



CAT ZINGANO

TRAIN LIKE A FIGHTER

GET MMA FIT WITHOUT TAKING A HIT





**TRAIN LIKE A
FIGHTER**

TRAIN LIKE A FIGHTER

BY CAT ZINGANO



CONTENTS

TRAINING BASICS

Why train like a fighter?
Common fighter moves
Equipment
Nutrition when training
Using this book

UPPER-BODY EXERCISES

Medicine Ball Punches
Tempo Pushups
Floor Press
Medicine Ball Chest Press
Elbow Taps
Arm Circles
Kettlebell Punches
One-Armed Press
Plate Drops
Medicine Ball Situps
One-Armed Kettlebell Carry
One-Legged Weight Drops

CORE EXERCISES

Knee-to-Elbow Touches
Plank Drop to Elbows
T-Shirt Curls
Bird Dog
Carioca (Side-to-Side Steps)
Medicine Ball Twist
Box Jumps
Kettlebell Pulls
Glute March
Handstand Pushups

Medicine Ball Hip Throws
Overhead Slams
Medicine Ball Wall Sit
Backward Overhead Throws

LOWER-BODY EXERCISES

Push Kicks
Medicine Ball Jumps
Side-to-Side Shuffle
Side Kicks
Platform Step-Ups
Medicine Ball Squats
Squat Jumps
Running Backward
Backward Lunges
Squat Steps
Backward Squat Steps
Jumping Knees
Heel-to-Toe Rockers & Squats
Single-Leg Squats
Single-Hip Thrusts
Soccer Ball Touches

FULL-BODY EXERCISES

Shadow Boxing
Medicine Ball Squat Tosses
Lateral Crawl
High Skips
Ground & Pound
Medicine Ball Lateral Lunges
Goblet Carry
Sit-Out Rotation
Pushup Rotation
One-Armed Dumbbell Row
Straight-Leg Rockers

Side Scissors
Elbow-to-Ankle Lunges
Spider Crawl
Inchworm
Medicine Ball Burpees
Farmer's Walk
Turkish Situps

PROGRAMS & WORKOUTS

Strength program
Stability program
Power program

Acknowledgments
Copyright



FOREWORD

Like all competitive athletes, martial artists travel roads that demand vision, sacrifice, and commitment on a daily basis. During this journey, we're constantly reminded that the destination isn't the goal—the adventure we embark on is. I've been fortunate to have been on a journey with my friend Cat Zingano for the last six years. I was introduced to Cat by one of her MMA coaches. Our first training session together told me all I needed to know about her. Cat's work ethic is unparalleled, and her attempt to exhaust herself in every aspect of training showed me her mental fortitude.

What's truly impressive about Cat is her thirst for knowledge, wanting to understand the *why* and *how*, and her level of coachability was a game-changer for me! I could tell during that first training session that she was the type of person who would push you to earn her trust. She wasn't going to cut me any slack based on any other MMA fighter I had ever worked with. She wanted to know that whomever was in charge of her physical preparation for competition truly cared about her and wasn't just providing a one-size-fits-all training model. She was cautious in conversation yet stubborn in debate. I knew from personal experience with other athletes that if I could become one of her coaches that this was going to be as much of a learning journey for me as it was her—and I was right!

During our time together, I've seen her climb the mountain and fight for the UFC bantamweight title as well as overcome obstacles that would make most people quit. She's been tested professionally and personally time and time again—and her resilience won out time and time again, helping her become stronger and stronger. How Cat approaches training has become a metaphor for how she handles difficult things in her life: head-on and not looking back.

In fact, Cat's work ethic has been the beacon during dark and difficult times. This book is an insight into the methods that have helped her compete on the biggest stage in the world of MMA—fighting in the UFC as the number one contender in the bantamweight division—but more importantly, these are the daily methods she has used to overcome the trials and tribulations of life to give her the resolve of a champion! I've been fortunate to watch

Cat go through these exact exercises and workouts. Her intensity, focus, and intent while training are what separate her from all other MMA fighters. Use this book as a guide for better health and performance, but more importantly, see this book as a road map to take on anything life might throw your way!

I can honestly say that being one of Cat's coaches has helped me become a better coach, but I've also gained a great friend during this journey together! So please join me on this journey to a new you—inside and out—with Cat Zingano to guide us!

A handwritten signature in black ink, reading "Loren Landow". The signature is fluid and cursive, with the first name "Loren" and last name "Landow" written in a single continuous line.

Loren Landow
strength and conditioning coach
and owner of Landow Performance



INTRODUCTION

My athletic and combative sports journey started when I was very young. I always found peace and enjoyment in playing, competing, and seeing results at the end of setting goals. I'll admit, I was troubled growing up, where sports and staying active were my most effective therapy. When I was in a gym or out on a field, my mind was right and I felt calm—the quiet from my troubles came from being physical. On a team, being coached and setting goals kept me company and always made me feel supported and important, learning to optimize my results by putting myself and my training first. I figured out that I need to move, I realized I need to be able to hold myself accountable, and I still know that keeping things changing is important for keeping my attention.

I participated in many sports and got very good at them. Finding combative sports and expressive motions eventually became my identity. There was always more to do, and there were always new goals to set. The personal accomplishment that came with learning how to physically protect yourself and your loved ones practically was extremely attractive to me. And while I was learning and working toward an understanding of these possibilities and methods, I found a way of living. I would look down and see my body. I liked what I looked like, but more so, I loved what I could do. It wasn't about the scale (although I *am* in a weight-class-sensitive sport); it was about showing myself what I could do, how strong I could be, and how much health could be earned.

In 2006, I had my wonderful baby boy, Brayden Matthew. Wanting to give him a healthy mom and comfortable life in mind, I started working out on my off hours from school. I had to balance being a new mom, taking classes as a full-time student studying to become an ASL (American Sign Language) interpreter, and working to pay the bills. The gym was tedious. I hated paying a monthly fee for something so boring and with so little evidence of results. I needed to play—just like when I was a kid.

I tried to go to jazzercise, I picked up dance classes, and I spent time on gym equipment—only to feel completely annoyed. Although these workouts had their place in my life at one point, I needed more

now. I was a former athlete, a new single mom, a full-time student—and I needed a stronger outlet than mundane workouts.

I then found Brazilian jiu-jitsu, wanted to challenge myself, and started pretty quickly toward wanting to compete in MMA. I remember seeing the strong, confident gait of mixed martial artists, and I wanted to do what they do, but I needed to know what they knew. It was beautiful to me—the whole package.

I started in mixed martial arts because I found a way to move my body in a self-expressive movement, where I barely noticed working out because I was chasing objectives: performance and outlet. While focusing on and setting my goals in competition, the weight started to fall off, my body started to tighten, I became more loose and flexible, and, most importantly, I liked myself. I lost the baby weight, and I got stronger—mentally and physically—along the way. Every day, I trained to improve—and I did because I went there exactly for that reason.

We all crave challenges and to be able to openly express ourselves creatively. Many people use motion and movement as a physical outlet. Especially me. My journey has been learning most things in life the hard way. And I'm grateful for the lessons. I've learned that fear defines your limits; pushing your limits and continuing to move through them benefits your confidence and self-esteem from the inside out.

Although the exercises in this book are hard at times, getting through them will grow your level of self-worth and show you what you can create. This book is about finding yourself through movement and learning to fight, stretch, strengthen, and express yourself with physical activity.

Cat Zingano



ABOUT THE MODELS

If you want to look like a fighter, then you need to learn from those who fight for a living. The publisher wishes to thank these athletes for showing how to perform the exercises in this book.



Cat Zingano

Winona, Minnesota

Cat grew up in Boulder, Colorado, where she started wrestling in middle school. She then wrestled in high school and college, winning two national titles and twice being named an all-American. Soon after experiencing Brazilian jiu-jitsu for the first time in 2007, she won the world championship in Los Angeles and the Rio de Janeiro state championship in Brazil. After those wins, she competed in her first MMA fight, which eventually led to her becoming a top contender in the UFC.



Tarsis Humphreys

São Paulo, Brazil

Tarsis is a professional Brazilian jiu-jitsu competitor in the black belt division. In 2009, he won the first World Professional Jiu Jitsu Cup (now the Abu Dhabi World Pro) in his weight class and in the open weight class. He's won several International Brazilian Jiu-Jitsu Federation (IBJJF) competitions: the world championship in 2010; the Pan American championship in 2006 (weight and open class); the European Open championship in 2010; and the Los Angeles BJJ pro championship in 2016.



