

Monday - 14:00 Grappling (high intensity and volume)

Training Intensity - High

Time	Activity	Time	Weight	
5 min	Foam rolling			
	-Calves, Hamstrings, Glutes, Quads, Hips, Psoas, Shoulders, Pec Minor			
2-3 min	Stretching			
	-Hip Flexor / Hip Internal-External Rotation / T-Spine			-Stripper Pole stretch -Bretzel
5-7 min	Dynamic Warmup			
	-Mini-bands			
	-World's Greatest Stretch	x2		
	-Bottoms-up KB Holds and Side Lying Holds	2x20s		
	-Single Leg Reaches w/ med ball			
3m	CNS Activation	w/partner		
	Drop; Drop + Jump; Drop R leg; Drop L leg; Drop R jump to L; Drop L jump to R	x2		
	Drop, 2in runs	3x10s		
	Drop, 2in runs (dynamic)	3x30s		
Rest 2-3min				
45+ min	Power			
Warmup 1A	Ball Slams (Keiser Chops at Magnat)	3x10s	8kg (16kg)	
Warmup 1B	Low Crawls	3x10m		
Warmup 1C	MB Pushes	3x5 per side	8-10kg	
	Rest 1 min between rounds			
Rest 2-3min				
1A	Deadlift	6x1-4	Set 1: 60kg S2-3: 70kg S4-6: 90+kg	Move the bar as fast and powerful as possible
1B	Half Kneeling alternating keiser press	6x8 (4 per arm)	18-24kg	Iso means back knee is off the ground
	Rest 2 min between rounds			
Rest 2-3min				
2A	Keiser chest press	5x5	35-50	The sitting machine downstairs
2B	Single Leg Straight Leg Deadlift	5x6 reps per side	50-60kg bar	
	Rest 1 min between rounds			
Rest 3-5 min				
3A	Landmine pull and press	3x5 per side	15-20kg on bar	
3B	Battle Ropes	3x20 sec		Alt / Small Wave / Big Wave / Alt w Skater Jump / In-out Circles
3C	Body Saw	3x8		
	Rest 1 min between rounds			

Tuesday - 14:00 MMA (medium)

Training Intensity - med/high

Time	Activity	Time	Weight
5 min	Foam rolling		
	-Calves, Hamstrings, Glutes, Quads, Hips, Psoas, Shoulders, Pec Minor		
2-3 min	Stretching		
	-Hip Flexor / Hip Internal-External Rotation / T-Spine		-Stripper Pole stretch -Bretzel
5-7 min	Dynamic Warmup		
	-Mini-bands		
	-World's Greatest Stretch	x2	
	-Bottoms-up KB Holds and Side Lying Holds	2x20s	
	-Single Leg Reaches w/ med ball		
3m	CNS Activation	w/partner	
	Drop; Drop + Jump; Drop R leg; Drop L leg; Drop R jump to L; Drop L jump to R	x2	
	Drop, 2in runs	2x10s	
	Drop, 2in runs (dynamic)	3x30s	
Rest 3min			
45+ min	Power		
Warmup 1A	Tall Kneeling Bottoms up KB Presses	3x5	8-16kg KB
Warmup 1B	MB Push to Sprawl	3x5	8kg Partner if possible. If not, use a wall.
Warmup 1C	Box Jumps	3x5	8-10kg
	Rest 1min between rounds		
Rest 3min			
1A	Keiser Squat Jumps	5x4	16-24 per hand
1B	Keiser Alternating Chops	5x6 per side	16-20
	Rest 60s between rounds		
Rest 3min			
2A	Trapbar Deadlift	5x3-5	Set 1: 83kg S2-3: 93kg S4-5: 103+kg dropped the jump mostly from concern with the elbow. Instead, just focus on moving the bar as fast as possible
2B	Face Pulls	5x10	
	Rest 2min between rounds.		
Rest 3min			
3A	MB Granny Toss	3x4	Throw the ball to the ceiling, underhand
3B	MB Presses	3x6	Square to wall
3C	Inverted Rows (aka girl pull-ups)	3x8	
	Rest 60s between rounds		
Rest 3min			
2A	DB Split Jumps	5x4	16-24 per hand
2B	Keiser Alternating Chops	5x6 per side	16-20
	Rest 60s between rounds		

Wednesday - 09:00 Grappling (high intensity and volume)

Time	Activity	Time	Weight
5 min	Foam rolling		
	-Calves, Hamstrings, Glutes, Quads, Hips, Psoas, Shoulders, Pec Minor		
2-3 min	Stretching		
	-Hip Flexor / Hip Internal-External Rotation / T-Spine		-Stripper Pole stretch -Brettzel
5-7 min	Dynamic Warmup		
	-Mini-bands		
	-World's Greatest Stretch	x2	
	-Bottoms-up KB Holds and Side Lying Holds	2x20s	
	-Single Leg Reaches w/ med ball		
10m	Mobility		
30m	Steady State Jogging	HR 120-130	
10-12 min	Hot/Cold contrast		

