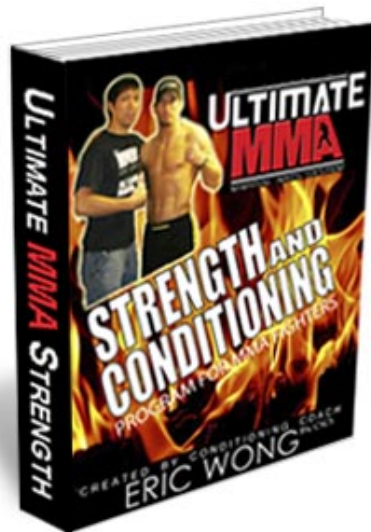


## SEND THIS TO TRAINING PARTNERS AND FRIENDS!

Here's the best way to help your training partners and friends (and yourself) get in top shape:

1. Send them a link to [www.EricWongMMA.com](http://www.EricWongMMA.com) so they can download it themselves
2. Attach this file to an email and send it out to everyone you know (might go in their junk folder)
3. Grab a copy of my premium course called the Ultimate MMA Strength and Conditioning Program at <http://www.UltimateMMAStrength.com>

That way you'll get in shape with your teammates, helping everyone improve their skills faster than ever. The bottom line is that someone in great shape gets a lot more out of classes than someone sucking wind and you're only as good as your training partners – so spread the word!



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However, feel free to print copies for yourself and others or email it to friends and teammates. I won't seek legal action against you! ☺

**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.

## NEVER GAS - Secrets from an Underground MMA Strength Coach

### Effective and Efficient Training for Mixed Martial Arts

MMA is AWESOME.

Yup, I just proved it. I'm an MMA geek.

There's no sport that's more raw yet sophisticated than 1-on-1 combat.

I remember the first time I witnessed the spectacle of MMA.

It was the year 2000 and I was back for the weekend from university hanging out at my buddy's place with 3 other friends.

We were about to watch some type of fighting from Japan that my buddy was raving about called 'PRIDE'.

Most of the fights are now a blur, but the one that I'll never forget was between Royce Gracie and Kazushi Sakuraba.

There were no time limits in this fight, so it ended up going 6 x 15 minute rounds, for a total of 90 minutes, at which point Gracie's corner threw the towel in because Royce couldn't continue.

It was absolutely insane!

**That moment, MMA became my favourite sport in the world.**

Was this similar to what you thought when you first saw MMA?

Little did I know that this would have a profound impact on the path of my life...



After I finished my Kinesiology degree from the University of Waterloo, I moved back in with my parents in my hometown of Hamilton, Ontario, Canada, because I was broke! ☺



I started working at a local gym, but hated the aggressive approach of management and left after 6 months to start my own training business.

It takes time to get established with a new business and my thirst for continuing education probably didn't help my financial situation at all, as I spent over \$20K in the 2 years following university on certifications like the CSCS and many other courses, conferences and workshops.

After my business was established and stable, I started training BJJ at the club I trained at before I left for University called Joslin's.

I'd heard that the head instructor, a dude by the name of Jeff 'The Inferno' Joslin was fighting MMA.

So it was only natural that I talked to him about his strength and conditioning program.

After the initial assessment where I asked him about his previous training, I quickly saw that his success was in spite of his training, not because of it.

I saw so many problems with his current training regimen that I knew he was going to get drastic results from eliminating the problems and implementing proper training methods.

**He was also going to cut the time he spent on his strength and conditioning workouts in HALF, giving him more time and energy to spend on his skill development.**

To make a long story short, I trained Jeff for his APEX title fight, which he won by first round KO and I trained him for his UFC debut where he lost a decision to top welterweight Josh Koscheck.

This is what Jeff has to say about training with me:

*“Eric Wong is my secret weapon. The peak conditioning level he pushes me to reach before each fight gives me extreme confidence in the cage.”*

*Jeff ‘The Inferno’ Joslin, UFC-vet”*

Fighters started to ask Jeff about his training and he kindly directed them my way.

*... there are a few mistakes that most mixed martial artists make that prevent optimal results.*

So I started working with other local fighters; helping prepare a few guys for their MMA debut and helping a couple of experienced fighters fix their training programs to get in the kind of shape they felt like they should be in, given the time and effort they put into their training program.

What I found in working with these guys and with Jeff was that there are a few mistakes that most mixed martial artists make that prevent optimal results.

Now, after being online with my blog ([www.EricWongMMA.com](http://www.EricWongMMA.com)) and talking with hundreds of mixed martial artists from around the world, these mistakes are even more rampant than I had ever imagined.

Everywhere you look, someone’s coming out with a new MMA workout, or an MMA conditioning class, or an MMA exercise gadget.

And it’s no wonder why – MMA is the fastest growing sport in the world – and people are trying to cash in on the excitement and hype.

Unfortunately that leaves you, the mixed martial artist searching the internet for info and advice to improve your strength and conditioning for MMA, **a little bit confused and overwhelmed with the information out there.**

*It doesn’t have to be this way.*

If you're training using the wrong methods, it's like trying to knock a guy out when he's got you in the full mount – it might feel like you're doing something, but really you're just wasting your energy and setting yourself up to get KO'd or tapped out.

