

The Hybrid Combat Split: 3-Day Programme

This programme is engineered to balance strength (bodybuilding) and speed (boxing), maximizing punch power, speed, and injury resilience. It is designed to complement the concepts discussed in your blog post for blackbeltwhitehat.com.

Mandatory Warm-up: Dynamic Mobility Drills

Perform this full routine before every workout to enhance mobility and prevent stiffness in the hips and shoulders.

Area	Drill	Sets	Duration/Reps	Key Benefit
Shoulders	Band Pull-Aparts	2	15-20 slow reps	Improves shoulder retraction and stability.
Shoulders	Wall Slides	2	10-12 reps	Enhances overhead mobility for defense.
Thoracic	Thoracic Spine Rotations	2	10/side	Crucial for punch rotation and core power.
Hips	Cat-Cow to Deep Squat Hold	2	10 cycles, 30s hold	Opens hips and improves squat/deadlift depth.
Hips	Dynamic Leg Swings (Front/Side)	2	15/direction	Prepares hip flexors for explosive movement.



THE 3-DAY HYBRID SPLIT



Day 1: Functional Power & Push

Focus: Heavy Lower Body Strength and Rotational Hip Power.

Exercise	Sets	Reps	Notes
A. Mobility Warm-up	—	—	Complete the full mobility routine above.
B. Strength (Lower Body Focus)			
1. Trap Bar Deadlift / Standard Deadlift	3	5	Focus on heavy, explosive lockout.
2. Bulgarian Split Squat	3	8/side	Builds single-leg stability and power.
3. Dumbbell Bench Press	3	10	Moderate weight, controlled tempo.
4. Weighted Pull-ups (or Lat Pulldowns)	3	8	Build dense pulling strength.
C. Core & Conditioning (Boxing Focus)			
5. Russian Twists (with weight)	3	15/side	Rotational core strength for punch torque.
6. Medicine Ball Rotational Throws	3	10/side	PLYOMETRIC: Mimics punch power generation.

7. Jump Rope Intervals	3	60 sec	Conditioning and light footwork practice.
Rest: 60-90 seconds (B), 45-60 seconds (C).			

Day 2: Speed & Dynamic Pull

Focus: Upper Body Density, Shoulder Resilience, and Explosive Speed.

Exercise	Sets	Reps	Notes
A. Mobility Warm-up	—	—	Complete the full mobility routine above.
B. Strength (Upper Body Focus)			
1. Barbell Row / Dumbbell Row	3	8–10	Control the eccentric (lowering) phase.
2. Standing Dumbbell Overhead Press	3	8	Functional for punching; full-body bracing.
3. Pendlay Row (explosive)	3	6	Pull the weight explosively to build speed.
4. Face Pulls (with band or cable)	3	15	Crucial for shoulder health and stability.

C. Speed & Plyometrics (Power Focus)			
5. Clap Push-ups (or Explosive Push-ups)	3	AMRAP (Max Reps)	PLYOMETRIC: Upper body speed and reaction.
6. Band Resisted Punches (Shadow)	3	30 sec/side	Focus on maximal velocity and snap.
7. Box Jumps (Low-Moderate Height)	3	8	Develops vertical explosiveness and coordination.
Rest: 60-90 seconds (B), 45-60 seconds (C).			

Day 3: Resilience & Full-Body Endurance

Focus: Cardiovascular Endurance, Core Stability, and Whole-Body Integration.

Exercise	Sets	Reps	Notes
A. Mobility Warm-up	—	—	Complete the full mobility routine above.
B. Strength (Compound Focus)			
1. Kettlebell Swing	4	20	High-rep focus for explosive hip extension and conditioning.

2. Goblet Squat (High Rep)	3	15	Focus on depth and control, building endurance.
3. Reverse Lunges	3	12/side	Mobility and balance challenge.
4. Dumbbell Farmers Walk	3	40 steps	Ultimate core and grip endurance builder.
C. Core & Finisher (Conditioning)			
5. Plank Variations (Side Plank, Extended)	3	45 sec hold	Static core strength (essential for bracing punches).
6. Burpee with Jump (or Tuck Jump)	3	12	FINISHER: Max heart rate and full-body endurance test.
7. Foam Rolling & Static Stretching	—	—	Recovery focus on hamstrings, hip flexors, and pecs.
Rest: 60-90 seconds (B), 45-60 seconds (C).			



Boxing Drills for Off-Days (Active Recovery)

Perform these on your active recovery days (e.g., Tuesday/Thursday). These sessions should be light, focused on **form, speed, and technique**, not exhaustion.

Drill	Focus	Sets/Rounds	Duration	Principle

Shadowboxing	Technique & Fluidity	4	3 min rounds	Practice perfect footwork and punch mechanics.
Footwork Ladder/Markers	Agility & Balance	5	1 min circuits	Improves in-ring movement and cutting angles.
Light Heavy Bag Work	Speed & Snap	3	2 min rounds	Focus on fast, snapping punches , not pushing/heavy power.
Jump Rope	Conditioning & Rhythm	4	3 min rounds	Builds explosive calf endurance and coordination.

Training Guidance & Principles

- **Schedule:** Aim for Mon, Wed, Fri (Gym) and Tue, Thu (Boxing Drills). Rest Sat/Sun.
- **Tempo:** Strength sets require **control**. Boxing sets demand **maximal speed** and explosiveness.
- **Weight Selection:** Use weights that challenge you to hit the prescribed reps with **perfect form**. Form over everything.
- **Recovery:** Never skip the foam rolling or static stretching after Day 3. This is where adaptation happens.