Strength & Conditioning for MMA
Doug Balzarini, CSCS
MMA Conditioning Coach
Founder, DB Strength

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?
  o Creatine Phosphate
  o Glycolysis
  o 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

doug@dbstrength.com  www.DBstrength.com
Every Session -- Mobs/Stabs

Feet: ball, bal reach -- T-Spine: side-lying series, folds -- Hips: instep, bridge

DWU -- line & stationary drills

<table>
<thead>
<tr>
<th>Day 1 - OUT</th>
<th>Day 2 - OUT</th>
<th>Day 3 - OUT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mobility/Stability/Strength</strong></td>
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<td><strong>ESD</strong></td>
</tr>
<tr>
<td>Squat</td>
<td>Deads</td>
<td>Same as Day 2 below (IN camp)</td>
</tr>
<tr>
<td>Pullup</td>
<td>Press</td>
<td></td>
</tr>
<tr>
<td>Instep Stretch</td>
<td>Hip Flexor</td>
<td></td>
</tr>
<tr>
<td>1-Leg Squat</td>
<td>1-Leg Dead</td>
<td></td>
</tr>
<tr>
<td>1-Row</td>
<td>Pushup</td>
<td></td>
</tr>
<tr>
<td>T-Spine Mob</td>
<td>T-Spine Mob</td>
<td></td>
</tr>
<tr>
<td>TRX Row</td>
<td>Y Raise</td>
<td></td>
</tr>
<tr>
<td>TRX Abs</td>
<td>Rotations</td>
<td></td>
</tr>
<tr>
<td>Carry</td>
<td>Carry</td>
<td></td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Mobility/Strength/Power</th>
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<tbody>
<tr>
<td>1-Leg Knee</td>
</tr>
<tr>
<td>Triple Jump (high hurdles)</td>
</tr>
<tr>
<td>Pullups</td>
</tr>
<tr>
<td>Instep Stretch</td>
</tr>
<tr>
<td>1-Leg Hip</td>
</tr>
<tr>
<td>Lat Hurdles</td>
</tr>
<tr>
<td>Pushup</td>
</tr>
<tr>
<td>Hip Flexor</td>
</tr>
<tr>
<td>Abs &amp; Grip</td>
</tr>
</tbody>
</table>

### Day 2 – IN camp

<table>
<thead>
<tr>
<th>Mobility/ESD/Finisher</th>
</tr>
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<tbody>
<tr>
<td>A. MB or KB</td>
</tr>
<tr>
<td>10 min 10 min 10 min 10 min</td>
</tr>
<tr>
<td>B1. Explosive</td>
</tr>
<tr>
<td>12 min 15 min 18 min 10 min</td>
</tr>
<tr>
<td>B2. Active</td>
</tr>
<tr>
<td>10-15 10-15 10-15 10-15</td>
</tr>
<tr>
<td>45-60 45-60 45-60 45-60</td>
</tr>
<tr>
<td>1. tire, plyo, rope</td>
</tr>
<tr>
<td>2. shadow, bags</td>
</tr>
</tbody>
</table>

### C. Abs & Grip