

mma bodyweight exercises

Mastering the Octagon: A Comprehensive Guide to MMA Bodyweight Exercises

mma bodyweight exercises offer a potent and accessible pathway to developing the explosive power, unwavering stamina, and functional strength crucial for success in mixed martial arts. Whether you're a seasoned fighter honing your skills or an aspiring athlete looking to build a formidable physique, the power of leveraging your own body weight cannot be overstated. This comprehensive guide delves into the core principles, essential movements, and strategic programming of bodyweight training specifically tailored for MMA. We will explore how to build a powerful foundation, enhance cardiovascular endurance, improve flexibility and mobility, and create a potent training regimen without the need for extensive gym equipment. Prepare to unlock your potential and dominate your discipline with these fundamental yet impactful techniques.

Introduction to MMA Bodyweight Training

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The Pillars of Effective MMA Bodyweight Workouts

Successful MMA performance hinges on a multifaceted approach to physical conditioning. Bodyweight training, when applied strategically, addresses these critical pillars directly. It's not just about performing isolated movements; it's about integrating them into a holistic system that mirrors the demands of combat sports. The key is to focus on exercises that develop full-body coordination, muscular endurance, and the ability to generate force efficiently.

Functional Strength and Muscular Endurance

In MMA, strength is rarely about lifting the absolute maximum weight once. Instead, it's about sustained, functional strength that can be applied dynamically throughout a round. Bodyweight exercises excel at building this type of resilience. Movements like push-ups, squats, and lunges, when performed with proper form and in higher repetitions or under fatigued conditions, mimic the need to exert force repeatedly against an opponent. Muscular endurance allows fighters to maintain their power output and defensive capabilities for the entirety of a bout, preventing fatigue from compromising their technique and decision-making.

Explosive Power and Speed

The ability to generate quick, powerful bursts of energy is paramount in MMA for striking, takedowns, and grappling escapes. While traditional weightlifting often focuses on strength, bodyweight training can be modified to develop explosive power. Plyometric variations of common exercises, such as jump squats and clap push-ups, train the muscles to contract rapidly. This translates directly to faster punches, more powerful kicks, and quicker transitions in grappling exchanges, giving fighters a distinct advantage.

Core Strength and Stability

The core is the powerhouse of the body, connecting the upper and lower halves and acting as a crucial link for force transfer. In MMA, a strong and stable core is essential for everything from delivering effective strikes to absorbing impact, maintaining balance during grappling exchanges, and preventing injuries. Many bodyweight exercises inherently engage the core, requiring constant stabilization. Planks, mountain climbers, and various rotational movements are invaluable for building this foundational strength that underpins all other athletic movements.

Essential Bodyweight Exercises for MMA Athletes

The foundation of any effective MMA bodyweight training program lies in mastering a selection of fundamental movements. These exercises target major muscle groups, improve coordination, and build a base of functional strength and conditioning that directly translates to the demands of the octagon.

Lower Body Strength and Power

Developing strong and resilient legs is critical for generating power in kicks, driving for takedowns, and maintaining a stable base. Bodyweight exercises can effectively target these areas, enhancing both strength and explosive capabilities.

- **Squats:** The quintessential lower body exercise. Focus on variations like air squats for basic strength, jump squats for explosiveness, and pistol squats (or assisted variations) for single-leg strength and balance. Proper form involves descending until the thighs are parallel to the ground, keeping the chest up and back straight.
- **Lunges:** Excellent for unilateral leg strength, balance, and hip mobility. Forward lunges, reverse lunges, and walking lunges all challenge the muscles differently. Incorporate jump lunges for added power development.
- **Calf Raises:** Often overlooked, strong calves are vital for explosive footwork and maintaining balance. Perform these on a flat surface or with the balls of your feet elevated for a greater

range of motion.

Upper Body Strength and Pushing Power

A strong upper body is necessary for striking power, defending against takedowns, and controlling opponents in grappling. Push-based movements are fundamental for building a powerful chest, shoulders, and triceps.