Thursday - 14:00 MMA (unknown intensity)

Training intensity - Medium

Time	Activity	Time	Weight	
5 min	Foam rolling			
	-Calves, Hamstrings, Glutes, Quads, Hips, Psoas, Shoulders, Pec Minor			
2-3 min	Stretching			
	-Hip Flexor / Hip Internal-External Rotation / T-Spine			-Stripper Pole stretch -Bretzel
5-7 min	Dynamic Warmup			
	-Mini-bands			
	-World's Greatest Stretch	x2		
	-Bottoms-up KB Holds and Side Lying Holds	2x20s		
	-Single Leg Reaches w/ med ball			
3m	CNS Activation	w/partner		
	Drop; Drop + Jump; Drop R leg; Drop L leg; Drop R jump to L; Drop L jump to R	x2		
	Drop, 2in runs	3x10s		
	Drop, 2in runs (dynamic)	3x30s		
Rest 2-3min				
45+ min	Power			
Warmup 1A	Ball Slams (Keiser Chops at Magnat)	3x10s	8kg (16kg)	
Warmup 1B	Low Crawls	3x10m		
Warmup 1C	KB Swings	3x10	24-28kg	
	Rest 1 min between rounds			
Rest 2-3min				
1A	Power Clean	6x1-4	Set 1: warmup 50kg S2-3: 60kg S4-6: 70-80kg	Move the bar as fast and powerful as possible
1B	Standing Bottoms up KB Press	6x6 (3 per arm)	12-16kg	
	Rest 2 min between rounds			
Rest 2-3min				
2A	Med ball pushes	4x3	10-20kg	
2B	Barbell Hip Thrust	4x6	100kg+	
	Rest 1 min between rounds			
Rest 3-5 min				
3A	Supine med ball throws	3x5	5-8kg	Supine means laying on your back;)
3B	Single Leg Slide Pad Curls	3x4 per leg		
3C	Pushup Position rope pulls	3x2 (1 each arm)	Use sled with light weight (<15kg)	
	Rest 1-2 min between rounds (~50BPM drop in HR)			

Friday - 09:00 Sparring

Training Intensity - Med/High

Time	Activity	Time	Weight	
5 min	Foam rolling			
	-Calves, Hamstrings, Glutes, Quads, Hips, Psoas, Shoulders, Pec MInor			
2-3 min	Stretching			
	-Hip Flexor / Hip Internal-External Rotation / T-Spine			-Stripper Pole stretch -Brettzel
5-7 min	Dynamic Warmup			
	-Mini-bands			
	-World's Greatest Stretch	x2		
	-Bottoms-up KB Holds and Side Lying Holds	2x20s		
	-Single Leg Reaches w/ med ball			
3m	CNS Activation	w/partner		
	Drop; Drop + Jump; Drop R leg; Drop L leg; Drop R jump to L; Drop L jump to R	x2		
	Drop, 2in runs	2x10s		
	Drop, 2in runs (dynamic)	3x30s		
Rest 3min				
45+ min	Power			
Warmup 1A	Tall Kneeling Bottoms up KB Presses	3x5	8-16kg KB	
Warmup 1B	KB Lateral Lunges (not much lower than 50%)	3x5 per side	8-12kg	
Warmup 1C	HK Single Leg Box jumps	3x3 per leg		
	Rest 1min between rounds			
Rest 3min				
1A	Rear Foot Elevated Split Squat	4x4	21kg	tempo 3-0-1
1B	Keiser Squat Rack pulldowns	4x6	45-55	If bicep is better. If not, let me know.
	Rest 60s between exercises. 2 min between rounds.			
Rest 3min				
2A	Keiser Split Squats	6x5	110-125	Same as the other keiser squats but with feet in a split position.
2B	Keiser Chops	6x6		
	Rest 60s between rounds			
Rest 3min				
3A	Around the World	4x6	15kg	Lunges with plate from one side, over the head, to the other
3B	Broad Jumps	4x3	Try to increase distance each round	
3C	Stir the Pot	4x8 in each direction		
	Rest 60s between rounds			
	If medium intensity at Frontline...			
	Sprint Curve	10x7s	53s	Only if hamstrings/groin are ok. If not, can use the keiser runners at 100.

Saturday - between 12:00-14:00 sparring and pads

Training intensity - low

Time	Activity	Time	Weight
5 min	Foam rolling		
	-Calves, Hamstrings, Glutes, Quads, Hips, Psoas, Shoulders, Pec Minor		
2-3 min	Stretching		
	-Hip Flexor / Hip Internal-External Rotation / T-Spine		-Stripper Pole stretch -Brettzel
5-7 min	Dynamic Warmup		
	-Mini-bands		
	-World's Greatest Stretch	x2	
	-Bottoms-up KB Holds and Side Lying Holds	2x20s	
	-Single Leg Reaches w/ med ball		
30m	Steady State Jogging	HR 120-130	
10-12 min	Hot/Cold contrast		