





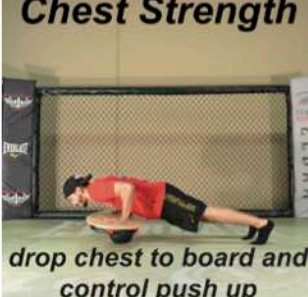
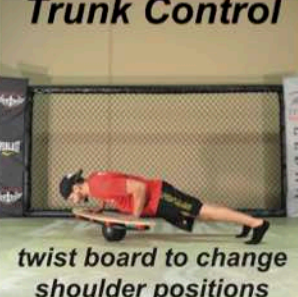





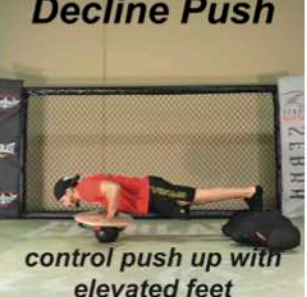


## Xtreme Couture MMA

[www.xtremecouturemma.com](http://www.xtremecouturemma.com)

















Special thanks to Gil Guardado, Ryan Couture and Bryce Harley for your time and expertise.

 <p><b>Gil Guardado</b></p>	 <p><b>Ryan Couture</b></p>	 <p><b>Bryce Harley</b></p>	<h3>Key Concepts</h3> <ol style="list-style-type: none"> <li>1: Use good posture and lat activation for scapular and shoulder control</li> <li>2: Contract core for complex spine flex/extend, side bend and rotation</li> <li>3: Coactivate anterior and posterior muscles for pelvic stability</li> <li>4: Multi-direction training simulates sport specific dynamic skills</li> <li>5: Movement with transitions are the most difficult and effective</li> </ol>
<h3>Training Benefits</h3> <ol style="list-style-type: none"> <li>1: Engage whole body for powerful moves and maintain control</li> <li>2: Stabilize joints with muscle endurance for stamina and strong holds</li> <li>3: Balance with refined movement to easily change positions</li> <li>4: Strength throughout full range of motion to prevent weak links</li> <li>5: React to forces from all directions to prepare body for impact</li> </ol>	<h3>Training Tools</h3>  <p>Commando 45° x 19° Resistance Band System 8.5" Half Balls    6.5" / 5.5 lb Medium Balls    8.5" / 12.5 lb Large Ball</p>	 <p><b>Chest Strength</b></p>	<h3>Chest Strength</h3>  <p>engage all anterior muscles and hold</p>
<h3>Chest Strength</h3>  <p>drop chest to board and control push up</p>	<h3>Trunk Control</h3>  <p>twist board to change shoulder positions</p>	<h3>Trunk Control</h3>  <p>maintain control as trunk side bends</p>	 <p><b>Trunk and Hip Drive</b></p>
<h3>Hip Control</h3>  <p>drive hip forward and maintain stable spine</p>	<h3>Hip Control</h3>  <p>rotate knee under chest for spinal rotation</p>	<h3>Decline Hold</h3>  <p>place feet on bench or moving object</p>	<h3>Decline Push</h3>  <p>control push up with elevated feet</p>

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<p><b>Core Stability</b></p>  <p><i>focus on right leg for chest and hip strength</i></p>	<p><b>Core Stability</b></p>  <p><i>drive right knee for stability while in motion</i></p>	<p><b>Rotational Strength</b></p>  <p><i>Rotational Strength</i></p>	<p><b>Strong Rotation</b></p>  <p><i>move board left to right and diagonal</i></p>
<p><b>Rotate &amp; Drive</b></p>  <p><i>push back leg into ground and drive board</i></p>	<p><b>Pushing Strong</b></p>  <p><i>kick knee into pad and maintain trunk control</i></p>	<p><b>Pushing Strong</b></p>  <p><i>drive foot into pad and maintain strong chest</i></p>	<p><b>Trunk Control</b></p>  <p><i>Trunk Control</i></p>
<p><b>Strong Hips</b></p>  <p><i>resist being pushed to the side</i></p>	<p><b>Trunk Control</b></p>  <p><i>push up against resistance</i></p>	<p><b>Strong Back</b></p>  <p><i>resist hips being pushed down</i></p>	<p><b>Hip Drive</b></p>  <p><i>push hips into band to increase board control</i></p>
<p><b>Ab Control</b></p>  <p><i>resist being pulled from waist out of alignment</i></p>	<p><b>Ab Control</b></p>  <p><i>resist being pulled from waist out of alignment</i></p>	<p><b>Leg Control</b></p>  <p><i>Leg Control</i></p>	<p><b>Leg Control</b></p>  <p><i>stabilize while legs are being held</i></p>