Danyelle Wolf

York, Pennsylvania

Danyelle never touched boxing gloves until 2008, but she's had a lot of success in the sport since, including making Team USA's Olympic boxing squad. She was the USA National Boxing Champion in 2013, 2014, and 2015; the Continental Champion in 2013 and 2015; the Ringside World Champion in 2012, 2013, and 2014; and the Golden Gloves National Champion in 2014. After also winning three Brazilian jiu-jitsu titles in 2016, she's preparing to transition to an MMA career.



Nick Piedmont

Tucson, Arizona

Nick is an MMA competitor who fights in the featherweight division of Bellator MMA. Although he wrestled as a young child, he wanted to do more, so he started boxing and performing jiu-jitsu. He began his career on the Arizona circuit but moved to California to push himself personally and professionally. It was a decision that came after two losses but with an eagerness and a hunger for an opportunity to pursue his talents as a fighter—and he's making the most of that choice.



Darrion Caldwell

Rahway, New Jersey

Darrion is an MMA fighter who competes in the bantamweight division of Bellator MMA. As a high school wrestler, he won three state titles. He continued that success as a wrestler at North Carolina State, where he won a national title in 2009, defeating 2008 Dan Hodge Trophy winner Brent Metcalf in the finals, whom he also beat in 2008—the only blemish on Metcalf’s record those seasons. He began fighting in MMA in 2012 and has steadily found success.



Paulina Granados

Ingleside, Texas

Paulina competes in MMA in the atomweight division in Combate Americas. Although she's had success as a Muay Thai fighter and in grappling, what she really enjoys about MMA is the boxing aspects. Despite her small stature, she prefers a stand-up fighting style that can bewilder her opponents. Even though she's been an athlete since she was four years old, she's found a home in MMA, where she can combine different techniques into one fight experience.

Alliance Training Center

Located in San Diego, the Alliance Training Center offers mixed martial arts and fitness training for up-and-coming athletes as well as seasoned MMA veterans. The facility also encourages people from all walks of life to reap the benefits of a healthy, active lifestyle in a family-first environment. Thanks to Eric Del Fierro and Brandon Vera for the opportunity to photograph this book at Alliance. And special thanks to Rolando Perez and the staff at Alliance for helping everyone away from home for the photo shoot feel like they're at home.



TRAINING BASICS



WHY TRAIN LIKE A FIGHTER?

Training like a fighter is more than exercise. It's a form of self-expression and a great physical outlet. But getting fit like an MMA fighter has benefits beyond looking ripped.

TO IMPROVE YOUR STRENGTH

Performing the cardiovascular, aerobic, and bodyweight exercises in this book can increase your heart rate; boost your endorphins; burn fat and maintain muscle; and help develop and maintain your muscle mass. Being stronger and more dynamic means more stamina, energy, and confidence for taking on any task. Don't be surprised if you find yourself subconsciously applying your fighter training regimen and work ethic to other aspects of your life.


TO IMPROVE YOUR POWER

Better power means more efficient strength and speed by collectively focusing on explosiveness, form, and agility. Having increased power comes from a strong foundation of balance and symmetry. That's why exercises in this book either work your body symmetrically or you perform reps independently on both sides of your body—one after the other. These exercises also test your physical and mental perseverance by constantly redefining your limits, helping to enhance your drive, flexibility, and endurance.

TO IMPROVE YOUR STABILITY

When you've dialed in your strength and power, you're also going to have more stability. This is because maintaining your position and actively engaging different body parts automatically demand that you focus on balance, which depends on a stronger lower body and base. The exercises in this book can help you gain that improved balance as well as help you develop better cardio and a skill set that

allows you to confidently take on things you might have thought were impossible.



“Fighter training is a way to help you match your inside to your outside—with **strength, poise, and confidence.**”



COMMON FIGHTER MOVES

Many exercises in this book include variations on basic MMA fighting moves. Knowing how to perform the original moves with proper form and stances can help you with your productivity, workout flow, and body movement goals.

Jabs



- 1.** Stagger your feet, placing the toe of your right foot about 18–25 inches behind the heel of your left foot, and slightly bend your knees.
- 2.** Hold your balled hands at your cheekbones, with your knuckles toward your face.
- 3.** Twist at your hips and quickly extend your right arm out at eye level, twisting your wrist so your thumb points down.
- 4.** Lift only the heel of your back foot when throwing a jab, and keep your back straight rather than lean into the punch.

Crosses



- 1.** Stagger your feet, placing your right foot about 18–25 inches behind your left foot, turning your right foot until it's perpendicular to your body and angling your left foot more toward your left side.
- 2.** Keep your knees slightly bent, and keep your feet flat on the ground as well as keep your back straight when punching.
- 3.** Hold your balled hands at your cheekbones, with your knuckles toward your face.
- 4.** Twist at your hips and quickly extend your left arm out at eye level, twisting your wrist so your thumb points down.

Hooks



- 1.** Stagger your feet, placing your right foot about 18–25 inches behind your left foot, and slightly bend your knees.
- 2.** Hold your balled hands at your cheekbones, with your knuckles toward your face.
- 3.** Twist at your hips and quickly extend your right arm across your face at eye level, twisting your wrist so your thumb points up.
- 4.** Lift only the heel of your back foot when throwing a jab, pivoting on your left foot, and keep your back straight rather than lean into the punch.

Elbows #1



- 1.** Stagger your feet, placing your left foot about 18–25 inches behind your right foot, turning your left foot until it's perpendicular to your body and angling your right foot more toward your right side.
- 2.** Keep your knees slightly bent, and step your right foot slightly forward as you swing your right elbow out or upward.
- 3.** Use your left hand to protect the left side of your face or engage your left arm to help with momentum.

Elbows #2



1. Stagger your feet, placing your left foot about 18–25 inches behind your right foot, turning your left foot until it's perpendicular to your body and angling your right foot more toward your right side.
2. Keep your knees slightly bent, and step your right foot slightly forward as you swing your right elbow out or upward.
3. Use your left hand to protect your left side or use your right hand to protect your right side and swing your left elbow out.

Knees



- 1.** Stagger your feet, placing your right foot about 18–25 inches behind your left foot, turning your left foot until it's perpendicular to your body and angling your right foot more toward your right side.
- 2.** Keep your right leg straight, lifting just the heel of your right foot off the ground, and lift your right knee up toward your chest, swinging your left arm out to the side and bringing your right arm in front of your face for protection.
- 3.** Alternatively, you can switch your initial leg placements and switch the other arm and leg movements.

Kicks



- 1.** Stagger your feet, placing your left foot about 18–25 inches behind your right foot, turning your right foot until it's perpendicular to your body and angling your left foot more toward your left side.
- 2.** Slightly bend your left knee, then kick your right leg out in front of you, also keeping a slight bend in that knee.
- 3.** Swing your right arm out to the side and bringing your left hand to the left side of your face for protection, twisting at your hips for momentum.
- 4.** Allow only the heel of your left foot to come off the ground, pivoting on that foot.

5. Alternatively, you can switch your initial leg placements and switch

the other arm and leg movements.

Using moves for warmups & cooldowns

These four drills are efficient ways to get your heart rate going and to warm up your joints. Use one or more to help energize your muscles.

Although the moves in these drills are meant to be done with speed and form in mind, if you do them slowly, they're ideal for cooldowns and shakeouts.

DRILL 1

Perform these moves in order or in reverse—doing as many of each as you desire.

Crosses ▶ Kicks ▶ Knees ▶ Elbows #1 ▶ Jabs

DRILL 2

Perform these moves in order or in reverse—doing as many of each as you desire.

Hooks ▶ Knees ▶ Elbows #2 ▶ Kicks ▶ Crosses

DRILL 3

Perform these moves in order or in reverse—doing as many of each as you desire.

Knees ▶ Jabs ▶ Elbows #2 ▶ Hooks ▶ Kicks

DRILL 4

Perform these moves in order or in reverse—doing as many of each as you desire.

Kicks ▶ Crosses ▶ Knees ▶ Jabs ▶ Elbows #1

EQUIPMENT

Some exercises in this book require equipment to help you perform workouts, challenge different muscles, and produce maximum results for your goals. Your gym should have most of this equipment.



DUMBBELLS

Use dumbbells that feel comfortable in your hands. Start with lighter weights, then incrementally use heavier ones as you begin to feel more comfortable.

HAND WRAPS

Wraps can offer some support and security when training intensely, allowing you to focus on your form rather than worrying about injuring your hands.

STEP PLATFORM

Some exercises in this book use this for elevating your body off the ground or to support your upper body. Most also have the ability to change height.