- **Push-ups:** The cornerstone of upper body bodyweight training. Progress from standard push-ups to variations like diamond push-ups (for triceps emphasis), wide-grip push-ups (for chest emphasis), and decline push-ups (for shoulder engagement). Plyometric push-ups, such as clap push-ups, are excellent for developing explosive pushing power.
- **Dips:** While often requiring parallel bars, can be performed using stable chairs or elevated surfaces. Dips heavily target the chest, shoulders, and triceps, contributing significantly to pushing strength.

Upper Body Strength and Pulling Power

Pulling strength is equally as important as pushing strength in MMA, crucial for clinching, takedowns, and controlling an opponent's movements. While pull-ups are the gold standard, creative bodyweight solutions can be employed.

- **Pull-ups/Chin-ups:** If a bar is accessible, these are non-negotiable. Variations include wide-grip pull-ups (back emphasis), close-grip chin-ups (biceps emphasis), and neutral-grip pull-ups.
- **Inverted Rows:** Using a sturdy table, low bar, or suspension trainer, inverted rows effectively work the back and biceps. Adjusting the angle of your body changes the difficulty.
- **Bear Crawls:** This full-body movement engages the back, shoulders, and core, improving functional strength and coordination.

Core and Stabilizer Strength

A robust core is the bedrock of all athletic movements in MMA. These exercises build a resilient and powerful midsection.

- **Plank:** The classic isometric exercise. Master variations like forearm planks, high planks, side planks, and plank jacks to engage the entire core musculature and improve stability.
- **Crunches and Leg Raises:** Traditional ab exercises to strengthen the rectus abdominis and hip flexors.
- **Mountain Climbers:** A dynamic exercise that builds cardiovascular endurance while simultaneously engaging the core and shoulders.
- **Russian Twists:** Performed with or without weight, these target the obliques, crucial for rotational power in strikes and defense.

Building Explosive Power with Bodyweight Training

Developing explosive power is a game-changer in MMA. It's the ability to recruit muscle fibers rapidly and generate maximum force in the shortest amount of time. Bodyweight training offers a highly effective and accessible way to cultivate this critical attribute through plyometric and ballistic movements.

Plyometric Progressions

Plyometrics involve a rapid stretch and contraction of muscles, often referred to as the "stretch-shortening cycle." This process trains the neuromuscular system to respond with greater force and speed. For MMA, incorporating plyometric variations of fundamental exercises is key.

- **Jump Squats:** After performing a standard squat, explosively jump as high as possible, landing softly and immediately transitioning into the next squat.
- **Clap Push-ups:** Perform a powerful push-up, launching your hands off the ground for long enough to clap them together before landing and controlling the descent.
- **Jump Lunges:** Alternate legs in a lunge position, explosively jumping and switching leg positions in the air.
- **Box Jumps:** While requiring a stable elevated surface, box jumps are exceptional for developing lower body explosiveness and the ability to absorb impact.

Ballistic Training Principles

Ballistic training focuses on moving a weight (in this case, your body) with maximum velocity

through its range of motion. This is less about controlled eccentric (lowering) phases and more about unleashing power.

For example, in a jump squat, the focus is on the upward propulsion. Similarly, in a clap push-up, the emphasis is on the speed of the push away from the ground. The key is to train with intent and maximum effort on each repetition to stimulate the fast-twitch muscle fibers responsible for explosive power.

Enhancing Cardiovascular Endurance for Combat

MMA fights are demanding cardiovascular events. Sustained high-intensity efforts, coupled with periods of recovery and bursts of maximal output, require exceptional aerobic and anaerobic capacity. Bodyweight exercises, when programmed correctly, are excellent tools for building this crucial endurance.

High-Intensity Interval Training (HIIT) with Bodyweight

HIIT involves short bursts of intense exercise followed by brief recovery periods. This training method is highly effective for improving both aerobic and anaerobic fitness, mimicking the stop-and-start nature of an MMA fight.

- **Circuit Training:** Design a circuit of 4-6 bodyweight exercises (e.g., burpees, mountain climbers, high knees, jump squats, push-ups). Perform each exercise for 30-60 seconds with minimal rest in between, then rest for 60-90 seconds after completing the circuit. Repeat for 3-5 rounds.
- **Tabata Protocol:** A more intense form of HIIT, consisting of 20 seconds of maximal effort exercise followed by 10 seconds of rest, repeated for 8 rounds (4 minutes total) per exercise.