*If you're training using the wrong methods, it's like trying to knock a guy out when he's got you in the full mount...*

As we hear about on every UFC broadcast, strength and conditioning is playing an increasing role in a fighter's success.

Because the skill sets at the highest level are becoming so close, the athlete who is stronger and better conditioned often comes out of the fight with his hand raised.

That's because fatigue can leave you open and vulnerable, even if you've got more skill than your opponent, and if he's in good shape he'll be able to capitalize on this opening.

So my goal with this ebook is to expose the misinformation and lies that are out there and shed some light on exactly what you need to do to get in top shape for MMA.

Read this ebook to the very last page and you'll discover:

- ⇒ The **5 mistakes most fighters make** in their strength and conditioning workouts
- ⇒ How most workout programs will make you *slower, tired and sore*, leaving you with nothing for your MMA training
- ⇒ A new method of strength training that's both extremely effective and **time efficient**
- ⇒ The truth about developing power (and how most athletes are totally screwing it up)
- ⇒ **A killer bodyweight circuit workout to develop fight-specific cardio**
- ⇒ And a whole lot more!

Thanks for the opportunity to coach you to being the best fighter you can be, I hope to meet you online at my home on the web at [www.EricWongMMA.com](http://www.EricWongMMA.com).

Your MMA Performance Coach,



## MMA Training Mistake #1 – Overtraining

If you've ever had a professional MMA bout, then I congratulate you. It takes a lot of courage, training, and determination to deal with the hard training required to adequately prepare for a match.

But the same 'tough-it-out' mentality that makes a fighter able to deal with the long hours of sparring, conditioning, and technique work, can hurt a fighter if they don't know when it's helpful and when it's detrimental.

When creating a program for an athlete in preparation for a fight, I look at a fighter's strength and conditioning program, as well as MMA classes. Because they're both strenuous on the body, you can't just look at them as separate entities.

Both must be scheduled and taken into account to create a training schedule that brings the athlete to where they need to be by fight day and avoids injury.

*The body gets stronger, muscle motor programs improve (thus techniques improve) and tissues regenerate during periods of rest and recovery, NOT training.*

Most fighters don't know how to properly plan their training.

The body gets stronger, muscle motor programs improve (thus techniques improve) and tissues regenerate during periods of rest and recovery, not training.

So if your body never has rest and recovery, then your body will never adapt and get stronger, faster and more powerful.

Recovery is not only about rest and recovery, such as lighter training days, complete days off, and good quality sleep...

It also has a lot to do with proper nutrition. Eating well is a huge part of the equation when creating a successful fighter, but we're going to focus on training in this report.

Let's look at an example so you can see how this all works.

**NEVER GAS**

Say you have a fight schedule in 8 weeks. Here's what I'd see as a typical training schedule:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Weights	Cardio	Weights		Cardio	Weights	MMA
	MMA	BJJ	No-Gi	Kickboxing	Boxing	

Each of these sessions would normally be performed at maximum intensity. Sometimes I'll talk to fighters and they'll say things like, "I didn't feel too good today, but I pushed as hard as I could anyway." This goes on week after week and gets more intense as the fight gets closer.

When I hear this, I know they're probably setting themselves up for symptoms of overtraining, such as fatigue, lack of explosiveness, illness or worst of all - injury.

Here's what I would change to maximize performance:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
REST	↓ Weights	↑ Cardio		↑ Weights		MMA
	↑ MMA	BJJ [T]	No-Gi	Kickboxing [T]	Boxing	

On Monday, I would have the athlete do fewer sets than normal, but intensity (eg. weight lifted) is maintained, to maintain/increase strength and explosiveness without fatiguing the muscles too much.

That would leave more energy for MMA training, where some sparring will occur. If the fighter is tired from lifting weights, it's going to impact their MMA technique, and they might develop some bad habits and get sloppy.

On Tuesday, I'd have the fighter go hard in their Cardio workout (I hate that term and use different terminology that I don't have time to explain here), but focus on technical skills in BJJ (that's what the T means).

That way, they can go really hard and not worry about having gas later, because they know they're going to just work on drilling moves and techniques and not rolling too hard.



## NEVER GAS

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Thursday I would have them go hard in their weight workout, and focus on technical skills in Kickboxing.

Friday and Saturday they're free to go hard because they'll have a full day off on Sunday.

Can you see how this would minimize injury, as well as improve both skill and conditioning at the same time?

Here's an example from Patrick, who tells you his results following the Ultimate MMA program, which decreased the amount of training he was doing:

*"yo Eric*

*Thanks for the follow up email. I finished the corrective stage and have just started the base conditioning. I used to frequently get pain in my neck and shoulders and would feel stiff most mornings. Since I started the programme I feel a lot more spritely, my body actually feels good to move in.*

*Before the programme I used to run up to 30 kms a week, lift weights and do MMA and some swimming. It was very costly in time which i can no longer afford as my partner has had a baby.*

*Outcomes: The programme is very time efficent, its a bit early to say, but I haven't gained any weight since I swapped my time intensive programae for this one, **despite the fact that I training about 4 hours less a week!***

*I'm realy looking forward to getting back to my MMA club and see if the guys notice any change when we roll.*

*Thanks*

*Patrick"*



The reason why most guys train too often is because they're trying to improve in every aspect of strength and conditioning at the same time.

