

MMA Training Program 6 Weeks



Goal – To build a foundation of fitness and technique in order to accelerate progression and mitigate injury risk before embarking upon a gym-based MMA training routine

Exercise at your own risk – always consult a doctor before taking up a new exercise regime

Circuit – Can be completed at home

Some of the exercises included in the circuit are explained in [this Youtube Video](#). This blog post also explains a number of the exercises - <https://blackbeltwhitehat.com/2020/10/06/mma-6-week-training-program/>

- Complete 4 times per week

MMA Home Circuit		
Exercise	Time/Reps	Notes
Press Ups	20 reps	
Squats	20 reps	
Boxing, Jab, Cross, Hook, Cross	Complete the combination 10 times	Use 1kg hand-weights if available
Sit Throughs	10 reps each side	Wrestling technique
Chest to Chest Sweep	10 reps each side	Jiu Jitsu Guard technique
Triangles	10 reps each side	Jiu Jitsu Guard technique
Single Leg Glute Bridges	10 reps on each side	Helps build explosive hip-escapes in Jiu Jitsu
Sprawls	5 each side	Stand with left leg forwards and complete 5 reps, then do the same with right leg forwards

Single Leg Deadlift	5 each side	Use a kettlebell if available
Front Kicks	10 each leg	
Side Kicks	10 each leg	
Lunges	10 each leg	

For additional fitness – complete the circuit twice, then complete a Tabata Interval

Tabata Interval

A tabata interval entails 4 minutes of high intensity exercise. Each 4 minutes is split into 8, 20 second bouts of exercise at full intensity, separated by 10 seconds of rest in between each bout.

You can find a Tabata Interval timer, on Youtube [here](#).

- Bodyweight jumping squats for first 3 intervals
- Press ups for next 2 intervals
- Sit Throughs for final 3 intervals

In addition, it may help to become familiar with the following techniques:

- Mount & Mount Escape
- Side Control & Side Control Escapes
- Full Guard & How to Pass the Guard
- Half Guard
- Double Leg Takedowns
- Sprawls
- Roundhouse Kick
- Thai Clinch
- Wrestling – double underhooks
- Wrestling – over/under position
- Wrestling – wizzer throw/hip throws