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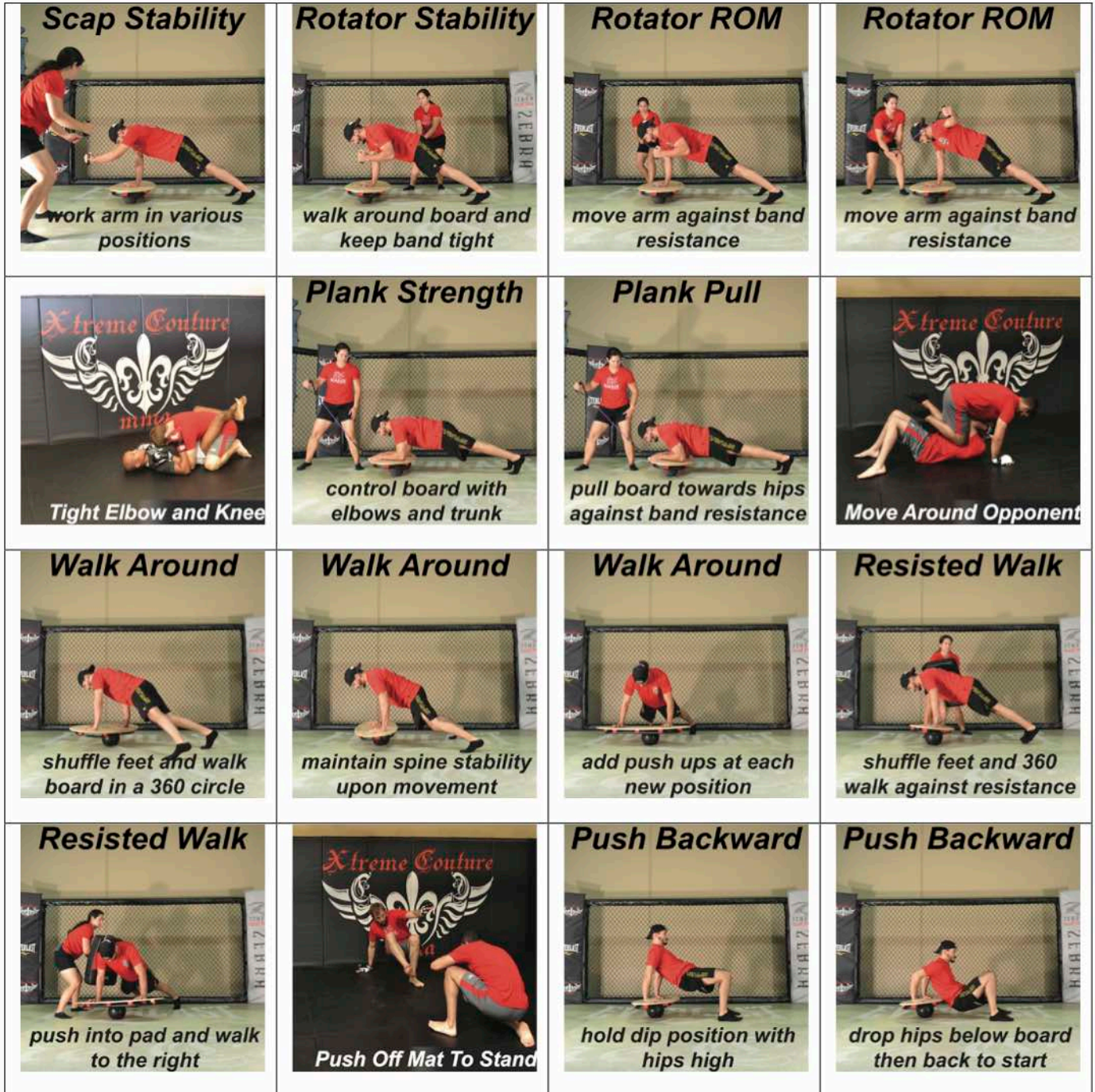
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<p><b>Leg Strength</b></p>  <p>control legs against movement</p>	<p><b>Leg Strength</b></p>  <p>react to movement and maintain strong core</p>	<p><b>Upper Body Stability</b></p> 	<p><b>Stability Hold</b></p>  <p>hold position while board is pushed to hips</p>
<p><b>Endurance Hold</b></p>  <p>push board from side for isometric strength</p>	<p><b>Opposite Hold</b></p>  <p>twist for opposite push/pull contraction</p>	<p><b>Strong Shoulder</b></p>  <p>shoulder hold while in different positions</p>	<p><b>Hold Down Opponent</b></p> 
<p><b>Hold and Punch</b></p>  <p>stabilize on one hand and simulate motion</p>	<p><b>Hold and Punch</b></p>  <p>engage core to control board upon impact</p>	<p><b>Punch Power</b></p>  <p>punch bag, hold against resistance and repeat</p>	<p><b>Control Opponent</b></p> 
<p><b>Leg Control</b></p>  <p>stabilize board with leg and simulate punches</p>	<p><b>Leg Control</b></p>  <p>control board with knee, shin and foot</p>	<p><b>Shoulder Stability</b></p> 	<p><b>Scap Stability</b></p>  <p>control band and maintain arm position</p>