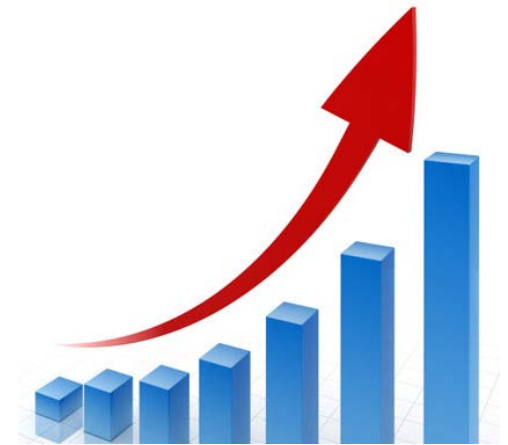
Unfortunately, this is a sure-fire path to defeat!

The body has a limited amount of adaptation energy. When you try to force it to get stronger, increase your cardio, become more explosive, lose fat while building muscle, etc, you'll quickly plateau and you won't get any results.

The key is intelligent focus and following a plan that will keep you on track and in the direction you want to go.

Now this is just an example, and changes with every fighter, depending on their strength and conditioning needs, technical needs, etc. But the basic concept is all here.

Remember – the goal is steady progress, day-in, day-out, not driving yourself into the ground!



### MMA Training Mistake #2 – Lifting like a Bodybuilder

Here's another common scenario that I come across in the gym.

A guy will come up to me and ask me, "Hey, what do you think about this, on Monday I do chest, Tuesday legs, Wednesday abs, Thursday back, and Friday is for arms. Is that a good split?"

Let me put it bluntly, the traditional bodybuilder split is a **waste of time** for a mixed martial artist.

If you're currently training MMA and you need to add muscle mass, traditional body part split workouts will sap your energy and hurt your MMA skill development.

There is a better way to add muscle if you're an MMA fighter that gets the job done without making you too sore or tired for your MMA training. But that's beyond the scope of this report.

Instead of old-school and out-dated bodybuilding workouts, I setup full-body 2-3 days/week programs, combined with conditioning work, which all changes depending on how far away from a fight you are and what phase you're in.

Let me break it down even more for you.

First off, my programs are based on movement patterns.

*There are 6 major movement patterns every mixed martial artist should be concerned with...*

There are 6 major movement patterns a mixed-martial artist should be concerned with: Squat, Deadlift, Lunge, Push, Pull and Twist.

Two additional patterns are necessary: accessory movements, which are generally single-joint movements such as bicep curls and tricep extensions, and core stability, which includes exercises like bridges, supermans, etc.

If you make sure that within a week every movement pattern is worked, then you will undoubtedly be working every muscle in your body, in the way that it was meant to be worked.

So instead of doing a 'legs' day once per week, I'll setup a program where you're doing a Squat on Day 1 and a Reverse lunge on Day 2.

Here, you'll be hitting the legs twice a week, but with different movement patterns, so no muscle group gets overloaded, yet you're still able to increase your strength.

Same idea for the push movement pattern. For Day 1, you could perform a bench press. Day 2 could be an overhead press. You'll be working the chest, shoulders and triceps on both days, but more chest on Day 1 and more shoulders on Day 2.

This prevents overtraining and fatigue, allowing you to train MMA at full intensity!

Getting back to the problems of bodybuilding programs for mixed martial artists, there are actually 3 issues that make them a horrible choice if you're an MMA fighter.

The first problem is that most bodybuilding programs require too many training days a week, usually requiring 4 workouts a week.

If you want to follow this program, but then have to grapple, box, do MMA and more, then you're going to be wasting energy lifting weights as opposed to learning what's actually going to win you a fight.



Nobody ever won a fight with a double biceps pose and nobody ever will!

Obviously I'm not downplaying the need for strength and conditioning workouts, but I do recognize that your time is precious and where you spend it must be thought about and prioritized – getting buff is NOT a priority for a mixed martial artist.

The second issue is that old-school bodybuilding workouts prescribe too much volume per muscle group. For example, a typical workout would include a bench press for 4 sets, followed by incline dumbbell presses for 3 sets, and flys for another 3 sets and maybe some cable crossovers for 3 sets, which is basically 13 sets of chest exercises.

This is great if you want to totally rip your muscles apart and grow, but useless for a mixed martial artist since your goal is relative strength, which means being strong relative to your weight.

Also, whatever muscle group you annihilated will be useless to you in training, so if it's shoulder day and you expect to train boxing later, you'll have a difficult time maintaining proper technique through your combos since you won't be able to keep your hands up!

The final problem is that many traditional bodybuilding exercises are just not useful for a mixed martial artist.

Exercises like hack squats, machine presses, lying leg curls and donkey calf raises are a poor use of your training efforts compared to front squats, dumbbell presses on a ball and deadlifts.