Cardio-Focused Bodyweight Movements

Certain bodyweight exercises inherently elevate the heart rate and improve cardiovascular conditioning when performed continuously or in high-volume sets.

- **Burpees:** A full-body exercise that is exceptionally effective for cardiovascular conditioning and building muscular endurance.
- **Jumping Jacks:** A simple yet effective way to increase heart rate and warm up the body.
- **High Knees:** Focus on bringing your knees up as high and as quickly as possible to elevate

your heart rate.

- **Sprints:** If space allows, short, all-out sprints are excellent for developing anaerobic capacity.

Improving Core Strength and Stability

The core is the central link in virtually every movement performed in MMA. A weak or unstable core compromises power transfer, limits agility, and increases the risk of injury. Bodyweight exercises provide a comprehensive way to strengthen and stabilize this vital area.

Anti-Extension Exercises

These exercises focus on preventing the spine from arching excessively. Maintaining a neutral spine under load is crucial for stability.

- **Plank:** As mentioned previously, the standard plank is excellent for developing isometric core strength and preventing hyperextension.
- **Dead Bug:** Lying on your back, extend opposite arm and leg simultaneously while keeping your lower back pressed into the floor.
- **Glute Bridges:** While targeting the glutes, this exercise also requires significant core stabilization to maintain a straight line from shoulders to knees.

Anti-Rotation Exercises

Fighting often involves rotational movements. The ability to resist unwanted rotation, or to generate controlled rotation, is key. These exercises train the obliques and deep stabilizing muscles.

- **Pallof Press:** While often done with a band or cable, a simulated Pallof press can be performed by mimicking the resistance with your arms and resisting rotation.
- **Bird-Dog:** From a quadruped position, extend opposite arm and leg while keeping your torso stable and hips level.
- **Plank with Shoulder Taps:** While in a high plank, tap opposite shoulders while minimizing hip movement.

Dynamic Core Movements

These exercises involve movement and challenge the core to stabilize the body through various planes of motion.

- **Mountain Climbers:** A dynamic exercise that works the core as a stabilizer while the limbs are in motion.
- **Leg Raises:** Focus on controlled lowering and raising of the legs to engage the lower abdominals and hip flexors.
- **Bicycle Crunches:** A great exercise for targeting the obliques and building rotational strength.

Flexibility and Mobility for MMA Performance

In MMA, flexibility and mobility are not just about being able to touch your toes; they are about achieving optimal joint range of motion, improving movement efficiency, and reducing the risk of injury. Dynamic stretching and mobility drills are essential components of a well-rounded bodyweight training program.

Dynamic Stretching for Warm-ups

Dynamic stretching involves controlled movements that take your joints through their full range of motion. This prepares the muscles and joints for the demands of training and competition.

- **Arm Circles:** Forward and backward, gradually increasing the range of motion.
- **Leg Swings:** Forward and backward, as well as side to side, to mobilize the hips and hamstrings.
- **Torso Twists:** Gentle rotations of the upper body to loosen the spine and obliques.
- **Walking Lunges with Torso Twist:** Combines a lower body movement with a rotational element.
- **Inchworms:** A full-body dynamic movement that stretches the hamstrings, shoulders, and core.

Mobility Drills for Injury Prevention

These drills focus on improving the functional movement of joints, which is critical for preventing strains, sprains, and other common MMA injuries.

- **Hip Circles:** Standing on one leg, move the other leg in a circular motion to improve hip joint mobility.
- **Ankle Rolls:** Rotate the ankles in both directions to improve flexibility and reduce the risk of ankle sprains.
- **Cat-Cow Stretch:** A yoga-inspired movement that improves spinal mobility.
- **Thoracic Rotations:** Focus on improving the rotation in the upper back, which is crucial for striking and grappling.

Static stretching, holding a stretch for a prolonged period, is generally best reserved for after workouts or on recovery days to improve long-term flexibility.

Programming Your MMA Bodyweight Routine

Simply performing a collection of bodyweight exercises is not enough. To achieve optimal results for MMA, your training needs to be structured, progressive, and aligned with your specific goals. Effective programming ensures you are consistently challenging your body and making measurable improvements.