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<p><b>Strong Glutes</b></p>  <p>push hips into pad and hold dip position</p>	<p><b>Strong Push</b></p>  <p>push foot into pad and maintain dip position</p>	<p><b>Posterior Shoulder</b></p> 	<p><b>Strong Posterior</b></p>  <p>resist board being pushed toward hips</p>
<p><b>Back Stability</b></p>  <p>resist board being pulled away from hips</p>	<p><b>Stable Shoulder</b></p>  <p>resist board being twisted and pushed</p>	<p><b>Arm Rotation</b></p> 	<p><b>Arm Rotation</b></p>  <p>keep shoulders close and grab sides of board</p>
<p><b>Arm Rotation</b></p>  <p>rotate board from vertical to horizontal</p>	<p><b>Arm Control</b></p>  <p>maintain strong grip and drive knee forward</p>	<p><b>Rotation Hold</b></p>  <p>rotate knee under chest without touching board</p>	<p><b>Pelvic Control</b></p> 
<p><b>Pelvic Control</b></p>  <p>swing board left and right with ab strength</p>	<p><b>Ab Coordination</b></p>  <p>rotate board and add diagonal motion</p>	<p><b>Ab Strength</b></p>  <p>extend legs and control weight on back</p>	<p><b>Ab Fish Tail</b></p>  <p>move board left and right with stable spine</p>

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<p><b>Lat Pull</b></p>  <p>extend arms out and maintain stable pelvis</p>	<p><b>Lat Pull</b></p>  <p>pull toward arms while driving hips into board</p>	<p><b>Hip Control Punch</b></p> 	<p><b>Spine Stability</b></p>  <p>engage back and abs to control movement</p>
<p><b>Strong Shoulder</b></p>  <p>hold position then punch down</p>	<p><b>Trunk Rotation</b></p>  <p>counterbalance trunk rotation with strong hip</p>	<p><b>Strong Glutes &amp; Back</b></p> 	<p><b>Strong Glutes</b></p>  <p>lift hips high off ground and control board</p>
<p><b>Hamstrings</b></p>  <p>bring heels toward hips to engage hamstrings</p>	<p><b>Single Ham Curl</b></p>  <p>bring one heel toward hip and alternate</p>	<p><b>Hip Power</b></p>  <p>drive knee toward chest with strong right glute</p>	<p><b>Hip Stability</b></p>  <p>open hip and hold with strong right glute</p>
<p><b>Strong Glutes &amp; Chest</b></p> 	<p><b>Smile!</b></p>  <p>enjoy the hamstring and glute cramp</p>	<p><b>Back &amp; Chest</b></p>  <p>high hips with chest press strength</p>	<p><b>Back &amp; Chest</b></p>  <p>maintain high hips with weight behind head</p>

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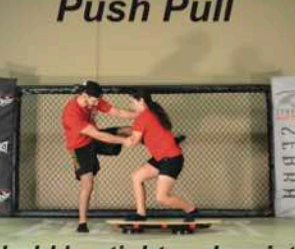