MEDICINE BALLS

Medicine balls usually come in a wide range of weights and sizes, so find one that pushes you toward using a heavier one as you build up your strength.

KETTLEBELLS

Kettlebells are heavy cast iron or cast steel weights. Use light ones that feel comfortable in your hands before working your way up to heavier ones.

SOCCER BALL

Find a soccer ball that can handle being stepped on often. You might also use a soccer ball to help ease you into using a medicine ball for throwing exercises.

PLYOMETRIC BOX

A plyo box comes in wood, foam, and steel as well as different heights. Use one that supports your weight and capabilities, especially after repeated use.

HEAVY BAG

Boxing bags go by many different names, including heavy bag and punching bag. Use one that has some give but also offers some resistance.

WEIGHT PLATE

Barbell weights—or plates—come in different weights and sizes. Start with one that has light resistance and work up to a heavier one.

YOGA MAT

Training often requires a lot of time on the ground. Using a yoga mat means a more comfortable surface for your body and better traction for your feet.

NUTRITION WHEN TRAINING

If you're training to look like an MMA fighter, then you need to develop an MMA fighter's dietary habits. If some of these tips are new to you, pick one to try every day for two weeks. If they work, keep them. If they don't, try something else.

HABITS TO BUILD

- ▶ **Eat slowly.** Your body digests food slowly, so if you also eat your food more slowly, you're better able to know when you're full.
- ▶ **Drink more water.** This can help you regulate your body temperature as well as keep your joints lubricated before, during, and after exercising.
- ▶ **Create a daily meal plan.** Knowing when you're going to eat and how often can help you plan your exercise times as well as ensure you eat enough.
- ▶ **Eat more whole food sources.** Eating fewer processed foods and more low-calorie foods (and high in carbs) can help with weight loss.
- ▶ **Eat more lean protein.** Aid recovery and keep your muscle mass lean by eating more protein.
- ▶ **Eat more fruits and vegetables.** You'll get more needed fiber, vitamins, and minerals if you eat a wide variety of fruits and vegetables.
- ▶ **Eat a variety of foods.** Rotate the foods you like so you're getting a wide range of different nutrients and don't get bored with what you eat.

- ▶ **Eat healthy fats.** Eating healthy fats can help you lose body fat even during your everyday activities.

► **Eat in moderation (but don't feel guilty).** No one's perfect—just

strive for less cheating.

Eating before and after training

This book can't tell you exactly what to eat each day because everyone has different needs, but these suggestions offer some basic guidelines for what you can eat before and after training to ensure you have the best experience possible without hurting your goals.

Keep in mind that not everyone reacts to certain foods in the same way. If you know a food might cause you problems—or you just don't like it—look for something similar to replace it with. The key to staying focused on your diet goals is to develop and maintain a routine.

BEFORE TRAINING

Start with this plan and modify it as needed.

TRAINING MEALS

- ▶ Lean protein: 2 palm-sized servings for men and 1 palm-sized serving for women
- ▶ Vegetables: 2 fist-sized servings for men and 1.5 fist-sized servings for women
- ▶ Carbs for each meal: 2 cupped-hands-size servings for men and 1.5 cupped-hands-size servings for women
- ▶ Healthy fats for each meal: 2 thumb-sized servings for men and 1 thumb-sized servings for women

AFTER TRAINING

Plan your meals so you're eating about an hour after exercising. This way, you'll gain muscle and mass—but stay focused on balance.

POST-WORKOUT MEALS

- ▶ Lean protein to help rebuild muscle damage and to maintain your energy level
- ▶ Vegetables high in vitamins and minerals to help gain back those lost during exercise
- ▶ Carbs to help level out your blood glucose as well as replenish lost muscle glucose stores
- ▶ Healthy fats—in moderation—to help you better digest other foods

What about supplements?

Complementing your exercise and diet with some all-natural supplements—additions to your meals and not strictly as replacements for them—can help with workout recovery. Talk with a nutritionist or a dietician about adding these to your diet.

- ▶ **Green tea:** Drinking this can improve your stamina and boost your metabolism, which increases your endurance, allowing you to exercise longer. It's also conducive for brain health, and its antioxidant properties aid in burning fat and helping you avoid autoimmune diseases.
- ▶ **Protein shakes:** Enjoying a protein-rich shake after a workout helps with muscle health and repair as well as delivers essential nutrients to depleted organs and muscles. Occasionally replacing meals with a protein shake can help you lose weight while still

maintaining a healthy diet while also burning more calories than you consume.

- ▶ **Multivitamins:** Taking these with food in the morning, depending on your workout time, is highly recommended. It's often difficult to get proper and efficient nutrients from our food alone. You can take fish oil capsules for omega-3 fatty acids; probiotics for digestive health; and magnesium and vitamin D for a variety of body functions. It's best, though, to not take any of these right before or after a workout.



USING THIS BOOK

Training intelligently is more useful than training hard. This book offers three different ways—which when done in combination can contribute to each other—for helping you reach your physical and fitness goals.

EXERCISES

From building defined muscles in your arms to strengthening your legs and tightening your abs, the 60 exercises in this book target three key areas—upper body, core, and lower body—as well as offer several full-body experiences.

WORKOUTS

Filled with exercises presented in circuits, the 20 workouts can help you build endurance, increase muscle mass, and develop speed, agility, and flexibility—all within one routine.

PROGRAMS

Three programs—focused on developing strength, power, or stability—combine workouts for daily, weekly, and monthly progressions to push you toward developing a fighter's physique.

Common MMA disciplines

Boxing If you think boxing is all about punching, then you're missing out on its other aspects, including developing strong footwork and core muscles.

Brazilian jiu-jitsu This is a somewhat down-and-dirty style that can help you develop agility from many different positions—on the ground or standing up—because you'll use different muscles on the ground from when you're standing.

Judo Focused mostly on throwing and grappling, this form has developed into a combat style of fighting. Many exercises in this book include judo techniques.

Karate This style is heavy on striking moves, but it's also one of the core elements of kickboxing. Several exercises in this book are good conditioning for the karate discipline.

Kickboxing With a foundation of kicking and punching (thus the name), this style can offer a complete workout, which is why some exercises in this book involve kicks and strikes.

Muay Thai This style offers a full-body workout because it's all about legs, knees, elbows, and fists, which is why this discipline compares well with kickboxing, which uses most of the same kinds of muscle areas.

Taekwondo This style incorporates elements of karate and kung-fu, especially various kicking elements. Some exercises in this book match well with this style.

Wrestling Like with boxing, this style helps train your body for better movement and better stamina. You'll spend some time on the ground in this book, and this style is an influence.

UPPER-BODY EXERCISES



MEDICINE BALL PUNCHES

TARGETS /// upper back, chest, shoulders, abs, and arms

EQUIPMENT /// medicine ball

Launching a medicine ball against a wall not only feels amazing on the inside, but it makes for a speedy and dynamic contribution to your strikes and reaction times. The twist also engages all parts of your power muscles.



1 Stand 3 feet away from a wall, with your left side facing the wall, put your legs wider than hip-width apart, and hold a medicine ball in your hands at your chest.



2 Bend your right knee as you slightly step forward, opening your stance and turning your right hip toward the wall.



3 Extend your right arm in front of you, initiating the throw with your lower body, and throw the ball toward the wall, finishing with the extension of your upper body. Reach out with both hands to catch the rebound, then return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch sides.

MAKE IT HARDER

In step 1, start farther away from the wall. In step 2, add a twist from the hips before catching the ball—switching the way you twist with each throw.

TEMPO PUSHUPS

TARGETS /// upper back, arms, abs, lower back, obliques, quads, glutes, and hamstrings

EQUIPMENT /// none

These pushups are about being slow and with the intention of controlling each engaged muscle. Being deliberate about poise and posture creates a strengthening burn that impacts your whole body.



- 1 Put your fists on the ground, with your legs hip-width apart, and balance your body on the tips of your toes.



2 Bend your elbows to slowly lower yourself to the ground, then reverse your movements to return to your starting position. Repeat this step for the duration listed in a workout.

MAKE IT HARDER

In step 2, hold the up position and the down position for 3 seconds each for an even stronger resistance.

FLOOR PRESS

TARGETS /// shoulders, chest, triceps, and abs

EQUIPMENT /// dumbbells

Lifting while on the ground provides a practical position to MMA, where strength and push are vital. Forming and maintaining these explosive motions create tight and consistent power in your core and upper body.



- 1 Lie on the ground, bending your knees and keeping your feet flat on the ground. Hold dumbbells in each hand at your chest, forming 90° angles with your arms and keeping your upper arms flat on the ground.