Periodization and Progression

Periodization involves varying your training intensity, volume, and focus over time to prevent plateaus and optimize performance. For bodyweight training, progression can be achieved in several ways:

- **Increased Repetitions:** Gradually performing more repetitions of an exercise within a set.
- **Increased Sets:** Performing more sets of a particular exercise or circuit.
- **Decreased Rest Times:** Shortening the rest periods between sets or exercises to increase intensity and conditioning.
- **Increased Difficulty of Variations:** Progressing from easier to harder variations of exercises (e.g., from standard push-ups to decline push-ups).

- **Increased Time Under Tension:** Slowing down the eccentric (lowering) phase of an exercise to increase muscle engagement.
- **Adding Explosiveness:** Incorporating plyometric movements.

Sample Training Splits

Consider organizing your training week to allow for adequate recovery and to focus on different aspects of fitness.

- **Full Body:** Performing a comprehensive bodyweight workout 3-4 times per week, hitting all major muscle groups in each session. This is excellent for beginners and those with limited training time.
- **Upper/Lower Split:** Dedicating specific days to upper body exercises and other days to lower body and core exercises.
- **Push/Pull/Legs:** A common split that divides training based on movement patterns. Push days focus on chest, shoulders, and triceps; pull days on back and biceps; and leg days on quads, hamstrings, and glutes.

It's crucial to listen to your body and adjust your programming based on your recovery levels and any specific needs or limitations you may have.

Nutrition and Recovery for Optimal Results

While intense MMA bodyweight exercises are the engine of your progress, nutrition and recovery are the fuel and the maintenance that allow that engine to perform at its peak. Neglecting these aspects can significantly hinder your gains and increase your susceptibility to injury.

Nutrient Timing and Macronutrient Balance

For muscle repair and growth, adequate protein intake is essential. Carbohydrates are vital for replenishing glycogen stores used during intense workouts, and healthy fats support hormone production and overall health. Timing your nutrient intake around your workouts can also be beneficial:

- **Pre-Workout:** A balanced meal or snack containing complex carbohydrates and a moderate

amount of protein 2-3 hours before training can provide sustained energy.

- **Post-Workout:** Consuming protein and carbohydrates within 30-60 minutes after a workout can aid in muscle recovery and glycogen replenishment.

Focus on whole, unprocessed foods such as lean meats, fish, fruits, vegetables, whole grains, and healthy fats like avocados and nuts.

Sleep and Active Recovery

Sleep is when the body undergoes most of its repair and recovery processes. Aim for 7-9 hours of quality sleep per night. During sleep, your body releases growth hormones that are critical for muscle repair and adaptation.

Active recovery involves low-intensity activities that promote blood flow and aid in muscle recovery without adding significant stress. This can include:

- Light walking
- Foam rolling
- Gentle stretching
- Yoga

Proper hydration is also fundamental; ensure you are drinking enough water throughout the day, especially before, during, and after training.

FAQ Section

Q: How often should I incorporate MMA bodyweight exercises into my training routine?

A: For most individuals, performing MMA bodyweight exercises 3-5 times per week is beneficial. Beginners might start with 3 full-body sessions, while more advanced athletes could implement split routines or integrate them into existing fight training 4-5 times per week, ensuring adequate rest days for recovery.

Q: What are the most effective bodyweight exercises for developing explosive power for MMA striking?

A: Exercises that focus on rapid muscle contraction and plyometrics are key. Effective options include jump squats, clap push-ups, jump lunges, burpees with a jump, and explosive mountain climbers. The focus should be on maximizing the speed and height of each movement.

Q: Can I build significant muscle mass using only bodyweight exercises for MMA?

A: Yes, it is possible to build a substantial amount of lean muscle mass with bodyweight training, particularly for those new to resistance training. Progression through exercise variations, increasing repetitions, sets, and decreasing rest times, along with controlled tempos and sufficient protein intake, are crucial for hypertrophy.

Q: How do bodyweight exercises help improve grappling strength and endurance in MMA?

A: Bodyweight exercises like pull-ups, inverted rows, planks, and squats build the foundational strength and endurance needed for clinching, takedowns, and maintaining dominant positions. Exercises that improve grip strength and core stability are particularly vital for grappling effectiveness.