Following my scheme of 2 days per week of strength training requires that each exercise have a purpose and that no time is wasted in the gym.

You've got a life to live outside of the gym so you've got to get the most bang for your buck out of every second you spend lifting weights, otherwise you're wasting your time and energy.

That's why you focus on the major movement patterns: Squat, Deadlift, Lunge, Push, Pull and Twist, then add in accessory exercises to round out the routine, training your full body each workout, but in different patterns.

This is the only way you can train 2 days a week while still getting results, which renders traditional training methods obsolete for the MMA fighter.

Check out what Gregory O'Gallagher had to say about switching from a bodybuilding style routine to my program:

*"Hey,*

*Great to hear from you Eric Wong. I have to say I have ordered tons of workout programs over the past few years and no ones service has come close to yours. I truly feel like your mission is to help people reach their goals and potential and I think thats very refreshing (so many ppl out there that are more interested in making a quick buck and spend more time on marketing tactics than workout construction - (name deleted)!!*

*Anyways before I ordered your program I was into bodybuilding style workouts and achieved descent results in muscle gains and strength. However after quite a bit of contemplating I decided it was time to get really fit and functional and get the lean look that so many guys desire but so few attain. That is when I ordered your program and so far results have been going very well. My stamina is going through the roof, my waist line is narrowing and i'm starting to see more cuts. I actually just had a photo shoot for a underwear company. (I know your programs aren't focused on aesthetics but they'll get you leaner than any other workouts out there and you'll have more funnn!*

*Gregory O'Gallagher"*

### MMA Training Mistake #3 – Not Developing a Proper Base Level of Strength

CrossFit. HIIT. Tabata's. Tire flipping. Kettlebells. Sledgehammers. Sled dragging.

These are all popular methods and tools used by mixed martial artists around the world.

Some of them have been touted as the only way an MMA fighter needs to train to be in optimal shape.



Others are promoted as 'hardcore' and make it seem like lifting a set of dumbbells somehow makes you less of a man.

Here's the thing...

Everything mentioned above is useful and can be used to achieve great results at the right time.

**But they are all incomplete methods by themselves and absolutely useless if you haven't first developed a solid base level of strength.**

Here's an example that will illustrate this point clear as day for you...

Let's say you can bench press 150 lbs (68 kg) for 1 rep.

If you've got a 150 lb guy who's got you in side mount and you try to bench press him off, fatigue will set in right away because you're working at 100% of your max.

Once you're fatigued, he can work his game and get the tap or KO.

Now let's say you can bench press 200 lbs (91 kg) for 1 rep.

How many reps do you think you can bench press with 150 lbs?

If you said, "Probably somewhere between 10 and 12," you'd be right!

Say this 150 lb guy is laying on top of you again.

Try to push him off and because you're stronger you'll probably be able to throw him off of you, but even if you don't, because he only weighs 75% of your maximum bench press, you've got another 10 attempts to toss him off until you get tired!

This dramatically increases your chances of getting out of that bad position, even if you're an absolute rookie with no technical skills at all (which is shown by the fact that you're trying to bench press him off instead of creating space, shrimping your hips out and recomposing your guard).

*Strength is the foundation you MUST build before you focus on conditioning, endurance, intervals or 'hardcore' training.*

Strength is the foundation you MUST build before you focus on conditioning, endurance, intervals or 'hardcore' training.

I know it may go against the standard teaching of 'build your endurance base first then build your strength and power', however, this is simple logic and it works in the real world too.

So how much strength does a mixed martial artist need?

It does depend on a lot of factors, like height, limb length, build, etc, but here are some general guidelines in exercises that you should be doing as a fighter to give you an idea of where you stand.

### **Relative Strength Guidelines for the Mixed Martial Artist**

Bench press: 1.25 x bodyweight for 3 reps

Back squat: 1.5 x bodyweight for 3 reps

Deadlift: 1.75 x bodyweight for 3 reps, at least equal to or greater than Squat

Chinups: 15 reps in perfect form (from a dead hang, chin over bar, shoulders back at top)

If you meet these criteria, then your goal is to continue to slowly improve these numbers while focusing on increasing your explosiveness, power endurance and conditioning.

If you don't meet these criteria, the best way to reach these goals is to follow the [Ultimate MMA Strength and Conditioning Program](#).

Does the program work?

Let Brandon share his results with you:

*"Eric,*

*Oh yea i got some pics for ya! give me one more week and they will be chiseled, i swear ppl are gonna say its photoshopped the results have been this dramatic.. ALso the biggest compliment i have gotten on is what kind of steroids am i on, haha. Man my power and strength has increased soo much. Me fighting at 135, its hard to roll with the 185+ guys. Technique works but only goes so far when they just power out of stuff. **I am able to hold down the bigger guys now and clock work the hell out of them.***

*You honestly have been the best strength coach i have ever had, even if its just in these books.*

*brandon"*

## MMA Training Mistake #4 – Trying to Train Everything At Once

### “LESS IS MORE!”

Perhaps you've heard this quote before.

When I was in university, I was enrolled in the co-op program, which means you alternate between one term of school and one term on a work placement.

