



# MMA TRAINING PROGRAM

These programs are designed to act as the foundation of an athlete's strength and conditioning training, to be followed between training and game-day exercise. An effective athlete will adjust this program to include any exercises they feel are valuable to their specific game, goals and position. The recommended sets and reps may also be adjusted once an athlete becomes accustomed to these programs, to ensure enduring performance progression.

MUSASHI  
PERFORMANCE  
LAB >

## OFF SEASON

### TRAINING GOAL - SPORT SPECIFIC STRENGTH

#### DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Bear Crawls Side To Side	Core Strength	4	1 min
Left Jab	Punching	4	1 min
Right Jab	Punching	4	1 min
Dumbbell Four Point Hold Left Go Arouds	Core Strength	4	2 min
Dumbbell Four Point Hold Right Go Arouds	Core Strength	4	2 min
Step Ups	Lower Strength	4	20

#### DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Kneeling Single Arm Press Left	Upper Strength	4	4
Kneeling Single Arm Press Right	Upper Strength	4	4
Banded Power Rows	Upper Power	4	6
Single Leg Deadlift Left	Lower Strength	5	8
Single Leg Deadlift Right	Lower Strength	5	8
Clean	Upper Strength	4	8

#### DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	6	8
Weighted Pull Ups	Upper Strength	3	8
Bicycle Crunches	Core Strength	3	25
Med Ball Slams	Upper Power	3	6
Push Up Ball Left	Upper Strength	4	10
Push Up Ball Right	Upper Strength	4	10

## PRE SEASON

### TRAINING GOAL - SPORT SPECIFIC POWER

#### DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Gorillas	Movement Patterns	4	20
Single Leg Surrender Right	Movement Patterns	4	20
Single Leg Surrender Left	Movement Patterns	4	20
Skipping	Endurance	4	1 min
Med Ball Triple Extension Slam	Power	3	20
Skater Ball Slam	Lateral Movement	3	30secs

#### DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Clean	Full Body Strength	5	6
Push Press	Upper Strength	5	6
Row To Push Up	Upper Strength	3	6
Devils Press	Upper Strength	3	6
Shadow Punches Left	Punching	4	1 min
Shadow Punches Right	Punching	4	1 min

#### DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Med Ball Skater To Throw Left	Functional Power	4	1 min
Med Ball Skater To Throw Right	Functional Power	4	1 min
Med Ball Triple Extension Slam	Functional Power	4	6
Med Ball Skaters	Functional Power	4	1 min
Shadow Hooks Left	Punching	5	1 min
Shadow Hooks Right	Punching	5	1 min

## DURING SEASON

### TRAINING GOAL - MOVEMENT & CONDITIONING

#### DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Push Ups	Upper Strength	4	15
Burpee Side Roll	Movement Patterns	4	1 min
Back Dead Bug	Movement Patterns	4	20
Single Leg Deadlift Left	Lower Strength	4	8
Single Leg Deadlift Right	Lower Strength	4	8
Paced Run	Endurance	1	20 min

#### DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Weighted Chin Ups	Strength	3	6
Single Leg Shoulder Press Left	Upper Strength	2	6
Single Leg Shoulder Press Right	Upper Strength	2	6
Walking Lunges	Lower Strength	4	12
Paloff Press And Hold Left	Core Strength	5	30 sec
Paloff Press And Hold Right	Core Strength	5	30 sec

#### DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Plyo Bench Push Ups	Upper Power	4	20
Paced Run	Endurance	1	5 min
Banded Pull Backs	Upper Power	4	20
Paced Run	Endurance	1	10 min
Bear Crawl Side Ways	Core Strength	4	20
Paced Run	Endurance	1	15 min