Q: What is the role of core strength from bodyweight exercises in MMA defense?

A: A strong and stable core is paramount for absorbing impact, maintaining balance when being taken down, and preventing injuries from strikes. Exercises like planks, side planks, dead bugs, and mountain climbers directly train the core's ability to resist unwanted movement and maintain posture under duress.

Q: Are there any specific bodyweight exercises that can help improve kicking power in MMA?

A: While kicking power is influenced by many factors, bodyweight exercises that build lower body explosiveness and core rotational strength are beneficial. Jump squats, plyometric lunges, and core exercises like Russian twists and medicine ball throws (if available, or simulated with bodyweight) can contribute to more powerful kicks.

Q: How can I make my MMA bodyweight training more challenging as I get stronger?

A: You can increase the challenge by progressing to more difficult exercise variations (e.g., pistol squats instead of regular squats), increasing the number of repetitions or sets, reducing rest times

between exercises, slowing down the tempo of movements (especially the eccentric phase), or incorporating plyometric and isometric holds.

Q: What is the benefit of incorporating mobility drills and stretching into my MMA bodyweight routine?

A: Improved mobility and flexibility through dynamic stretching and targeted drills enhance range of motion, which is critical for executing techniques effectively, improving balance, reducing the risk of muscle strains and tears, and aiding in efficient recovery by increasing blood flow to the muscles.

Mma Bodyweight Exercises

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mma bodyweight exercises: GET THAT WORK Marcus Webb, 2023-11-16 The reason for writing this book is to coach, instruct, and teach people how to perform various exercises correctly and effectively. I also wanted to provide people with information on eating plans/diets, supplemental information, workout programs, kickboxing drills, motivation quotes (we all need some type of motivation daily), and testimonials from some of my clients on how fitness has helped them in their lives. Get that work! A portion of the proceeds from this book will aid in helping the homeless and providing free expert fitness training for young athletes in high school and college

mma bodyweight exercises: Calisthenics: The Most Superior Collection of Exercise (Achieve the Physique of Your Dreams Through Bodyweight Exercises) Archie Salisbury, Calisthenics are a form of exercise that consists of a variety of gross motor movements, often rhythmical, generally without using equipment or apparatus. They are intended to increase body strength, body fitness and flexibility through movements such as bending, jumping, swinging, twisting or kicking, using only one's body weight for resistance. They are usually conducted in concert with stretches. When performed vigorously and with variety, calisthenics can provide benefits in the areas of muscular and cardiovascular fitness, in addition to improving psychomotor skills such as balance, agility and coordination. Here is a preview of what you'll learn... • Why calisthenics • How to get started • Beginner exercises • Intermediate exercises • Advanced exercises • Train like a warrior • Recovery and nutrition Calisthenics is a strength training method or technique that doesn't require barbells, dumbbells or other weight lifting equipment. All you need is your body and a couple of fixed items such as a pole, overhead bar in the park or playground, or a bench and you're good to go! And in this book, you will discover why you should get into calisthenics and, more importantly, how to perform callisthenic exercises in order to build up your strength and become and stay physically fit. And as you master the art of calisthenics, you'll also enjoy the freedom of being able to train your body for strength anytime and anywhere.

mma bodyweight exercises: How to Build the Mma Body M. Laurence, 2016-07-29 If you want to Build Muscle, Lose Fat and look like a MMA fighter without steroids, good genetics, or throwing precious time and hard-earned money down the drain at the gym...then read on. We've all seen the fantastic physiques of the MMA fighters at the various fight tournaments on TV and admire the incredible mix of strength, power and speed. It's also the aesthetics of their physiques - the powerful legs, and lean arms, ripped chest, all tapering to and perhaps the most important - a tight flat stomach. That is the type of physique that gets attention and if you're interested in creating that

