 – 10	Control	-1 RM	60 s	2 – 3
7) SB Jackknife	8 – 12	2 0 2	BW	60 s	2 – 3

Notes

4) Do the leg curls with one leg if you can maintain full hip extension.

EXERCISE	DATE				
1) Sumo Deadlifts	Reps Intensity				
2) 1-arm Rows	Reps Intensity				
3) Woodchops	Reps Intensity				
A4) SB Leg Curls	Reps Intensity				
A5) Power Press	Reps Intensity				
6) Reverse Curls	Reps Intensity				
7) Sb Jackknife	Reps Intensity				

STRENGTH PHASE DAY 2

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Bench Press	4 – 6	2 0 X	-1 RM	2 min	3 – 4
2) Reverse Lunges	5 – 7 per	2 0 X	-1 RM	90 s	3 – 4
3) Hang Power/Squat Clean	3 – 5	X 0 X	-2 RM	90 s	3
A4) Chinups	6 – 8	2 0 X	-1 RM	▼	3 – 4
A5) T-lateral Ball Roll	3 – 4 per	Hold 5 s	BW	60 ▲	2 – 3
6) Russian Twists	8 – 12 per	2 0 2	BW	60 s	3
7) Birddog	5 – 8 per	Hold 10 s	BW	~	1

Notes

3) Choose the version you’re most comfortable with – the Hang Power Snatch requires less ROM and is better if you have ROM limitations.

EXERCISE	DATE				
1) Bench Press	Reps Intensity				
2) Reverse Lunges	Reps Intensity				
3) Hang Clean	Reps Intensity				
4) Chins	Reps Intensity				
5) T-lateral Roll	Reps Intensity				
6) Russian Twists	Reps Intensity				
7) Birddog	Reps Intensity				

POWER PHASE DAY 1

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Hang Power/Squat Snatch	3	X 2 X	60-80% Max	60 – 90 s	4 – 6
2) Bench Press	2 – 4	2 0 X	Max	2 min	2 – 3
3) Bulgarian Split Squat	5 – 6 per	Control	-1 RM	1 – 2 min	2 – 3
4) 1-arm Dumbbell Press	6 – 8 per	2 0 X	-1 RM	60 s	3
5) Inverted Row	(3/H) * 3	H = 10 s	BW	90 s	3
6) Reverse Woodchop	8 – 10 per	2 0 X	-1 RM	60 s	2
7) 1-leg T-lateral Ball Roll	3 per	Hold 5 s	BW	60 s	2 – 3

Notes

1) Don't use a heavy weight here – 80% of max is as heavy as you want to lift, the key here is velocity, not intensity, so a lighter weight will allow you to generate more velocity. Perform the version you're most comfortable with (Hang Power Snatch requires less ROM). Work your way up from 60%, don't start at 80%.

5) Inverted row – 3/H means that you do 3 full reps, then hold for the prescribed time, then repeat two more times

EXERCISE	DATE				
1) Hang Snatch	Reps Intensity				
2) Bench Press	Reps Intensity				
3) Bulg. Split Squat	Reps Intensity				
4) 1-arm DB Press	Reps Intensity				
5) Inverted Row	Reps Intensity				
6) Reverse Chop	Reps Intensity				
7) 1-leg T-roll	Reps Intensity				

POWER PHASE DAY 2

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Push Jerk	3	X 0 X	60-80% Max	60 – 90 s	4 – 6
2) Sumo Deadlifts	2 – 4	X 0 X	Max	2 – 3 min	3 – 4
3) 1-leg Stiff-leg Deadlift	6 – 8 per	Control	-1 RM	60 s	2 – 3
4) Bent Over 1-arm Row	6 – 8 per	Control	-1 RM	90 s	3
5) Prone Rollup	Up to 12	Control	BW	60 s	3
6) Backhand	10 – 15	Control	-2 RM	45 s	2

Notes

1) Don't use a heavy weight here – 80% of max is as heavy as you want to lift, the key here is velocity, not intensity, so a lighter weight will allow you to generate more velocity. Work your way up from 60%, don't start at 80%.

EXERCISE	DATE				
1) Push Jerk	Reps Intensity				
2) Sumo Deadlifts	Reps Intensity				
3) 1-Leg SLD	Reps Intensity				
4) BO 1-arm Row	Reps Intensity				
5) Prone Rollup	Reps Intensity				
6) Backhand	Reps Intensity				

TAPERING PHASE

EXERCISE	REPS	TEMPO	INTENSITY	REST	SETS
1) Clean and Jerk	3	X 0 X	70 – 80% Max	60 – 90 s	2
2) Bench Press	3	2 0 X	75% 1 RM	60 s	2
3) Sumo Deadlifts	3	1 0 X	80% 1 RM	60 s	2
A4) Inverted Rows	8 – 12	2 2 2	-1 RM	▼	2
A5) Forward Lunges	6 – 8 per	Control	-1 RM	60 s ▲	2
6) 1-leg T-Lateral Ball Roll	3 per	Hold 5 s	BW	60 s	2
7) Prone Rollups	Max Reps	Control	BW	60 s	2

Notes

Follow the guidelines properly and this workout will leave you feeling exhilarated, not drained, and it will take about 30 minutes to complete when you adhere to the prescribed rest times.

EXERCISE	DATE				
1) C&J	Reps Intensity				
2) Bench	Reps Intensity				
3) Deads	Reps Intensity				
A4) Inverted row	Reps Intensity				
A5) Forward lunges	Reps Intensity				
6) 1-leg T roll	Reps Intensity				
7) Prone Rollups	Reps Intensity				

NRG SYSTEM BODYWEIGHT COMPLEX

Instructions

- Perform all exercises in perfect form as fast and explosive as possible
- Move rapidly between exercises – don't dog it
- Repeat all exercises marked with ** twice; for example, do 8 lunge jumps, 3 hand walks, then 8 lunge jumps, and 3 hand walks before moving on

EXERCISE	REPS/DURATION
1) Shuffle Splits	30 sec
A2) Lunge Jumps	8 total**
A3) Hand Walks	3**
4) High Knee Running	20 sec
A5) Clap Pushups	8**
A6) Single-leg Jumps	4 per**
7) Mountain Climbers	20 sec
A8) Squat Jumps	8**
A9) Sprint & Sprawls	4**
10) Side-to-Side Hops	20 sec
11) 1-arm Planks	2 x 6 sec per arm

NRG SYSTEM MEDICINE BALL COMPLEX

Instructions

- Perform all exercises in perfect form as fast and explosive as possible
- Move rapidly between exercises – don't dog it
- Repeat all exercises marked with ** twice; for example, do 4 Standing MB Chop Toss, 8 Clap Pushups, then 4 Standing MB Chop Toss, and 8 Clap Pushups before moving on

EXERCISE	REPS/DURATION
1) T-Drill	30 sec
A2) Standing MB Chop Toss	3 per**
A3) Clap Pushup	8**
4) Single-Leg Side-to-Side Hops	20 sec
A5) Kneeling Front MB Slams	4**
A6) Burpees	4**
7) 2-foot 1-2-3-4 Jumps	20 sec
A8) Lying Pass & Catch	3**
A9) Side Bridge	1 x 10 sec per**
10) MB Back Toss & Retrieve	4