

**BENEFITS OF MMA CONDITIONING ★**

- Builds and Strengthens Muscles
- Improves Cardiovascular Fitness
- Increases Self Confidence
- Improves Self Defense
- Enhances Discipline
- Improves Core Strength
- Improves Balance
- Increases Flexibility
- Increases Speed
- Improves Mental Concentration



**RESISTED RUNNING**

▶ Resisted running is a great exercise for building cardiovascular stamina, increasing core strength and powering up your legs. While Jonathan usually harnesses top MMA fighters in this capacity, here he puts Trish through her paces and she passes with flying colours by driving with her legs and arms and really focusing on the proper mechanics of the movement.



**BATTLING ROPES**

▶ A staple strength and conditioning move for all MMA fighters, including the likes of UFC Welterweight Champ Georges St-Pierre, Battling ropes will torch your upper body, especially your arms and shoulders. Here Jonathan goes through the basics of technique with Trish, focusing on alternating each arm. Start with a 30 second round of battling ropes and work up from there.



**SINGLE LEG SQUAT**

▶ One of the most demanding of all the lower body strength and conditioning movements, the single leg squat, demands as much technique and balance as it does strength. Unlike the traditional squat where one leg can compensate for the other, the single squat forces you to develop strength equally in each leg. Note how Trish uses her arms for balance and really zeroes in on her quads.



**LATERAL HURDLES**

▶ Often seen in the world of track and field training, lateral hurdle work has made its way into the realm of MMA conditioning thanks, in large part, to forward thinking and creative trainers like Jonathan Chaimberg. Hurdles add the all important elements of coordination and bounding, while still increasing aerobic capacity and movement fluidity.



**WALKING LUNGES**

▶ Here Trish does a straight-away of walking lunges. To properly execute this movement, your front leg should be bent at 90 degrees with your back knee touching the ground, your hands on your hips and your upper torso straight. Walking lunges really conditions and strengthens your hamstring and glute muscles, in addition to taxing your cardiovascular system.



## AGILITY LADDER

► The beauty of floor agility training lies in the sheer number of variations you can execute. Whether its feet in, feet out, or alternating one foot in and one foot out, ladder work really increases coordination and lateral movement ability. Here Jonathan demonstrates correct technique, complete with proper lateral shifting and arm pump action.



## RESISTED PUNCHING

► By anchoring an exercise band to a fence, you can create additional resistance, which you can use to your advantage as a means to increase punching power. Here Trish delivers resisted jabs, hitting and strengthening her shoulders, arms and core, while getting a great aerobic set in.



## SINGLE LEG DEAD LIFT

► Here Jonathan helps Trish execute a single leg dead lift. Pay particular attention to the perfect form Trish is executing by keeping her back flat and her rear leg in a straight line with her back. This movement really strengthens and conditions the lower back, hamstrings and glutes.



## SUPPORTED SIDE PLANK

► Pictured inset is Trish executing a supported side plank with Jonathan anchoring her lower legs. Notice how Trish supports herself with her elbow and keeps her torso in line by interlocking her hands. This move is incredibly taxing on the core and the oblique muscles, working to condition those areas, while strengthening the lower back in the process.



## BUNGEE CHIN-UP

► By attaching a bungee cord to a chin-up bar and then wrapping the cord around your knees, you create a modified and assisted version of the traditional chin-up. Doing so will help you get more reps, strengthening and V-tapering your back in the process, while also hitting your biceps.

## MMA CONDITIONING TRAINING TIPS

- Buy your own hand wraps and light-weight gloves.
- Separate your conditioning work from your sparring, pad work, etc.
- Go to an accredited facility, or use a well-known trainer/instructor.
- Experiment with different disciplines (i.e. Jiu-Jitsu, Grappling, Kick-Boxing, Muay-Thai, etc.) and find the one that appeals to you most.
- Stay hydrated throughout the entire training session.
- Warm up thoroughly, including aerobic work and stretching.
- Make sure to properly cool down once you are done training with some light aerobic work and some cool down stretching.
- Wear head gear, mouth protection, and shin and elbow guards when sparring.