2 Push the dumbbells up with explosive force, keeping a slight bend in your elbows. Reverse your movements and slowly return to your starting position. Repeat this step for the duration listed in a workout.

MAKE IT HARDER

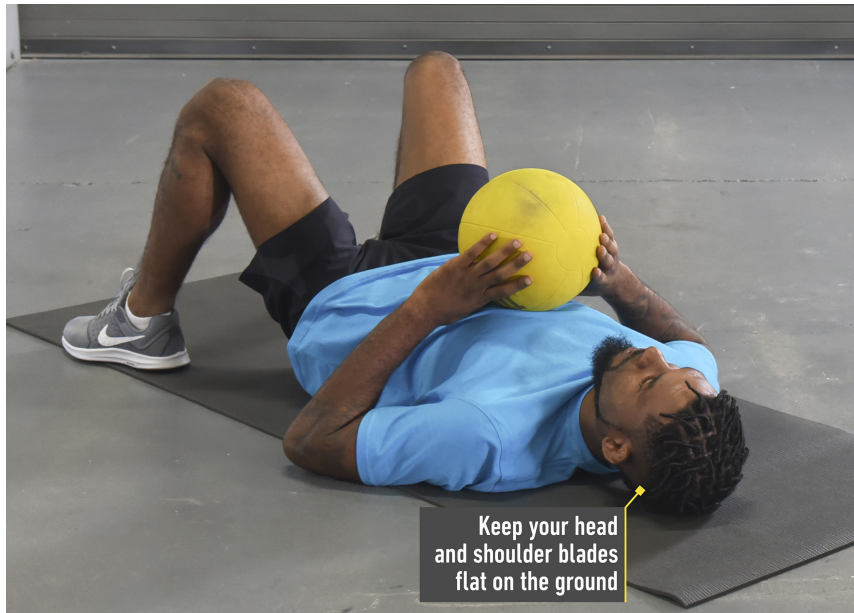
In step 2, hold the dumbbells in your extended arms for 5 seconds, then take 5 seconds to return to your starting position.

MEDICINE BALL CHEST PRESS

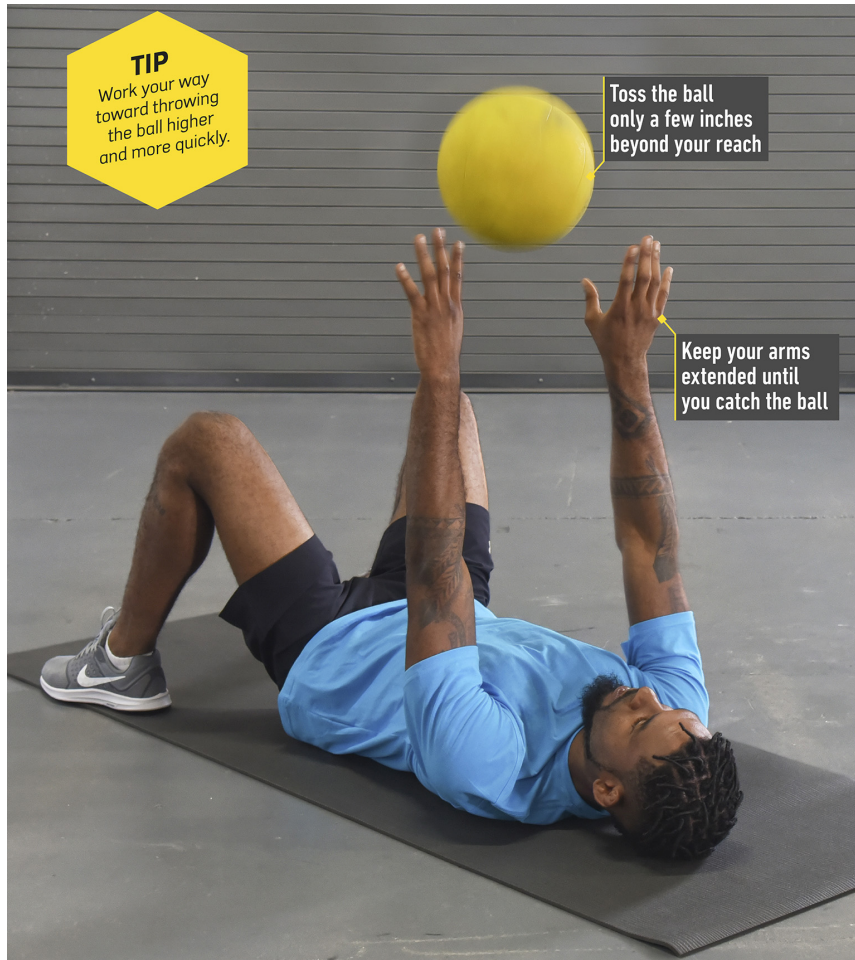
TARGETS /// chest, shoulders, and abs

EQUIPMENT /// medicine ball

Training this chest press with a medicine ball means engaging your core and developing your explosive strength, coordination, and dexterity. Control the ball—and control your results.



- 1 Lie on your back, bending your knees and keeping your feet flat on the ground. Hold a medicine ball in both hands at your chest, keeping the backs of your arms flat on the ground.



2 Explode and extend your arms straight up as you release the ball directly above your chest. Catch the ball as it comes back down, then repeat this step for the duration listed in a workout.

ELBOW TAPS

TARGETS /// back, shoulders, abs, and legs

EQUIPMENT /// none

This exercise forces you to stabilize and control your entire posture, creating a tightening effect as you hold the position and work all target areas simultaneously. This is also a test of your flexibility and dexterity.



- 1 Put your hands flat on the ground, pointing your fingers forward, and balance your body on the balls of your feet.



2 Bend your right elbow to reach your right arm across your body to touch your left elbow with your right hand, then reverse your movements to return to your starting position.



- 3** Bend your left elbow to reach your left arm across your body to touch your inner right elbow with your left hand, then reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

In steps 2 and 3, touch your right knee to your left elbow and touch your left knee to your right elbow.

ARM CIRCLES

TARGETS /// shoulders, back, biceps, and triceps

EQUIPMENT /// none

This motion creates an isometric burn throughout your trapezoids, shoulders, and lats. Strengthening these areas decreases potential fatigue, especially during those later stages of a workout circuit.



- 1 Stand with your feet shoulder-width apart and extend your arms at your sides until they're perpendicular to your body. Begin to draw circles with your arms, catching at the bottom and the top of the rotation.



2 Bring your arms to above your shoulders to form the top of the forward circles—about 8 inches in diameter. Repeat these steps for the duration listed in a workout, then rotate backward.

MAKE IT HARDER

In step 2, hold lightweight dumbbells or wear boxing gloves to more quickly increase your arm strength and offer a stronger challenge.

KETTLEBELL PUNCHES

TARGETS /// arms and shoulders

EQUIPMENT /// kettlebell

If you're looking for an exercise to tone your upper body, this explosive exercise works wonders. You'll also develop balanced symmetry through rotational movement, helping with shoulder stability and hand-eye coordination.



TIP
Start with
a lightweight
kettlebell until this
becomes too easy.

Keep your knees
slightly bent

- 1 Stand with your feet wider than hip-width apart, hold a kettlebell in your right hand, and extend your arm out in front of you. As you exchange arms, bring your knuckles back to your face.



2 Punch your left hand forward, releasing the kettlebell from your right hand as you grab it with your left hand. Keep the kettlebell at punching distance and at face level.



3 Keep your left arm fully extended as you pull your balled right hand toward your face. Repeat steps 2 and 3 for the duration listed in a workout.

ONE-ARMED PRESS

TARGETS /// shoulders, biceps, and triceps

EQUIPMENT /// kettlebell

Performing this exercise benefits you in ways typical two-armed exercises can't: increasing core stability, putting muscles under tension for longer individual time periods, and developing better isometric control.



- 1** Lie on your back, bending your knees and keeping your feet flat on the ground. Hold a kettlebell in your right hand above your right shoulder, and rest your left hand on your stomach.



2 Push the kettlebell straight up until your elbow is extended directly above your shoulder, keeping the kettlebell at shoulder level, then reverse your movements to return to your starting position. Repeat this step for the duration listed in a workout, then switch sides.

MAKE IT HARDER

In step 2, after you've fully extended your arm, hold the kettlebell in place for 5 seconds for each rep.

PLATE DROPS

TARGETS /// arms, shoulders, abs, and glutes

EQUIPMENT /// barbell plate

This drop-and-catch motion forces your fast twitch and muscle memory to ignite, creating a burn throughout your body—from head to toe.