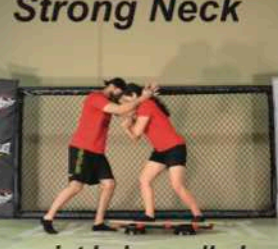
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 <p><b>Power Punch From Mat</b></p>	<p><b>Punching Power</b></p>  <p>alternate chest press while in bridge position</p>	<p><b>Chest Control</b></p>  <p>raise arms above head and maintain bridge</p>	<p><b>Eccentric Chest</b></p>  <p>slowly lower arm above to increase strength</p>
 <p><b>Push Against Opponent</b></p>	<p><b>Partner Push</b></p>  <p>maintain balance with partner drills</p>	<p><b>Angle Change</b></p>  <p>move left and right to increase trunk rotation</p>	<p><b>Trunk Flexion</b></p>  <p>get low and maintain balance against partner</p>
<p><b>Trunk Extension</b></p>  <p>balance while pushed into back bend</p>	<p><b>Strong Spine and Lunge</b></p> 	<p><b>Strong Spine</b></p>  <p>spine control with weight on one shoulder</p>	<p><b>Strong Core</b></p>  <p>control lunge and maintain good posture</p>
<p><b>Spine Rotation</b></p>  <p>coordinated pelvic and spine stability</p>	<p><b>Spine Rotation</b></p>  <p>drive through legs from lunge to stand</p>	<p><b>Strong Spine and Squat</b></p> 	<p><b>Strong Squat</b></p>  <p>balance with weight on one shoulder</p>

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<p><b>Super Squat</b></p>  <p>full body control and balance</p>	<p><b>Overhead Stability</b></p>  <p>overhead stability, core strength and balance</p>	<p><b>Trunk Rotation</b></p>  <p>powerhouse trunk rotation and stability</p>	<p><b>Weight Transfer</b></p> 
<p><b>Weight Changes</b></p>  <p>simulate transitional movement changes</p>	<p><b>Strong Hold</b></p>  <p>maintain balance as weight shifts</p>	<p><b>Arm Curl</b></p>  <p>hold weight tight and add trunk motion</p>	<p><b>Strong Rotation</b></p>  <p>stabilize spine and rotate left and right</p>
<p><b>Taking Impact</b></p> 	<p><b>Impact Prep</b></p>  <p>set your stance and prepare for impact</p>	<p><b>Stay Upright</b></p>  <p>react after being knocked off balance</p>	<p><b>Stay Upright</b></p>  <p>brace body before impact for stable spine</p>
<p><b>Strong Hold</b></p>  <p>hold leg tight to body and resist impact</p>	<p><b>Push Pull</b></p>  <p>hold leg tight and resist being pushed off board</p>	<p><b>Strong Neck</b></p> 	<p><b>Strong Neck</b></p>  <p>resist being pulled down and forward</p>



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<p><b>Strong Step</b></p>  <p><i>resist being pulled backward by bands</i></p>	<p><b>Left Side Strong</b></p>  <p><i>strong left leg balance and posture hold</i></p>	<p><b>Hand Eye Coordination</b></p>  <p><i>Hand Eye Coordination</i></p>	<p><b>Target Punch</b></p>  <p><i>maintain strong step and shoulder hold</i></p>
<p><b>Duck Balance</b></p>  <p><i>duck and hold balance on front foot</i></p>	<p><b>Uppercut</b></p>  <p><i>move pad to punch in different angles</i></p>	<p><b>Hook</b></p>  <p><i>punch across body and hold against bands</i></p>	<p><b>Elbow</b></p>  <p><i>maintain good posture stability and balance</i></p>
<p><b>Movement Transition</b></p>  <p><i>Movement Transition</i></p>	<p><b>Movement Prep</b></p>  <p><i>stabilize board with hands</i></p>	<p><b>Jump To Feet</b></p>  <p><i>jump from ground to side of board, repeat</i></p>	<p><b>3 Point Hold</b></p>  <p><i>lift leg and resist being pushed over</i></p>
<p><b>Drop To Mat</b></p>  <p><i>Drop To Mat</i></p>	<p><b>Drop To Mat</b></p>  <p><i>prepare for strong core and spine stability</i></p>	<p><b>Drop To Mat</b></p>  <p><i>kick feet off and backward of board</i></p>	<p><b>Drop To Mat</b></p>  <p><i>land feet with stable spine and strong chest</i></p>

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<p><b>Drop To Mat</b></p>  <p>drop chest to board and hold position</p>	<p><b>Xtreme Couture</b></p>  <p><b>Jump To Feet</b></p>	<p><b>Jump To Feet</b></p>  <p>push body off board and jump forward</p>	<p><b>Jump To Feet</b></p>  <p>push off ground and drive feet forward</p>
<p><b>Jump To Feet</b></p>  <p>quickly stand and set position</p>	<p><b>Jump To Feet</b></p>  <p>punch, drop to board and repeat</p>	<p><b>Big Thanks For All of Your Hard Work!</b></p>  <p>Gil Guardado Ryan Couture Bryce Harley</p> <p>Xtreme Couture MMA</p> 	