

## Power Workout for MMA

Exercise	Sets	Reps	Link with Vid or Description
Rotational Depth Jumps	2	10	<a href="https://www.youtube.com/watch?v=0VGfgkfJY3w">https://www.youtube.com/watch?v=0VGfgkfJY3w</a>
Medicine Ball Throw into Press up	2	8	<a href="https://www.youtube.com/watch?v=g4scAXer8n0">https://www.youtube.com/watch?v=g4scAXer8n0</a>
Jumping Lunges (AKA Parachutes)	2	12	<a href="https://www.youtube.com/watch?v=y7lug7eC0dk">https://www.youtube.com/watch?v=y7lug7eC0dk</a>
Box Drill	2	10 'hops'	<a href="https://post.greatist.com/wp-content/uploads/sites/2/2019/05/PLYO_BOX-DRILLS.gif">https://post.greatist.com/wp-content/uploads/sites/2/2019/05/PLYO_BOX-DRILLS.gif</a>
Judo Roll with Tuck Jump	2	6	<a href="https://post.greatist.com/wp-content/uploads/sites/2/2019/05/PLYO_JUDO-ROLL-JUMP.gif">https://post.greatist.com/wp-content/uploads/sites/2/2019/05/PLYO_JUDO-ROLL-JUMP.gif</a>
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	<a href="https://seoandmma.files.wordpress.com/2015/12/bosupressups.gif">https://seoandmma.files.wordpress.com/2015/12/bosupressups.gif</a>

## 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

## Strength Program for MMA

### Day 1

#### Weighted chin ups

1 set of 6 reps

1 set of 4 reps

#### Deadlifts

4 sets of:

6, 5, 4, 2, reps

#### One arm Row

2 sets on each arm of 6 reps

#### Weighted dips

2 sets of 8, 6 reps

#### French press

2 sets of 8 reps

#### Weighted crunches 2 sets of 8 reps

#### Hanging leg raises 2 sets of 10 reps

#### Swiss ball plank

2 sets

Hold for 1 minute

### Day 2

#### Barbell Shoulder press

3 sets of:

6, 6, 4 reps



Full Squats
4 sets of 8, 8, 4, 2 reps
Partial Deadlifts
3 sets of 8, 6, 4 reps
Lateral raise 2 sets of 12 reps
High Pulls
3 sets of
6, 4, 2 reps
<b>Day 3</b>
Barbell Bench Press
3 sets of
8, 4, 2 reps
Incline close grip Bench Press 2 sets of
6, 4 reps
Barbell rear lunges
3 sets of 8, 6, 6 reps
Shrugs
3 sets of 8, 6, 4 reps
Standing calf raise
2 sets of 12, 8, 6 reps
Good mornings
2 sets
12, 8 reps

Cable wood chops

2 sets of 10 reps each side