physique then i can help. The great thing about a Mixed Martial Arts body is they are achievable, they aren't some freak of nature like a bodybuilder with ludicrous conditioning. You can achieve this look if you put the work in. I'm going to give you a balls-to-the wall workout routine to get this physique. This workout can work on it's own to build the MMA physique and it can work with your current MMA training or specific martial arts. This is a full 2 week training and diet manual that you simply follow and repeat. It is varied enough for you to keep using forever and to manipulate if you see fit. The book contains: 26 Chapters jammed full of training regimes and dietary plans 12 full muscle bulging workouts to manipulate to continually experiment with that trains the entire body twice over the 2 weeks The workouts include weights and body weight moves to explosive exercises All 2 weeks of diet and nutrition including protein shakes Laid out simply for at-a-glance if you're on the go at the gym or training at home. --Firstly... I keep things simple - no B.S rubbish about doing LESS training and eating LESS and how there is some SECRET holding you back. How did the bodybuilders in the 60's and 70's look so great? Training frequency and nutrition. How and what - that's the only secret. But you've probably been doing some of the things right but not all - that's where this book can help you. I focus on 3 simple cornerstones... --Training Frequency Don't worry you don't need to follow months of weird training routines - mine is two weeks - and repeat. A hard and heavy week one - followed by a lighter week two, but we still hit hard. Muscles are shocked into growth in week one and recover in week two. I lay out all the routines 'at-a-glance' for quick checking on your phone or tablet while at the gym. We train with weights and without using bodyweight explosive moves. We're building strength, power and stamina. --BodyFat Through the intensity of the workouts and the nutritional plan we are going to reduce your body fat. Why? Your Testosterone is utilized at it's best when you have a lower body fat percentage. --Nutrition Nutrition is considered the most important part of building muscle. If the nutrition is incorrect then it doesn't matter how impeccable your training routines are, you will not progress. I'm sure you have an idea about nutrition, but I'm here to give your knowledge a little boost. You've heard of high protein, carbohydrates and healthy fats? But what is the most effective foods to eat to get those essential nutrients. I include a days meal plan with every day of training. Finally... I also go into the tips for maximizing size including what supplements to use and when. I also go into tips for maximizing training intensity - Supersets and TUT. This is all about power and guts - it's time to create that MMA Body that you always wanted whether you train in MMA, a specific martial arts or simply want to look great, this workout will really help you. Imagine you in a 3 months time and people complimenting you on how you look? Let's make a change and get started! No more wasted workouts - check out this 26 chapter MMA workout training guide and get building size!

mma bodyweight exercises: Train Like a Fighter Cat Zingano, 2018-05-22 Sculpt your body like an MMA pro! You love watching your favorite MMA fighters compete and you'd love to get ripped like them—but without having to actually fight anyone. The good news is you don't have to become a fighter to look like one! In Train Like a Fighter, professional mixed martial artist and UFC legend Cat Zingano offers step-by-step instructions for 60 exercises she uses to get in fighting shape—exercises focused on strengthening your upper body, core, and lower body, as well as full-body training movements. Cat also gives you training programs filled with intense routines built from these exercises—all geared toward helping you reach your fitness and physique goals. At no point in following these programs will you have to take a punch, but once you've completed them, you'll definitely look like you can throw one! This book's features include: * The physical, mental, and emotional benefits to training like an MMA fighter * Proper techniques, starting stances, and common moves, such as jabs, uppercuts, and kicks * The right kinds of gear and equipment to use for training * Exercises for warming up and cooling down for exercises, routines, and programs * Cat Zingano's personal training diet as well as other diet tips

mma bodyweight exercises: *0 Excuses Fitness* Rahul Mookerjee, 2023-08-08 Do you know what the biggest problem plaguing people is these days? It's not so much fitness related as it is related to life - and that problem is - in a nutshell - MAKING EXCUSES GALORE. Oh, I have no time to train. Oh, the neighborhood gyms are too expensive. Oh, those stretches are too difficult. Oh, and

