

30 Day MMA Conditioning Plan

Introduction: This workout plan mimics the rounds in an MMA fight. You'll be doing a circuit or collection of exercises focused on a specific group of muscles. Then rest for 60 seconds. Then do the circuit again as if you were starting the next round of a fight. The workout routine is divided into 4 weeks. You'll progressively perform more reps to challenge your muscles. There are no prebuilt rest periods between exercises within a circuit. Keep rest periods to a minimum (5-15 sec) between each exercise.. If you find you aren't getting even a few reps of the next exercise, rest longer between exercises.

CIRCUIT A				CIRCUIT B				CIRCUIT C							
Walking Push Up Earthquake Push Up Helicopter Exercise (30 sec each side) Clap Push Up Barbwire Push Up				Bodyweight Squat Bear Squat Plyometric Lunges Falling Tower Exercise Burpees				Gracie Drill Exercise Mountain Climbers Horse Push Up Grass Hoppers Dolphin Push Up							
Days Weeks	Monday			Tuesday			Wednesday			Thursday			Friday		
	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps
Week 1	Circuit A	10		Circuit B	10		Circuit C	15		Circuit A	10		Circuit B	10	
	Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds	
	Circuit A	10		Circuit B	10		Circuit C	15		Circuit A	10		Circuit B	10	
	Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds	
	Circuit A	10		Circuit B	10		Circuit C	15		Circuit A	10		Circuit B	10	
	Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds	
	Circuit A	10		Circuit B	10		Circuit C	15		Circuit A	10		Circuit B	10	
Week 2	Circuit A	12		Circuit B	12		Circuit C	20		Circuit A	12		Circuit B	12	
	Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds	
	Circuit A	12		Circuit B	12		Circuit C	20		Circuit A	12		Circuit B	12	
	Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds	
	Circuit A	12		Circuit B	12		Circuit C	20		Circuit A	12		Circuit B	12	
	Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds		Rest	60 Seconds	
	Circuit A	12		Circuit B	12		Circuit C	20		Circuit A	12		Circuit B	12	

“People who wonder if the glass is half empty or full miss the point. The glass is refillable.” – **Unknown**

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Days	Monday			Tuesday			Wednesday			Thursday			Friday		
Weeks	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps	Workouts	Target Reps Per Exercise	Actual Reps
Week 3	Circuit A	14		Circuit B	14		Circuit C	25		Circuit A	14		Circuit B	14	
	<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds	
	Circuit A	14		Circuit B	14		Circuit C	25		Circuit A	14		Circuit B	14	
	<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds	
	Circuit A	14		Circuit B	14		Circuit C	25		Circuit A	14		Circuit B	14	
	<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds	
	Circuit A	14		Circuit B	14		Circuit C	25		Circuit A	14		Circuit B	14	
Week 4	Circuit A	16		Circuit B	16		Circuit C	30		Circuit A	16		Circuit B	16	
	<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds	
	Circuit A	16		Circuit B	16		Circuit C	30		Circuit A	16		Circuit B	16	
	<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds	
	Circuit A	16		Circuit B	16		Circuit C	30		Circuit A	16		Circuit B	16	
	<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds		<i>Rest</i>	60 Seconds	
	Circuit A	16		Circuit B	16		Circuit C	30		Circuit A	16		Circuit B	16	

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