TIP
Use a lighter weight
to help you focus
on form—and see
quick results.

Keep your knees
slightly bent

1 Stand with your feet wider than hip-width apart and hold a barbell plate in both hands, extending your arms out in front of you at face level.



2 Slowly drop the plate from its starting position in front of your face and quickly reach down to catch it. Repeat this step for the duration listed in a workout.

MAKE IT HARDER

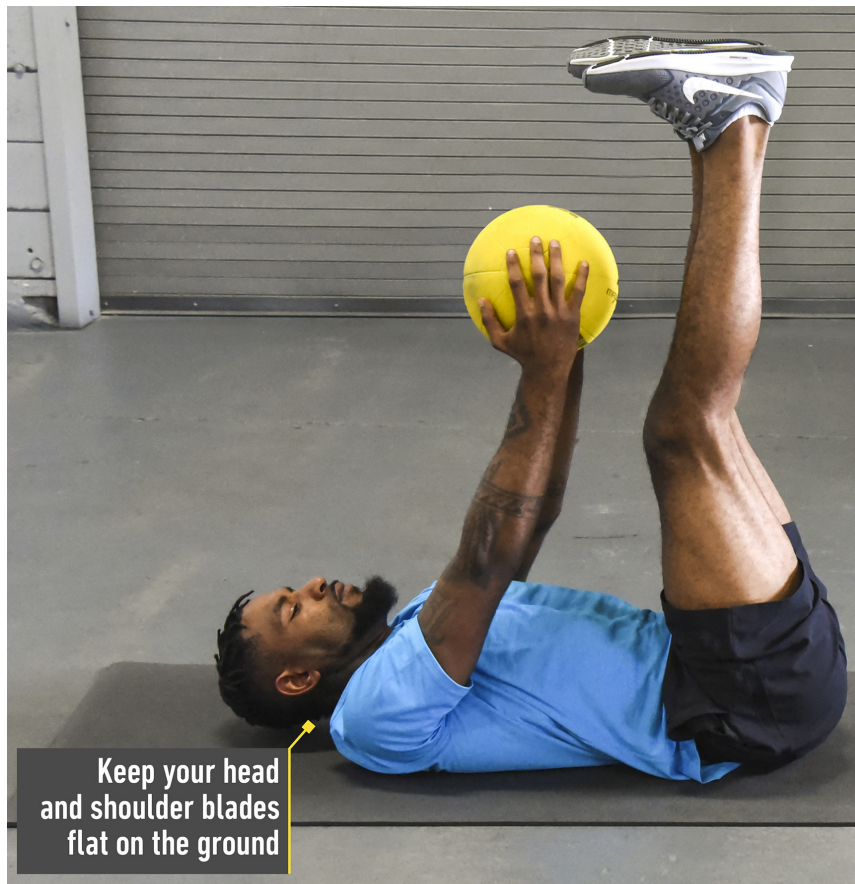
In step 1, start on a BOSU ball. This helps you develop better balance and increases that burning sensation you'll feel in your legs.

MEDICINE BALL SITUPS

TARGETS /// shoulders, chest, and hamstrings

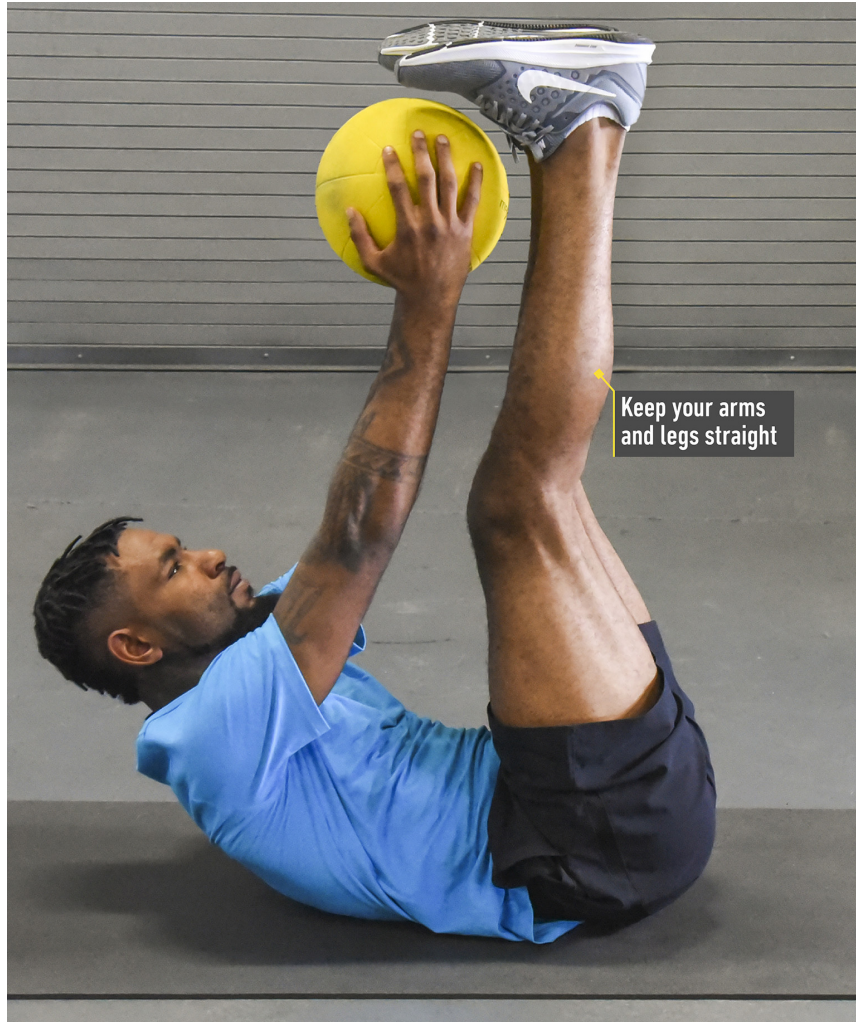
EQUIPMENT /// medicine ball

This situps version forces you to perform them in dynamic and engaging ways that tests your physical limits—but gives you amazing rewards and a new look at what it takes to develop core strength.



Keep your head
and shoulder blades
flat on the ground

- 1 Lie on your back, extending your legs and arms straight up, and hold a medicine ball in your hands directly above your chest, keeping your chin tucked.



2 Lift your upper back off the ground and reach the ball toward your toes, flexing your feet. Reverse your movements to return to your starting position, then repeat this step for the duration listed in a workout.

ONE-ARMED KETTLEBELL CARRY

TARGETS /// shoulders, trapezius, arms, abs, obliques, and pectorals

EQUIPMENT /// kettlebell

This exercise encourages you to develop stability and balance by focusing on one arm at a time and switching arms while still in motion. You'll also work on your posture and agility.