I spent two placements at the Ontario Police College, where new recruits go for 12 weeks of intense training.

My role was as a Physical Training Instructor, where I led workout classes, runs and helped the cops get in top shape (only to lose it by eating pounds of donuts and downing gallons of coffee once they graduated).

There was an instructor there who was a pro bodybuilder named Rudy.

He was in his 40's, but JACKED.

I mean JACKED. This dude was huge.

I used to ask him how to train to get bigger, since that was my main goal at the time.

He actually didn't tell me too much, but he said one thing that has always stuck with me, "Less is more."

Less is more.

That's what this 240 lb bodybuilder gave me as muscle building advice.

I guess he used that philosophy for giving advice too!





Anyway, I trusted him and his results spoke for themselves, so I made a leap of faith and took it to heart, since it was the opposite of what I'd believed up until then.

My workouts shortened to 30 minutes from 60 minutes.

I worked one body part per workout, 5 days a week.

And after being stuck around 168 lbs, I reached 175 lbs by the end of the term.

All by following those 3 simple words!

### **So how does this apply to your strength and conditioning workouts?**

Well it's quite simple, really.

First of all, if you're doing more than 3 days/week of strength and conditioning, you're wasting your time and energy and you're not progressing as fast as you could be in your MMA skill development (depending on the phase, 2 or 3 days/week is optimal).

I can tell you this for a fact because I know that the human body can only adapt and learn so much at a given time.

So if you're pushing yourself in your weight training and conditioning workouts more than 3 days/week, your body will be adapting to those workouts as opposed to developing the neuromuscular patterns needed for efficient strikes, submissions, takedowns, etc.

Secondly, if you're trying to develop more than 2 or 3 physical abilities in your workouts, your body won't know what to do.

The easiest example is if you're trying to get as strong as possible, yet you're also trying to run a marathon.

Obviously you can't do both at the same time and trying to do so will only confuse the body and you'll quickly hit a plateau at which point nothing improves anymore.

What I've seen a lot of is that because MMA is such a complex sport, guys will try to train their anaerobic conditioning, aerobic conditioning, maximal strength, explosive strength, agility, quickness, recovery, etc. all in a single workout!

[Note: for a comprehensive list of the physical qualities needed in MMA, [click here](#)]

This is the ultimate confusion and if you don't get hurt trying to do too much at once, you'll plateau sooner rather than later.

### So what's the solution?

I can sum it up in one word – PERIODIZATION.

Periodization is the specific structuring of different phases of training, where each phase builds on the previous phase to reach an ultimate goal – in your case, to peak explosiveness and power endurance for a fight, all while avoiding hitting a plateau, injuries and overtraining.

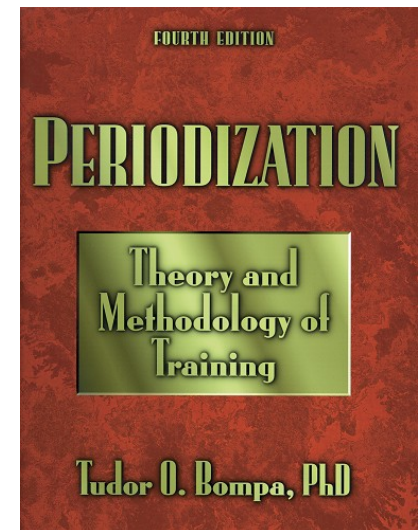
Even if you're not competing, you still must incorporate periodization in your strength and conditioning program to make continued progress and avoid plateaus and injuries.

In each phase, you'll focus on different abilities using different exercises that will set your body up to make maximal gains in the next phase.

For example, farther away from a fight or soon after you've already fought, I often recommend a phase that I call Base Conditioning.

In Base Conditioning, your resistance training workouts are focused on muscular strength endurance, joint, ligament and tendon health so that when you progress to the Strength phase, you won't encounter any injuries.

This is just one example of the logic behind periodization and how it ensures you make continued progress, avoid overtraining and peak at the right time.



## MMA Training Mistake #5 – Lack of a Structured Program and Progression

Mistake #5 is related to #4 in that the athletes who try to train everything at once usually aren't following a structured program and progression model.

I quickly became aware of this problem from some of the earliest emails I received after I first started my MMA training blog.

I don't have the actual email saved, but I remember it was from Steve H. and it sounded really desperate.

He said something like, "I have a fight scheduled in 9 weeks and I train my ass off but I'm still feeling weak and I gas easily, PLEASE HELP!"

I emailed him back asking about his workout program and he replied back saying, "Somedays I'll do chest and biceps, sometimes I'll do legs and arms, sometimes I'll work full body, and I usually run for 30 minutes after every workout."

***Working out is going to the gym trying to break a sweat. Training is going to the gym with a specific goal in mind, which leads you to a bigger, long-term goal down the road.***

When I asked him to forward his exact program, I was SHOCKED when he told me that he didn't have one and that he just did what he felt like when he got to the gym!

This is the difference between working out and training.

Working out is going to the gym trying to break a sweat. Training is going to the gym with a specific goal in mind, which leads you to a bigger, long-term goal down the road.

Each session builds on the previous session and will result in a stronger, more powerful athlete.

