

ADVANCED MMA POWER

revolutionary training system for serious fighters

TRAINING GUIDE



Eric Wong, BSc, CSCS

Advanced MMA Power – Training Guide

Copyright 2009 by Eric Wong – All Rights Reserved. No part of this work may be reproduced or transmitted in any form or by any means without express written permission of Eric Wong.

Published by: Eric Wong Training Systems
484 Plains Rd. E
PO Box 71058
L7T 4J8
E-mail: mma@ericwong.ca
Web: www.EricWongMMA.com

Disclaimer

There is always a risk of injury when performing any type of exercise. You must consult with your physician prior to beginning any exercise program or if you have any medical condition or injury that contraindicates physical activity. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. The exercise information is not meant to provide any medical advice; it is for educational purposes only. No liability is assumed by Eric Wong for any of the information contained herein.

Table of Contents

MMA Fitness Assessment	1 – 6
General	1 – 3
Upper Body	4
Lower Body	5
Aerobic and Anaerobic Lactic Power	6
How to Use the Tracking and Progression Log	7 – 8
Training Schedules	9 – 11
12-Week Training Schedule	9
8-Week Training Schedule	10
Customizing your Training Schedule	11
Injury Prevention for the Neck and Shoulders	12
Advanced MMA Power Warmups	13
Phase 1 - Explosive Strength.....	14 – 16
Overview	14
Day 1	15
Day 2	16
Phase 2 - Local Lactic Training.....	17 – 20
Overview	17 – 18
Day 1	19
Day 2	20
Phase 3 - Systemic Lactic Training	21 – 23
Overview	21
Day 1	22
Day 2	23
Phase 4 - Peak	24 - 26
Overview	24
Day 1	25
Day 2	26
The Week of Your Fight	27
After Your Fight	28
Additional NRG System Complexes	29 - 32
Gym Complex	30
Soccer Post Complex	31
Medicine Ball Complex	32

How to Use the Tracking and Progression Log

The first chart you'll see is the workout chart. It looks like the following:

PUSH COMPLEX					
Exercise	Reps	Tempo	Intensity	Rest	Sets
A1) Bench	3 – 4	2 0 X	90-95% 1RM	1 – 2 min ▼	2 – 4

Exercise, reps, and sets should be familiar to you by now. For tempo, intensity, and rest, here's how it's used in this program:

Exercise – for some exercises, you're given a choice. The choices will be separated by a /

Tempo – the pace of the movement or amount of time to hold a static exercise

- 2 0 2 – lower the weight over 2 sec (eccentric), no pause at bottom, lift weight over 2 sec (concentric); if you see an 'x' that means you do the rep as fast as possible
- 1 2 X – lower the weight over 1 sec, pause at the bottom for 2 sec, lift the weight as explosively as possible
- X 0 X – lower the weight quickly (don't slow it down), no pause at bottom, lift the weight as explosively as possible

Intensity – the amount of weight to use or time to work for the exercise

- -1RM – stop when you feel like you have one more rep left in perfect form
- -2RM – stop when you feel like you have two more perfect reps left
- BW – body weight exercise
- % 1 RM – your 1 rep-max multiplied by the % given

Rest - amount of time to rest in between sets

- ▼
60 s ▲ – if you see a down arrow, it means proceed to the next exercise without resting, once you see the right arrow, rest for the amount of time shown then go back to the first exercise in the sequence (superset or circuit techniques)

Order of exercises and the # of sets you do in each workout changes from session to session and is outlined in the tracking and progression log, so make sure that you know exactly what you're doing each workout.

The # of sets you do is in grey in the box corresponding to the exercise prescribed.

Choosing Intensity

For some exercises, the Intensity column is left blank. If you see this, it means that you just choose a weight where you can perform the outlined # of reps in perfect form, but the set is still challenging.

Here's an example of how to use the tracking and progression log properly:

TRACKING and PROGRESSION LOG							
PB 1		PB 2		PB 3		PB 4	
#	Date: Aug 30	#	Date:	#	Date:	#	Date:
A1	3 4 2 185 175 175	B1	3 sets	A1	4 sets	B1	3 sets

Here's how the exercise went down:

1. First set for 3 reps at 185 lbs. Athlete felt he wouldn't hit the 3-4 range so dropped the weight for the next set.
2. Second set for 4 reps at 175 lbs. Athlete might've been able to squeeze out 5 reps, but stopped at 4 because that's the prescribed rep range.
3. Third set for 2 reps at 175 lbs. Athlete felt he'd get the 3 – 4 reps as outlined, but felt like he was losing form so stopped at 2.

So for the next workout, he can do the first 2 sets exactly the same, then aim for 3 reps for the third set. This would signal progress.

But don't expect to improve every workout, since the body will take time to adapt and keep the new level of strength. If you make an improvement in one workout, aim to maintain that improvement in your next workout.

How to Determine Your 1RM and % 1RM

Because you're not a powerlifter, you might not know your 1RM. The # is important, but it's a better idea to figure your 1RM out indirectly rather than directly.

Since you already tested your 3RM, simply use the following table to determine your 1RM.

Exercise	3RM (lbs)	Estimated 1RM (3RM divided by 0.93)
Squat		
Bench		
Deadlift		
Chins / Pulldowns		

Example – you Squat 3 reps x 205 lbs. $205 / 0.93 = 220$ lbs. Always round down to nearest 5 lbs.

Then if the Squat calls for 90% of your 1RM, you multiply $220 \times 0.9 = 195$ lbs.

Explosive Strength Phase Day 1 – Push and Bend (PB)

PUSH COMPLEX					
Exercise	Reps	Tempo	Intensity	Rest	Sets
A1) Bench press	3 – 4	2 0 X	90-95% 1RM	1 – 2 min ▼	2 – 4
A2) Explosive pushup / MB lying chest toss	6	X 0 X	~	2 – 4 min ▲	2 – 4

BEND COMPLEX					
Exercise	Reps	Tempo	Intensity	Rest	Sets
B1) Deadlift	3 – 4	X 0 X	90-95% 1RM	1 – 2 min ▼	2 – 3
B2) Swings (DB or KB)	6	X 0 X	20-30% of Deadlift wt.	2 – 4 min ▲	2 – 3

3D CORE COMPLEX					
Exercise	Reps	Tempo	Intensity	Rest	Sets
C1) T ball roll (1-leg)	2 per	Hold 10 s	~	▼	2 – 4
C2) SB Side crunch DB	6 – 8 per	Control	10 – 30 lbs	30 – 60 s ▲	2 – 4

TRACKING and PROGRESSION LOG – Push and Bend							
PB 1		PB 2		PB 3		PB 4	
#	Date:	#	Date:	#	Date:	#	Date:
A1	2 sets	B1	3 sets	A1	4 sets	B1	3 sets
A2	2 sets	B2	3 sets	A2	4 sets	B2	3 sets
B1	3 sets	A1	3 sets	B1	2 sets	A1	3 sets
B2	3 sets	A2	3 sets	B2	2 sets	A2	3 sets
C1	2 sets	C1	3 sets	C1	4 sets	C1	2 sets
C2	2 sets	C2	3 sets	C2	4 sets	C2	2 sets
A1	2 sets	B1	2 sets			B1	2 sets
A2	2 sets	B2	2 sets			B2	2 sets