1 Stand with your feet hip-width apart, holding a kettlebell in your right hand, then step your left foot forward.



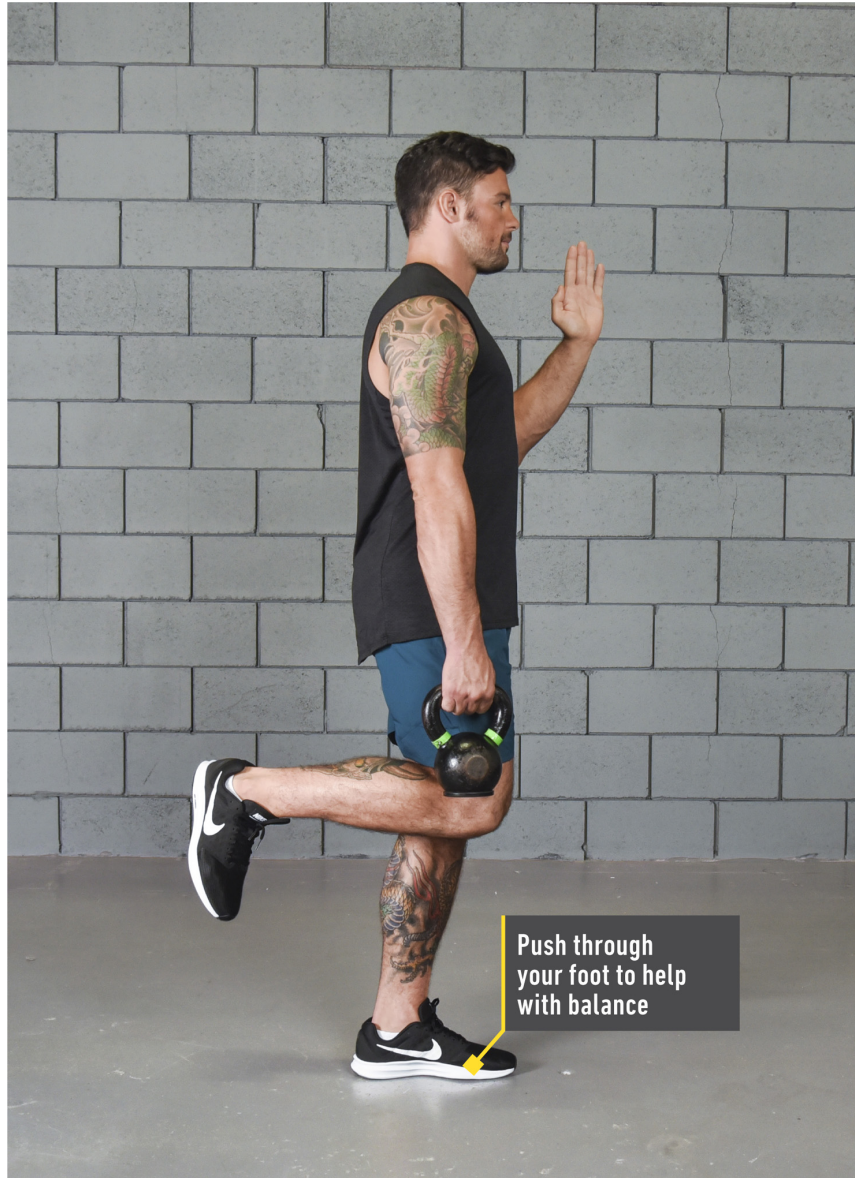
2 Step your right foot forward, keeping your arm at a 90° angle and your wrist straight, and pull your shoulders and chin down. Repeat steps 1 and 2 for the duration listed in a workout.

ONE-LEGGED WEIGHT DROPS

TARGETS /// arms, shoulders, abs, hamstrings, and calves

EQUIPMENT /// kettlebell

Keeping your balance is essential to performing everyday activities. This exercise can develop those muscles responsible for helping you maintain your balance, strengthening your glutes, hamstrings, and shoulders.



- 1 Stand with your feet slightly apart, holding a kettlebell in your right hand at your knee and raising your left hand to just above your shoulder. Bend your right knee and extend your right leg behind you to form a 90° angle.



2 Bend at your hips to fully extend your right arm and lower the kettlebell to the ground.



3 Reverse your movements to return to your starting position, then lift the kettlebell to your hip. Repeat steps 2 and 3 for the duration listed in a workout, then switch sides and repeat.

MAKE IT HARDER

In step 2, hold the weight at the bottom of the movement for 10 seconds.

CORE EXERCISES



KNEE-TO-ELBOW TOUCHES

TARGETS /// shoulders, abs, and glutes

EQUIPMENT /// none

Developing and strengthening the stabilizing muscles in your shoulders, abdomen, and hip flexors during this exercise can give you the foundation for enhancing the rest of your body's muscles.



- 1 Put your hands on the ground, pointing your fingers forward, and balance your legs on the balls of your toes. Keep your spine and neck parallel to the ground and keep your chin tucked.



2 Lift your right leg off the ground and bend your right knee as you bring your right knee to touch your right elbow, then reverse your movements to return to your starting position. Repeat this step for the duration listed in a workout, then switch legs.

PLANK DROP TO ELBOWS

TARGETS /// arms and core

EQUIPMENT /// none

Work your balance, strength, and stability in motion, maintaining your position while manipulating your base. Feel that constant tug on your core, and push against gravity for an even more powerful experience.



- 1 Put your hands flat on the ground, pointing your fingers forward, and balance your weight on the tips of your toes, forming the classic pushup position.



- 2** Bend your right elbow to place your right forearm on the ground, facing your right hand palm up, keeping your left hand flat on the ground, and slightly bending your left elbow.



- 3** Bend your left elbow to place your left forearm on the ground, flipping your left palm up. Reverse your movements to return to your starting pushup position, then repeat steps 2 and 3 for the duration listed in a workout.

T-SHIRT CURLS

TARGETS /// chest, biceps, triceps, abs, and obliques

EQUIPMENT /// T-shirt

Isometric exercises like this one are static, meaning joint angle and muscle length don't change during contractions. But your continuous motions can give you a burn you weren't expecting!



- 1 Stand with your feet hip-width apart and hold a rolled-up T-shirt in your hands in front of your hips, placing your hands 1 foot apart on the T-shirt.



2 Bend your elbows as you lift the T-shirt toward your chest, keeping the T-shirt taut between your hands and keeping your elbows tight to your ribs.



- 3** Reach your arms above your head, fully extending your arms, then reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

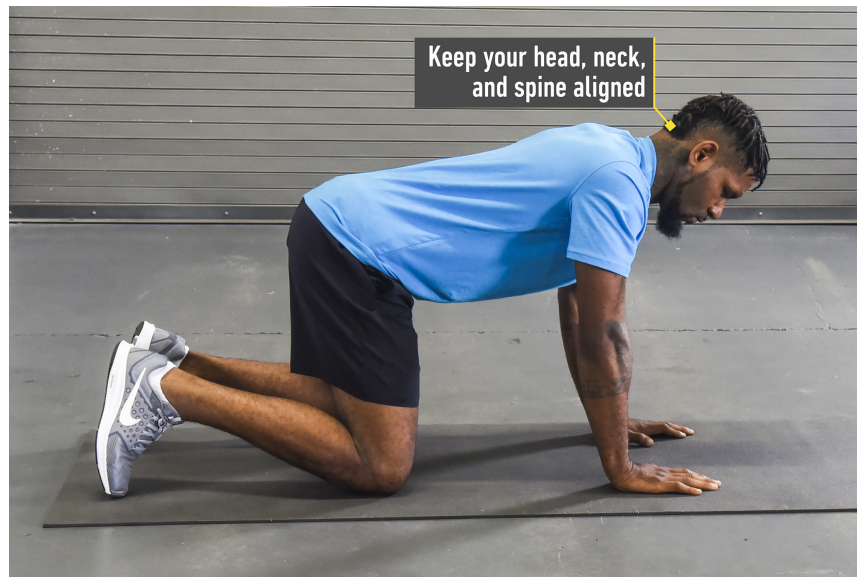
In step 1, start on your knees and use a heavier weight. Or in step 2, perform a lunge or a step-up during the hold period.

BIRD DOG

TARGETS /// abs, back, and hips

EQUIPMENT /// none

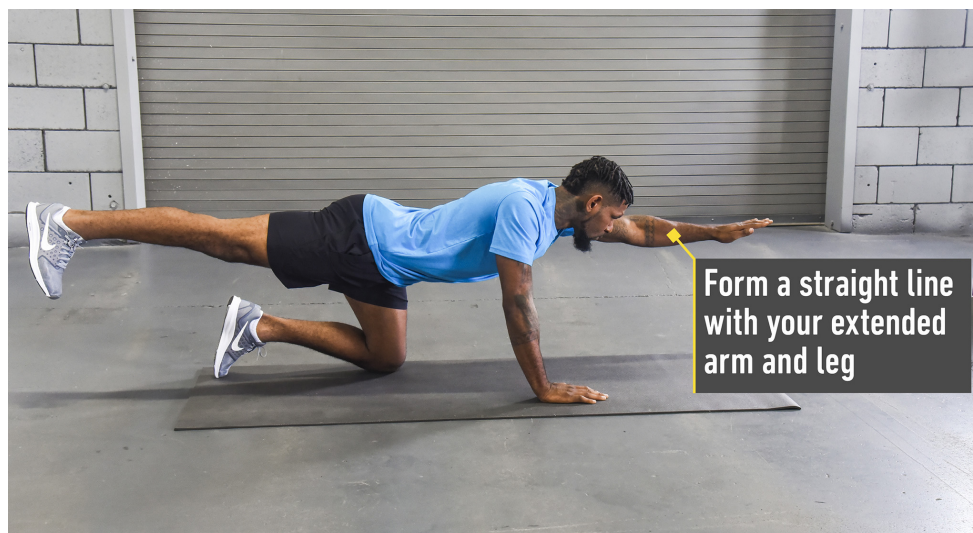
Balance, flexion, and contraction are important in all aspects of exercising and toning the core. Isolating one side at a time adds a great challenge while you're alternating crunching and straightening your body.



- 1 Put your hands and knees flat on the ground, pointing your fingers forward and forming 90° angles with your legs. Keep your spine and neck parallel to the ground and keep your chin tucked.