So when I ask guys about their program and I get answers like, "Oh, I'll go in and do some bench, then curls, then maybe hit the shoulders pretty hard," I know they've got a LOT of potential waiting to be tapped.

For my fighters, I have every workout we've ever done together logged, with little notes at the bottom if anything was going on, like decreased performance due to an injury, etc.

Which brings me to another point about tracking your training sessions.

If you're not following a program, I can guarantee you're not tracking your workouts.

Even most guys who do follow a program still don't track their sessions.

Here's an easy example outlining the importance of tracking your workouts...

It's Tuesday, and you lift 200 lbs for 5, 5, 4, 3 in the bench press. Your rest time is 2 min between sets.

Now it's next Tuesday, and you know you lifted 200 lbs, but you're not sure how many reps you did in the last 2 sets.

So now, you do sets of 5, 5, 4, and 3 again.

The thing is, if you had this written down, before you started your workout, you could've looked at it and said, "This time, I'm doing 5, 5, 4, 4."

Having a goal in mind helps push you to hit that extra rep.

Sure, 1 rep isn't a big deal, but repeat this process over 12 weeks, for all of your exercises, and you've got yourself a whole bunch of new strength!

You don't need an extremely complicated training log. You can just write in a notebook what you lift each session. The key is to consistently track your sessions so that in the next workout you make progress improve, even if it's only by a rep or 2.5 lbs.

But instead of a messy notebook, let me share the method I use to track workouts...

### Training Log

Exercise	Reps	Tempo	Intensity	Rest	Sets
1) Bench Press	8 – 12	2 0 2	-1 RM	60 s	2 - 3
2) Prone Cobra	3 - 9	20 – 60 s	3 min total	½ of hold	1 - 2

### Tracking Log

Exercise	Date:	Apr 10/10	Apr 13/10	Apr 16/10	Apr 20/10	
1) Bench Press	Reps	12 10	12 12 10	12 12 12	10 8 8	
	Intensity	135 lbs	135 lbs	135 lbs	145 lbs	
2) Prone Cobra	Reps	9	6	4	2 2	
	Intensity	20 s holds	30 s holds	45 s holds	60 s 30 s	

First of all the program is outlined with exactly how many reps, what tempo to lift at, what intensity to use, how much rest between sets and how many total sets to complete.

This way there's no guessing once you step into the gym – you know exactly what you're going to do and you won't let anyone get in your way!

Then, the tracking log allows you to write down your exact performance.

You can see that on the 3<sup>rd</sup> workout, the athlete did 2 more reps on the 3<sup>rd</sup> set compared to the 2<sup>nd</sup> workout – which is a great improvement.

But you can also see how difficult it will be to know what your goals are if you're doing 6 or 7 exercises each session and you don't have anything written down!

Pretty simple stuff - and once you put it into practice, it's extremely powerful.

The other benefit that I've found from this is that I can look back on my training logs and see what worked and what didn't, which allows me to refine my programs and get better results, faster.

That's exactly how I created the Ultimate MMA Strength and Conditioning Program.

My goal was to create the most efficient and effective strength and conditioning program for fighters and guys who train MMA but cant spend all day in the gym.

So I spent hours looking over all of the old training logs I had from guys like Jeff Joslin, Rory McDonnell, Ray Penny and others to see what worked the best and what didn't work so well.

This process allowed me to create a program that only requires 2-3 days/week, avoids injury and overtraining, and most importantly gets results in the only place it counts - in the cage and on the mats.

If you want to train instead of workout and get in the best shape of your life, I stand behind my program 100%.

You can learn more about this program at the end of this ebook.

**But for now, I'd like to share my Crazy 8's MMA Bodyweight Conditioning Circuit workouts with you. Give it a shot and let me know what you think.**

There are 2 versions, a beginner and advanced.

These circuits are focused on developing your Anaerobic Endurance.

They're NOT strength building routines, although you may get stronger doing them.

To truly develop strength, you've got to hit the iron.



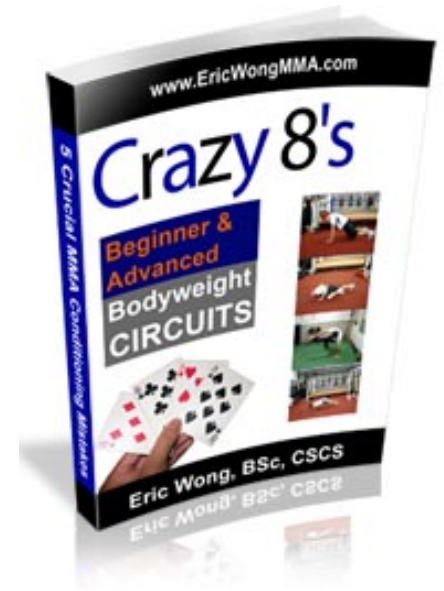
Even though some 'gurus' may tell you that bodyweight is all you need for MMA conditioning, don't listen to them.

There never was and there never will be a substitute for lifting heavy weights to get stronger, period.

