## Amateur MMA Strength & Conditioning Programme

(My own programme)

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Rest</td>
<td>Strength Training</td>
<td>Work Gym Cardio</td>
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<td>MMA</td>
<td>Strength + Conditioning (at Home)</td>
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<tr>
<td>Warm up*</td>
<td>Treadmill • Hill climb 10 mins</td>
<td>Alpine Skier • 1000m</td>
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<td>2 x Tabata Interval – Boxing Combinations**</td>
<td>1 Arm Kettlebell Chest Press • 2 sets (1 eccentric)</td>
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<tr>
<td>1-Arm Dumbbell Chest Press • 2 sets of 10 reps</td>
<td>Stability Ball • Knee-ins • Torso Twists</td>
<td>Bike • 1 Tabata</td>
<td>Rowing Machine • 1000m</td>
<td>1 Arm Kettlebell Chest Press • 2 sets (1 eccentric)</td>
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<tr>
<td>Single Leg Split Squats • 2 sets of 10 reps</td>
<td>Stability Ball • Back Extensions • Glute bridges</td>
<td>MMA Circuit – sit throughs, chest to chest sweeps, triangles, mount escapes, sprawl counters</td>
<td>Wide Grip Chin ups • 2 sets x max</td>
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<tr>
<td>Lunch Time Stretching** *</td>
<td>Dumbbell Row • 2 sets x max</td>
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<td>Band Punches • 2 sets of 10 on each arm</td>
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<tr>
<td>Evening Band Workout</td>
<td>Push Press, Rear delt flys, deadlifts, shrugs, shoulder press – all 12 reps. Repeat twice</td>
<td>Tricep Extensions • 2 x 12 reps</td>
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<td>BJJ session – straight after (this is a low impact session unless I have a comp approaching)</td>
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*Warm up
**Stretching

- Monday: Rest
- Tuesday: Strength Training
- Wednesday: Work Gym Cardio
- Thursday: Work Gym Cardio
- Friday: Work Gym Cardio
- Saturday: MMA
- Sunday: Strength + Conditioning (at Home)
Warm up

Foam Roll – Calves, Quads, Glutes, Shoulders

Bodyweight Exercises – Sumo Squats x 10, Press Ups x 10, Sit Throughs x 10

Band Exercises or Light Dumbbell Exercises – Lateral Raises x 15, military press x 15, push press x 15

Other Exercises – Arm circles small to large, back to small.

**A tabata interval consists of 20 seconds of exercise, carried out 8 times, with 10 seconds rest in between each 20 second bout. Choose a combination and repeat it over and over until each 20 second interval has finished. Keep the same combination for one 4-minute interval. The next interval swap stances or change the combination. Use a 3 or 4 punch combination. Use a punch bag, or hold 1kg-2kg weights, or just do the combinations as quickly as possible.

***Foam roll calves, hamstrings, glutes, back, shoulders.

Stretches – World’s Greatest, Hip Flexor stretch, chest stretch, rubber guard stretch.
**Additional Exercises**

In addition to the above programme it is recommended that the following exercises are performed 3 times per week:

**Neck Strengthening Exercises**

Use your hand as resistance or a Theraband. Perform 15 lateral flexions (ear to shoulder) and 15 ‘nods’ (chin to chest). Be very careful with any neck exercises. Wrestler’s bridge exercises are not recommended.

**Rotator Cuff Exercises**

See [this website](#) for more info on rotator cuff exercises.

**Chest & Shoulder Mobility Exercises (crucial for full power development)**

See [this website](#) for shoulder mobility exercises.