2 Lift your right leg and your left arm off the ground, then bend your left elbow as you bring your right knee toward your left elbow until they touch underneath your abdomen.



3 Extend your right leg behind you, flexing your foot to engage your leg muscles, and extend your left arm in front of you until they're parallel with the ground. Reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch sides.

CARIOCA (SIDE-TO-SIDE STEPS)

TARGETS /// groin, abs, calves, glutes, hamstrings, hip flexors, obliques, thighs, and quads

EQUIPMENT /// none

This samba variation includes aspects of calisthenics, cardio, and stretching, invigorating blood flow to the joints and letting you develop and utilize different muscle groups and footwork via lateral dance-like motions.



1 Stand with your feet hip-width apart and relax your arms at your sides.



2 Step your right leg across your body, leading with your knee, and twist at your hips toward your right side, then swing your left arm across your body and swing your right arm behind you.



3 Plant your right foot on the ground, then step your left leg behind you. Cross your right foot over and in front of your left foot, then cross your left foot over and in front of your right foot.



4 Cross your right foot over and in front of your left foot, then cross your left foot over and in front of your right foot. Repeat steps 2 to 4 for the duration listed in a workout.

MEDICINE BALL TWIST

TARGETS /// hamstrings, abs, obliques, and hip flexors

EQUIPMENT /// medicine ball

Keeping your legs elevated while rotating your upper body challenges your mind and midsection. Focus on consistent rhythm and balance, and watch yourself fly through these twists.



- 1 Sit on the ground in a comfortable position, raising your legs off the ground and holding a medicine ball at your midsection. Twist at your hips to touch the ground by your right hip with the ball.



TIP
Performing this
can strengthen
coordination
in your hands.

2 Twist at your hips to swing the ball across your body toward your left hip, touching the ball to the ground. Repeat steps 2 and 3 for the duration listed in a workout.

BOX JUMPS

TARGETS /// quads, calves, and hamstrings

EQUIPMENT /// plyometric box

This exercise might have you thinking “legs,” when in fact it’s core engagement that gets you on the box. Once you’ve stuck the landing, then your legs take over to help you complete the move as you stand tall at the top.



1 Stand a few feet away from a plyometric box, keeping your feet hip-width apart and relaxing your arms at your sides.



2 Take two quick steps toward the box, bringing your feet together 1 foot in front of the box to initiate takeoff, then swing your arms behind you and bend your knees as you prepare to jump.



Tuck your knees close to your chest to lighten the impact

- 3 Jump from the ground and up onto the box, swinging your arms forward to help you regain your balance and lowering yourself into a squat position.



4 Keep your knees bent and land softly on the box, placing your feet flat on the box.



5 Stand up tall on the box, then carefully step down slowly and attentively to avoid injury as you return to your starting position. Repeat steps 2 through 5 for the duration listed in a workout.

KETTLEBELL PULLS

TARGETS /// shoulders, trapezius, and biceps

EQUIPMENT /// kettlebell

Bodyweight exercises can help you strengthen and tone your upper body, and adding weights to a bodyweight exercise can challenge you differently and more efficiently.



- 1 Place your hands flat on the ground, centered under your shoulders, and balance your weight on the balls of your feet. Place a kettlebell on the ground behind your left hand and at rib level.



2 Reach your right arm across your body to grab the kettlebell with your right hand, beginning to drag it from behind your left hand.



3 Pull the kettlebell across the floor until your right hand reaches its starting position, then swing it to face the handle in to prepare for the other hand.



4 Reach your left arm across your body to grab the kettlebell with your left hand, pulling it across the floor until your left hand reaches its starting position. Repeat steps 2 and 3 for the duration listed in a workout.

GLUTE MARCH

TARGETS /// triceps, glutes, hamstrings, and core

EQUIPMENT /// none

This bridge variation can improve hamstring and quad mobility and strengthen your lower back and glutes. This exercise can also tighten your core muscles—ideal for looking like a fighter!



- 1 Lie on your back, bending your knees, keeping your feet flat on the ground, and relaxing your arms at your sides. Press your heels into the ground to lift your lower back off the ground.



2 Lift your left leg off the ground, fully extending it and keeping it on the same plane as the grounded leg, then reverse your movements to return to your starting position—but keep your lower back lifted off the ground. Repeat this step for the duration listed in a workout, then switch legs.

MAKE IT HARDER

In step 1, add weights around your ankles to enhance the impact on your legs.

HANDSTAND PUSHUPS

TARGETS /// shoulders, chest, and arms

EQUIPMENT /// foam block

This exercise strengthens your triceps for arm extensions, your shoulders for overhead actions, and your pectorals for forward thrusts—all of which increase your power and agility when performing boxing or grappling moves.



- 1 Place a foam block close to a wall, then face that wall. Place your hands evenly on both sides of the block, then kick your legs up and back so you're facing away from the wall.



2 Bend your elbows to slowly lower yourself down, stopping when your head touches the block. Reverse your movements to return to your starting position, then repeat this step for the duration listed in a workout.

MAKE IT HARDER

In step 1, use a smaller block for your head. In step 2, perform the reps faster.

MEDICINE BALL HIP THROWS

TARGETS /// arms, shoulders, lower back, and abs

EQUIPMENT /// medicine ball

Small deliberate motions can benefit you and your physicality in your everyday training. How close you stand to the wall in this exercise can increase your physicality, mental flexibility, and reaction times.



- 1 Stand with your left side slightly facing a wall, putting your right foot a few feet in front of your left foot and slightly squatting, and hold a medicine ball at your right hip.



2 Slightly twist at your hips until more of your upper body faces the wall, then quickly release the ball against the wall, catching the rebound and recoiling back to your starting position. Repeat this step for the duration listed in a workout.

MAKE IT HARDER

In step 2, step and twist away from the wall and change the target vertically with each rep.

OVERHEAD SLAMS

TARGETS /// back, shoulders, core, glutes, and legs

EQUIPMENT /// medicine ball

In fighting, you commonly see someone get snapped from standing on their feet straight to being face down on the ground. This exercise simulates a motion that creates a force so strong that your core strength is unstoppable.



- 1 Stand with your feet hip-width apart and hold a medicine ball in both hands directly over your head.



2 Use gravity as you bend at the hips and the ball drops, gaining momentum, then push the ball with 100% force into the ground from the top of the ball.



TIP
Swinging your arms
behind you creates
the best force
and momentum.

3 As you release the ball, swinging your arms behind your hips, bend your knees to lower yourself into a semi-squat position. Catch the ball on the bounce and return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

In step 1, start with the medicine ball between your legs. In step 2, raise the ball over your head. In step 3, try to grab the bouncing ball.

MEDICINE BALL WALL SIT

TARGETS /// glutes, calves, and quads

EQUIPMENT /// medicine ball

Pressing your body into a wall and pressing your hands into a ball create resistance in your legs and arms. The burn and quiver you feel mean you're on the right track. But how low can you go?



- 1 Lean against a wall, placing your feet about 1 foot away from the wall, and hold a medicine ball just below your chest, keeping your chin down.



2 Bend your knees to lower into a squat, with your legs at 90° angles, keeping the medicine ball close to your body. Reverse your movements to return to your starting position, then repeat this step for the duration listed in a workout.

MAKE IT HARDER

In step 2, hold the ball straight above your head, extending your arms fully.

BACKWARD OVERHEAD THROWS

TARGETS /// triceps, shoulders, and core

EQUIPMENT /// medicine ball

Developing core strength helps you maintain energy and speed in your daily activities. Going from a curled squat to a fully extended leap can test the extremes of your body's capabilities. (And yelling *is* helpful!)



- 1 Stand with your feet hip-width apart, and hold a medicine ball in your hands between your legs. Bend at your hips, squat, and load your legs for the takeoff and extension.