Now for these workouts, I recommend you start with the beginner version even if you find it easy – it'll ensure you've built the correct base to get the most benefit from the advanced circuit, which will really boost your conditioning level.

Follow the sample progression calendar to make sure your body continues to make progress from workout to workout.

Here are some of the emails I've gotten about the Crazy 8's workout:



“It's pretty awesome. I really like it. It didnt seem like much but the next day I was like wow!

J.Krize

Sent from my iPhone”

“Eric,

I did try out the crazy 8's and it was a good workout. I did 5 circuits and felt great after and I felt like I looked like a beast, and I feel like that's still with me. Many of the people that have worked out with me will tell you I'm pretty strong pound for pound and I'm used to competing against people atleast 20 pounds bigger than me. I'm real excited about getting away from the way I was training (basically to be a strongman) and training for something I can apply serious results to and derive motivation from.

Thanks,

Josh”

“Eric,The workout made me sore in places I don't normally get sore when starting a new workout. Thanks! Need my batteries recharged from time to time.

Wayne”

**Crazy 8's MMA Bodyweight Conditioning Circuits Progression Scheme**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>		<b>Beginner</b> 2 circuits 90 sec rest			<b>Beginner</b> 2 circuits 60 sec rest		
<b>Week 2</b>		<b>Beginner</b> 3 circuits 60 sec rest			<b>Beginner</b> 4 circuits 30 sec rest		
<b>Week 3</b>		<b>Advanced</b> 3 circuits 2 min rest			<b>Advanced</b> 3 circuits 90 sec rest		
<b>Week 4</b>		<b>Advanced</b> 4 circuits 75 sec rest			<b>Advanced</b> 5 circuits 75 sec rest		
<b>Week 5</b>		<b>Advanced</b> 4 circuits 60 sec rest			<b>Advanced</b> 5 circuits 60 sec rest		
<b>Week 6</b>	Deload week from Anaerobic Conditioning						



**Crazy 8's Beginner Bodyweight Circuit**

Exercise	Reps	Rest	Sets
1) Bulgarian split squat	8 per side	▼	2 – 4
2) Pushup (knees)	8	▼	2 – 4
3) Side bridge (knees)	Hold for 8 sec per side	▼	2 – 4
4) Prisoner squat	8	▼	2 – 4
5) Inverted row (bent-knees)	8	▼	2 – 4
6) Woodchop	8 per side	▼	2 – 4
7) Hip extensions	8	▼	2 – 4
8) Prone bridge	Hold for 8 sec	30 – 90 sec	2 – 4

=> [Click Here to Watch the Crazy 8's Beginner Bodyweight Circuit Video](#)

**Workout Notes**

1) This is the toughest exercise of the group – if you can't do this exercise in proper form, substitute the standard Split squat, it's the same exercise except instead of your back foot elevated on a bench, the foot is on the floor.

2 and 3) If you can do a proper set on your toes, do it, otherwise do them on your knees.

**For exercises #1, 2, 4, 5, 6 and 7, use a controlled tempo**, which means you control the movement both up and down, not too slow and not too fast.

**Crazy 8's Advanced Bodyweight Circuit**

Exercise	Reps	Rest	Sets
1) Burpees	8	▼	2 – 5
2) Chinup	8	▼	2 – 5
3) Lunge jump	8	▼	2 – 5
4) Clap pushup	8	▼	2 – 5
5) Tuck jump	8	▼	2 – 5
6) Inverted row	8	▼	2 – 5
7) 180 degree jump	8	▼	2 – 5
8) Spiderman pushups	8	1 – 2 min	2 – 5

=> [Click Here to Watch the Crazy 8's Advanced Bodyweight Circuit Video](#)

**Workout Notes**

2) If you can't do 8 reps of the chinup, do negatives by jumping to the top then lowering yourself down slowly, or use a bench or chair to assist you in getting up and down.

Do every exercise in perfect form as fast and explosive as possible. Make sure you work through a full range of motion.

# EXERCISE DESCRIPTIONS

## **CRAZY 8'S BEGINNER CIRCUIT**

### **1. Bulgarian split squat**

- Start with the top of your foot up on a bench
- Hop out far enough so that when you go down, there's about a 6-inch gap between your knee and the back of your heel
- Drop your knee almost to the ground while keeping your body tall
- Come back up by pushing through your heel to activate your glutes maintaining good posture the whole time

**LUNGE**



## 2. Pushups

- Start in a push-up position with your back flat
- Do a push-up through full range of motion
- Tuck your elbows at the bottom – don't let them flare out to the sides
- Make sure you keep your spine in neutral position throughout the movement



**PUSH**

### 3. Side bridge

- Begin lying on your side with your forearm in front of you, top leg forward, on the sides of your feet
- Bridge your hips up so that your body is straight
- Make sure your hips are pushed forward



CORE

# SQUAT

## 4. Prisoner squat

- Stand in a comfortable stance approximately shoulder width apart
- Place your hands at your temples as in a sit-up
- Squat your butt back and down keeping your spine in neutral through a full range
- Push up through your heels



### 5. Inverted row (bent knees)

- Set up a bar on a rack so that you can hang about 1 foot off the ground
- Grab the bar with an underhand grip and put your feet flat on the ground with your knees bent
- Pull your chest to the bar keeping your body straight throughout



