

Strength & Conditioning for MMA

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WHY?

- Injury Prevention
- Strength, quickness, eye-hand coordination, energy system development
- If skills are equal, the stronger & better conditioned athlete wins
- Can't shoot a cannon out of a canoe

DB Strength Training System - "Critical Components"

1. Dynamic Warm-Up

- Benefits
- SMR/Soft Tissue Work
- Assessment
- Mobility/Stability Movements (3 main areas)
 1. _____
 2. _____
 3. _____
- Line Drills
- Stationary Drills

2. Medicine Ball Power Movements

- Power = _____ X _____ → heavy isn't always best (~50%)
- Train to be explosive; as strong as you can as fast as you can
- Ball options – bounce vs. non-bounce
- Where do these fit into a training session?

3. Resistance Training

- Game-plan: build the base → skill related → peak → celebrate
- Goals
 - Injury prevention
 - Strong as possible for the weight class
 - "Gassing out" is not an option
 - Speed
 - Flexibility
- Testing Days
- Method To The Madness
 - More push or pull? _____
 - More extension or flexion? _____

4. Energy System Development

- Pathways used by MMA athletes?
 - Creatine Phosphate
 - Glycolysis
 - Aerobic Oxidation
- Common Circuit Layouts
 1. _____
 2. _____
 3. _____

5. Flexibility

- Overlooked
- Common imbalances
- Common methods – PNF, Yoga (DDP Yoga) 10% off (DDPDBStrength)

6. Recovery

- Rest
- Massage
- ART
- Mental Vacation

Nutrition

- Piece of the recovery puzzle
- Carbohydrates, proteins, fats
- Water
- Supplements
- Nutrition take-away is _____ !

Challenges

- Injuries
- Schedule → travel, sponsorship deals, life
- Short notice fights
- Money
- Program design

Resources

- Certifications
- Websites
- Trainers & Coaches
- Trainings/Workshops

Thank You!

Let's keep in contact! Feel free to connect with me anytime.

Facebook: /dbstrength

Twitter.com/dbstrength

Every Session -- Mobs/Stabs
Feet: ball, bal reach -- **T-Spine:** side-lying series, folds -- **Hips:** instep, bridge
 DWU -- line & stationary drills

Day 1 - OUT

Mobility/Stability/Strength

Squat

Pullup

Instep Stretch

1-Leg Squat

1-Row

T-Spine Mob

TRX Row

TRX Abs

Carry

Day 2 - OUT

Mobility/Stability/Strength

Deads

Press

Hip Flexor

1-Leg Dead

Pushup

T-Spine Mob

Y Raise

Rotations

Carry

Day 3 - OUT

ESD

Same as Day 2 below (IN camp)

Every Session -- Mobs/Stabs
Feet: ball, bal reach -- **T-Spine:** side-lying series, folds -- **Hips:** instep, bridge
 DWU -- line & stationary drills

Day 1 – IN camp

Mobility/Strength/Power

1-Leg Knee

Triple Jump

(high hurdles)

Pullups

Instep Stretch

1-Leg Hip

Lat Hurdles

Pushup

Hip Flexor

Abs & Grip

Day 2 – IN camp

Mobility/ESD/Finisher

A. MB or KB 10 min 10 min 10 min 10 min

12 min 15 min 18 min 10 min

B1. Explosive 10-15 10-15 10-15 10-15

B2. Active 45-60 45-60 45-60 45-60

1. tire, plyo, rope

2. shadow, bags

C. Abs & Grip