

Plyometric Workout for MMA

Exercise	Sets	Reps	Link with Vid or Description
Rotational Depth Jumps	2	10	https://www.youtube.com/watch?v=0VGfgkfJY3w
Medicine Ball Throw into Press up	2	8	https://www.youtube.com/watch?v=g4scAXer8n0
Jumping Lunges (AKA Parachutes)	2	12	https://www.youtube.com/watch?v=y7lug7eC0dk
Box Drill	2	10 'hops'	https://post.greatist.com/wp-content/uploads/sites/2/2019/05/PLYO_BOX-DRILLS.gif
Judo Roll with Tuck Jump	2	6	https://post.greatist.com/wp-content/uploads/sites/2/2019/05/PLYO_JUDO-ROLL-JUMP.gif
Sprawl Burpee with Tuck Jump	2	10	Instead of falling to the floor on your front - do a wrestler's sprawl
BOSU (Or medicine Ball) Side to Side Plyo Press Ups	12	2	https://seoandmma.files.wordpress.com/2015/12/bosupressups.gif

Complex Training for MMA

Exercise	Sets	Reps
Front Squats	2	10
Tuck Jumps	2	6
Barbell Bench Press	2	8
Plyometric Press Ups	2	5
Hanging Leg Raises	2	10
Medicine Ball Slams	2	10

Always warm up (a lot) before doing plyometrics.
Ensure technique is perfect & you are not fatigued