... ah, why not just do it tomorrow? And so forth. Excuses, my friend, are the reason why most folks never get started on that road to super fitness, health and STRENGTH - both from the inside and the outside, and ZERO EXCUSES FITNESS gives you NO CHANCE to make ANY EXCUSES! In other words, its fitness instruction which flat out WORKS, provided you don't make EXCUSES. NOTHING - I repeat NOTHING - is needed in order for you to do these exercises. NO equipment, NO gyms, not even the much vaunted Swiss balls or other fancy shmancy abdominal gadgets or gizmos (which ain't worth even the time of day you spend looking at the ads, to be honest). And no, you don't even need a chinning bar for most of the exercises I've shown. Pull-ups are great, but they are NOT required. Stop making excuses - and grab your copy NOW - and watch a whole NEW world open up to you in terms of OVERALL health, fitness, and strength. To your SUCCESS! Rahul Mookerjee

mma bodyweight exercises: Functional Training Juan Carlos "JC" Santana, 2015-12-09 Take your performance to the next level with Functional Training. Author Juan Carlos Santana brings you his revolutionary approach to training and conditioning methods sure to improve your function in any sport or activity. Functional Training covers the recent breakthroughs, the most exercises, and proven programs that you can follow or incorporate into your existing training plan. Offering strength, endurance, power, and sport-specific exercises and programming, Functional Training is a comprehensive resource for every athlete, coach, and athletic trainer. Covering the concepts, exercises, progressions, and sequencing on which a sound functional training program is based, it addresses the needs of more than 11 sports and features 135 exercises, including body weight, bands and pulleys, dumbbells and kettlebells, medicine balls, and stability balls. Functional Training features a three-tier approach for integrating functional movements into an existing strength program. Through assessment and analysis, you'll identify the movements and muscles involved in your sport, then select the best exercises and programs based on desired results and performance goals. In addition to quick exercise sequences and personalized programming to address the big four sport skills, more comprehensive programs can be developed to address your athletic and performance needs and goals. No matter what your sport, Functional Training will help you achieve optimal results.

mma bodyweight exercises: The Simple and Effective Diet Rahul Mookerjee, 2017-08-19 As Jack La Lanne, fitness pioneer a.k.a "The GodFather of Fitness" said, "Exercise is king, and nutrition is queen - together they make a kingdom". And it's true, my friend. It's SO true. They say you cannot out-train a bad diet, and that axiom holds very true for the most part as well. In this book, I will talk about a diet that, if followed regularly and combined with the right exercise program will get you supremely healthy. The advice in the book is simple and easy to follow - anyone can do it. The keyword here is "simple", and I should tell you at the get-go itself that you will not need to devote hours of effort in the kitchen preparing meals to fit the guidelines I give you below. The average person has barely enough time to cook a decent meal, let alone a five course dinner - and I fully understand that. Preparing healthy, tasty food need NOT be a time consuming and arduous chore, and I think you'll agree by the time you've finished the book. And the best part is that you won't even think that you are "eating healthy" most of the time when you follow my recommendations. Remember that healthy and tasty are NOT mutually exclusive terms when it comes to food. Neither will you feel like you are starving (or denying yourself) as none of the recommendations ask you to deny yourself or even cut back on your servings, unless you are already at the point where you are eating too much. In a nutshell - eat HEALTHY, and eat WELL. That's pretty much what I talk about in this book. Here are a few interesting nuggets in terms of what you can expect from this course - - Solid, down to earth advice on what sort of food items to eat, and what not to - How often to eat, and why the "commonly touted" advice on this doesn't always work the best - and HAS NOT in my case (as well as several other super fit individuals). - Know the ONE item you need to avoid at all costs - and why you should be doing so - Figure out the type of meals you should be eating, and how they should be prepared - Learn about an often ignored part of your diet - and why doing so is detrimental to your overall health. - A "secret" health drink that most people flat out ignore - and my OWN results from drinking "pots of it daily" (hint, hint - it's NOT coffee!) And more ... Right, that

should be enough of an intro - on with it now!

mma bodyweight exercises: Edge Thomas Blackthorne, 2010 WELCOME, SENSATION SEEKERS, TO KNIFE EDGE. In a Britain on the edge of collapse, duelling with blades has now been legalised. On Saturday nights, the nation sits down to watch the country's best amateur fighters slash it out on prime time. The streets are red with blood. The skies are black with polluted horror. High walls have been built around Britain and endless winter is coming. In search of a missing boy, ex-Special Forces agent Josh Cumberland delves into the dark underbelly of the knife culture that has infected his country, but what he finds will shock him to his soul. File Under: Science Fiction [Devastated Britain

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