PULL



## 6. Woodchop

- Spread your feet out fairly wide, shifting your weight to the left with your right leg straight
- Start with your palms together, hands up to the left beside side your head
- Keep your shoulders down throughout the movement
- Transfer your weight to the right, straightening your left leg and moving your arms in front of your body down to the outside of your right knee
- Reverse the motion and repeat to complete the reps on one side, then switch sides



**TWIST**

### 7. Hip extensions

- Start on your back with your knees bent and feet flat
- Raise your hips up by pushing through your heels and squeezing your butt
- Hold at the top briefly then lower under control



CORE

### 8. Prone bridge

- Lie flat with your elbows directly under your shoulders
- Raise your body off the ground and hold a flat position
- Make sure you breathe naturally while you're holding this position as it will train you to breathe while maintaining core stability – important for when you're fighting!



CORE

## CRAZY 8'S ADVANCED CIRCUIT

### 1. Burpees

- Put your hands on the ground and hop both feet out so that your body is in a plank position
- Hop both feet back in and stand up and jump as high as you can



**SQUAT  
CORE**

## 2. Chinups

- Grab a chin-up bar with an underhand grip, shoulder width apart
- Start from the hang with your arms straight
- Pull your chest up towards the bar without rounding your spine
- Lower until your elbows are straight
- Make sure you use a full range of motion for each rep to fully engage the lats



**PULL**

### 3. Lunge jumps

- Start in the bottom of a lunge
- Explode up and switch your legs in the air and land in the lunge again and repeat
- Stay tall throughout the exercise

**LUNGE**



#### 4. Clap pushup

- Perform pushups, pushing yourself as high as you can with either a clap or at least pushing yourself into the air if you can't quite get the clap
- To make it harder – try to clap as loud as you can (don't be shy)
- Make sure you keep your spine in neutral throughout the exercise



**PUSH**

### 5. Tuck jumps

- Start in a squat position
- Jump as high as you can, pulling your knees to your chest
- Imagine that the ground is hot coals and you spend as little time on the ground as possible and repeat



SQUAT



## 6. Inverted row

- Set up a barbell on a rack so that you can hang about 1 foot off the ground or use a [TRX trainer](#)
- Grab the bar with an underhand grip, shoulder-width apart and put your feet on top of a swiss ball, bench or just the floor
- Pull your chest to the bar keeping your body straight throughout squeezing your shoulder blades together at the top

PULL



# SQUAT TWIST

## 7. 180° Squat jumps

- Jump and do a 180° twist and land in the squat position
- Jump again and twist in the opposite direction and repeat
- Spend as little time on the ground as possible and maintain balance



# PUSH CORE

## 8. Spiderman pushups

- Start in a standard push-up position
- As you lower your body, raise a knee towards the same elbow
- Pushup and return the foot to the ground
- Repeat on the other side



**And that concludes the 'NEVER GAS' ebook!**

I hope you've taken a lot of info away from this ebook and have given the workout a try.

Please don't make the mistakes I see so many fighters making – it'll only cost you time, energy, your enjoyment of training and maybe even a win.

In a fight and in life, action takers are rewarded, so don't sit on the sidelines waiting for your turn – reach out and grab it!

I've shared this ebook with you for free because I know that the internet can be a shady place to get advice because you never know who it's coming from or what their qualifications are.

I can preach all day about my university degree, my certifications and give you hundreds of testimonials from fighters I've helped through my Ultimate MMA Strength and Conditioning program, but anybody can say anything online.

But once you put the info in this ebook into practice, you'll see the results and hopefully then and only then I'll have earned your trust.

Once you've gotten the results, you'll have momentum and you'll want to keep making progress, which is where I can help you navigate the right path.

In my [Ultimate MMA Strength and Conditioning Program](#), I give you the blueprint to getting in top shape for MMA – following periodized workouts that only require 2-3 days per week to complete.

The program is broken up into 4 specific phases that build on each other to peak your conditioning for a fight, tournament or just to be a badass in your club.

Because the program is periodized, after you complete the 4 phases, you can start back again at Phase 1 and you'll continue to get stronger, more powerful and better conditioned.





## NEVER GAS

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All you need is a barbell, dumbbells, squat rack, bench and Swiss ball – basic gym equipment - and you're ready to go.

I also outline how to use medicine balls to develop maximum striking power, my MMA Dynamic Warmup routine that will increase your mobility and prevent injuries, sections on grip and neck training, stretches and more.

And to make sure you're doing everything right, I include videos of every exercise and routine in the program.

I've done all I can to ensure you have success with the program and reach your potential as an MMA fighter...

To get started, follow the link below:

<http://www.UltimateMMAStrength.com>

Thank you for taking the time to learn about this program and for trying out my Crazy 8's workout.

I'm honoured you've chosen me as your coach and I'm grateful to be a part of your journey.

Wishing you the best of success in your MMA career,

Eric Wong, BSc, CSCS

MMA Strength and Conditioning Coach

Author, "[The Ultimate MMA Strength and Conditioning Program](#)"