

4-Week Plyometric Plan for MMA Fighters

Frequency: 2–3 sessions per week (non-consecutive days)

Duration: 20–30 minutes per session

Equipment: Minimal — a plyo box, medicine ball, and some open space

Week 1–2: Foundations

- **Lower Body Power**
- Box Jumps – 3×8 reps
- Lateral Bounds – 3×8 each side
- **Upper Body Explosiveness**
- Medicine Ball Chest Pass – 3×10 reps
- Clap Push-Ups – 3×6–8 reps
- **Core & Coordination**
- Russian Twist (Medicine Ball) – 3×12 each side
- *Rest 60–90 seconds between sets.*

Week 3–4: Fight-Specific Explosiveness

- **Lower Body Power**
- Depth Jumps – 3×6 reps
- Single-Leg Bounds – 3×8 each leg
- **Upper Body Explosiveness**
- Medicine Ball Overhead Slam – 3×10 reps
- Plyo Push-Ups to Lateral Shuffle – 3×6 each side
- **Core & Coordination**
- Rotational Medicine Ball Throw – 3×10 each side
- *Rest 60 seconds between sets to keep power output high.*

Pro Tips:

- Always warm up for 5–10 minutes before starting.
- Focus on maximal effort on every rep — quality over quantity.
- Stop if form breaks down to prevent injury.
- For MMA specificity, integrate these with shadow boxing, bag work, or wrestling drills.