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MMA BODYWEIGHT CIRCUIT

**KILLER BODYWEIGHT CIRCUIT FOR FIGHTERS
FROM TAMARINDO BEACH, COSTA RICA**



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This Circuit Will Improve Your Mobility, Core Stability, Co-ordination, and General Anaerobic Conditioning

I included this workout as a bonus for the TACFIT Commando program because I learned a bunch of the exercises from the TACFIT creators.

Plus, I'm not as thorough in my explanation of the exercises as Scott Sonnon, so I figured I'd leave the explaining to him, as he does for you in the TACFIT program.

This workout is a great little circuit that I used while on vacation in Costa Rica...

It kept my general conditioning up and probably made me look like a freak, especially to the locals.

That's OK though, I was the most ripped freak on the beach... 😊

Anyway, as part of this program, I'm outlining 3 different progression models to choose from, that you can use depending on your goals or your conditioning.

Each is meant to be used twice a week for 4 weeks, then you can move on to a different style of training or circuit to keep your body adapting and improving.

Beginner Program

If you're not in the best shape, start here. It's much more forgiving and motivating as you'll progress quickly through without being totally gassed in your first workout.

You'll start off with fewer repetitions, and build your way up to 10 reps of each exercise as shown in the video.

Because you'll probably be a little slower than I am going through the video, aim to finish your circuit in the same amount of time that I took to finish the video for each circuit you do, even if there are fewer reps.

Advanced Program

This is the circuit that's shown in the vid. Just follow the plan, which progresses by increasing the # of circuits or decreasing the rest between circuits.

This is where you'll want to start if you're in pretty good shape already but these are all new movements to you.

Now, as I mentioned, this circuit will improve your mobility, core stability, co-ordination, and general anaerobic endurance.

But they're not all a mixed martial artist needs to maximize their strength and conditioning.

That's because bodyweight exercises only are limited in the amount of strength that can be developed, because there's a limit to the amount of external load that can be placed on the body.

Basically, think of yourself as a car.

You can get better tires, shine the car up until it sparkles, and make sure everything's lubricated and working properly, but the main thing limiting how fast you can go is the amount of horsepower under the hood.

Think of horsepower as your strength.

The stronger you are, the harder you'll be able to hit, the more potential you have to be explosive, and the more dominant you'll be in the cage.

So if you're an MMA fighter looking to maximize your performance, don't neglect your strength training. Put it all together with great programs like TACFIT Commando.

If you need a program to follow to increase your horsepower, then check out my [Ultimate MMA Strength and Conditioning Program](#)...

It will work perfectly together with TACFIT Commando for maximum MMA performance, and you can use many of the exercises from TACFIT in my circuits, incorporate them at the end of MMA classes, add them to your warm-ups, etc.

With that being said, here are the programs to follow, depending on your level.

Please hit me up with feedback if you've used this, as I love hearing about your results. Just shoot me an email at mma@ericwong.ca.

Train smart,



Eric Wong, BSc, CSCS
Your MMA Performance Coach
www.EricWongMMA.com

The 10 Bodyweight Exercises

1) Screwing Pushup



2) Leg Swoop



3) Springing Tripod



4) Pushup Kick



5) 180 Lunge Jump



6) Pillow Twist



7) Quad Hop & Clap



8) 1-leg Lateral Hops



9) Swinging Plank



10) Hindu Burpee



Beginner Program

	Week 1	Week 2	Week 3	Week 4
Day 1	2 circuits 6 reps 2 min rest between	2 circuits 8 reps 2 min rest between	3 circuits 8 reps 1.5 min rest between	3 circuits 10 reps 2.5 min rest between
Day 2	2 circuits 6 reps 1.5 min rest between	2 circuits 8 reps 1.5 min rest between	2 circuits 10 reps 2.5 min rest between	3 circuits 10 reps 2 min rest between

Advanced Program

	Week 1	Week 2	Week 3	Week 4
Day 1	2 circuits 10 reps 2 min rest between	4 circuits 10 reps 2 min rest between	2 circuits 10 reps 1 min rest between	3 circuits 10 reps 1 min rest between
Day 2	3 circuits 10 reps 2 min rest between	3 circuits 10 reps 1.5 min rest between	3 circuits 10 reps 1.5 min rest between	4 circuits 10 reps 1 min rest between

After you've gone through these programs, make sure you hit me up with your results at mma@ericwong.ca or at my blog at www.EricWongMMA.com!

- Eric