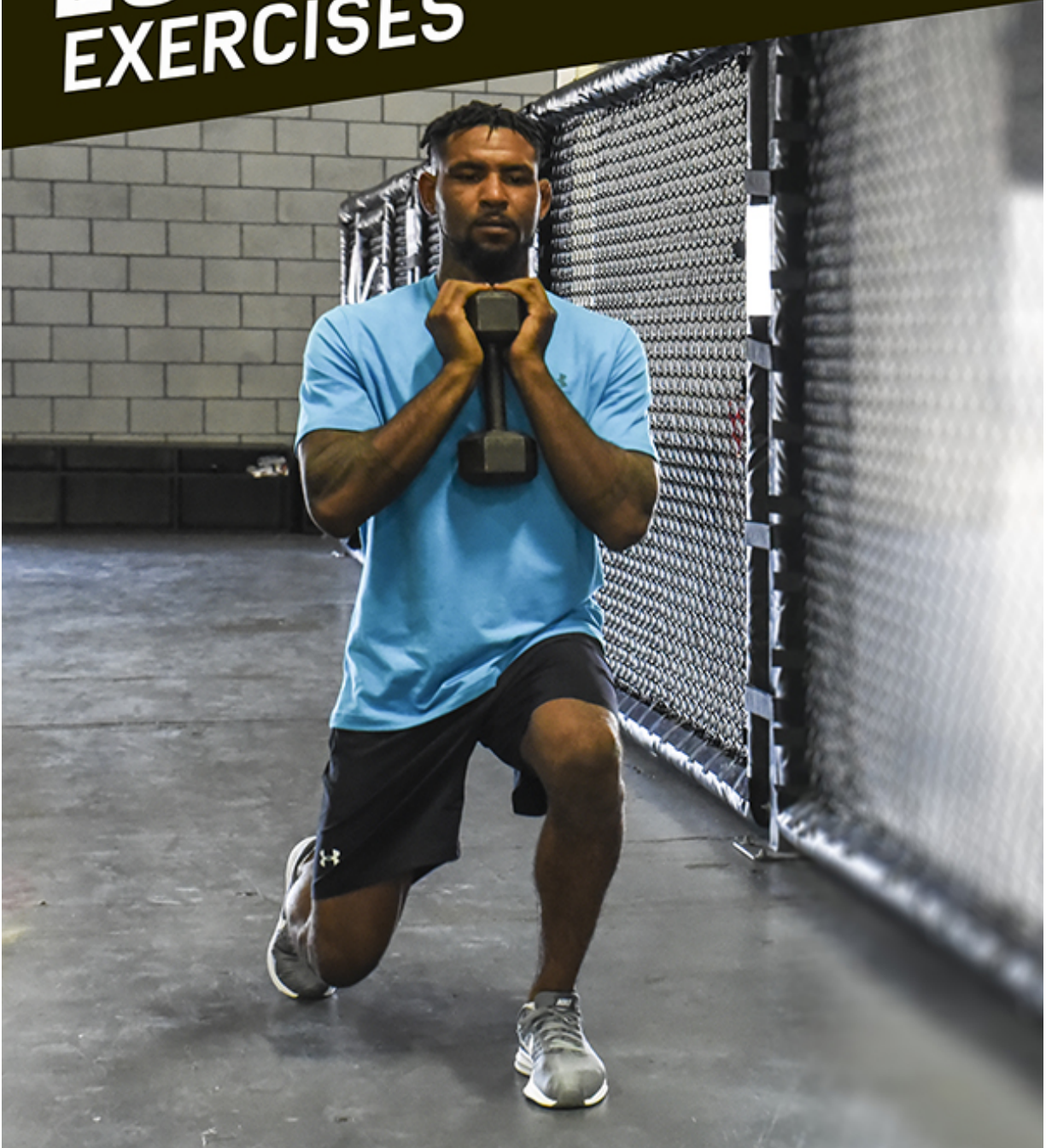
Push through your feet to help you jump off the ground

2 Throw your arms and head back and release the medicine ball backward as high and as far as possible while also jumping into the air. Pick up the ball and return to your starting position, then repeat these steps for the duration listed in a workout.

MAKE IT HARDER

In step 1, perform a burpee before continuing with step 2.

LOWER-BODY EXERCISES



PUSH KICKS

TARGETS /// adductors, hamstrings, calves, and abductors

EQUIPMENT /// none

While a push kick is typically intended for a disciplinary defense or offense, the anatomy helps create balance and dexterity. Using your stability, this strike strengthens the abs, quads, calves, and mobility for major joints.



1 Stand with your feet hip-width apart, place your left leg slightly in front of your right leg, and place your slightly balled hands just under your chin.



Push through your
foot to help you lift
your leg

2 Bend your right knee and begin to raise your right leg toward your chest.



3 With your weight in your left leg, bring your knee up to your chest and kick forward on a straight plane, raising up your body on the ball of your planted left foot. Reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch legs.

MEDICINE BALL JUMPS

TARGETS /// legs, glutes, core

EQUIPMENT /// medicine ball

Jumping over an obstacle can help you increase your speed, agility, endurance, coordination, and strength. The faster you go, the more demanding this exercise becomes—and the stronger the overall benefits.



- 1** Place a medicine ball on the ground, then stand next to the ball so it's at your right side. Slightly bend your knees to lower yourself into a semi-squat position, swinging your arms behind you.



2 Push through your feet to launch yourself over the medicine ball, landing lightly on the opposite side of the ball.



- 3 When you land, lower yourself into a semi-squat position again. Repeat steps 2 and 3—going to your left for every other jump—for the duration listed in a workout.

SIDE-TO-SIDE SHUFFLE

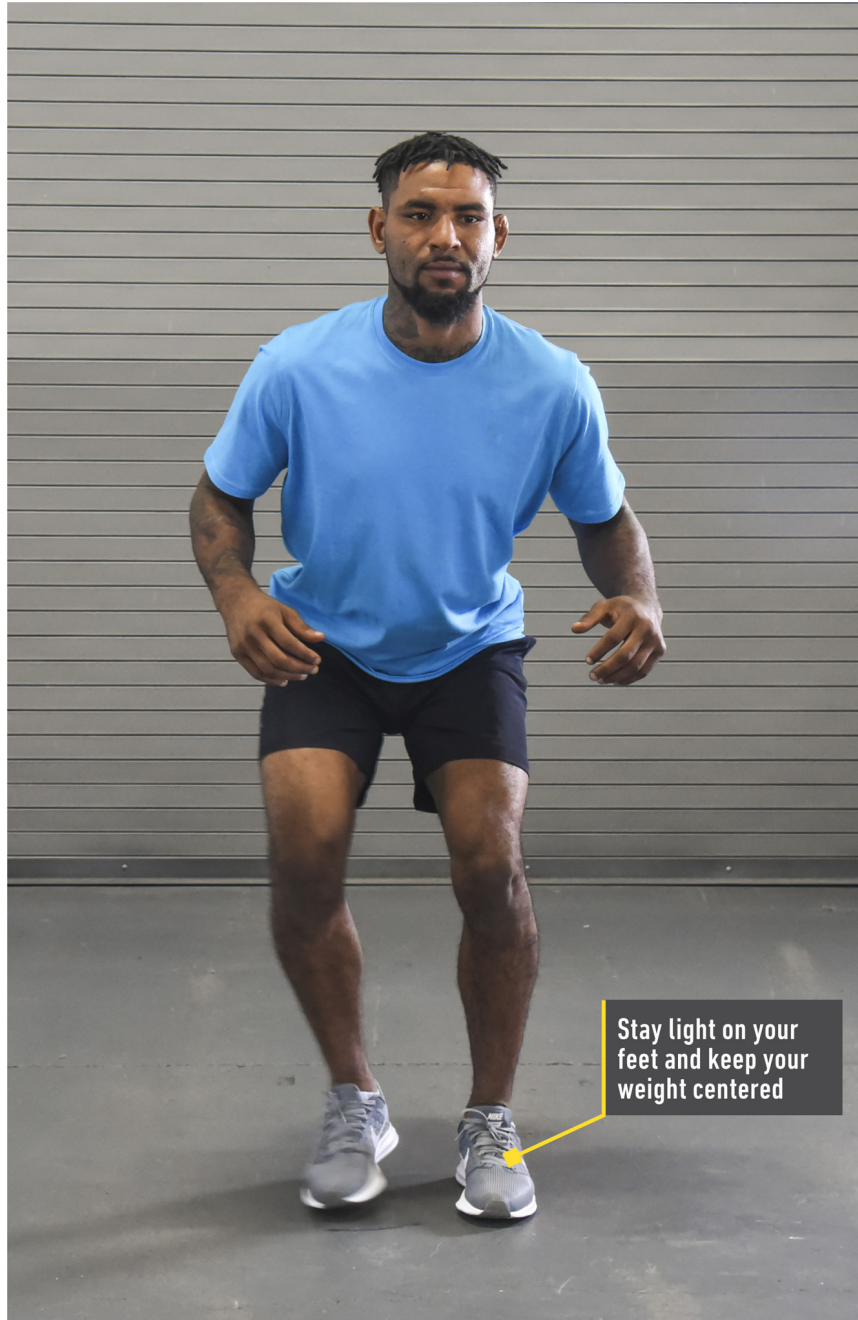
TARGETS /// quads, hamstrings, lower back, and glutes

EQUIPMENT /// none

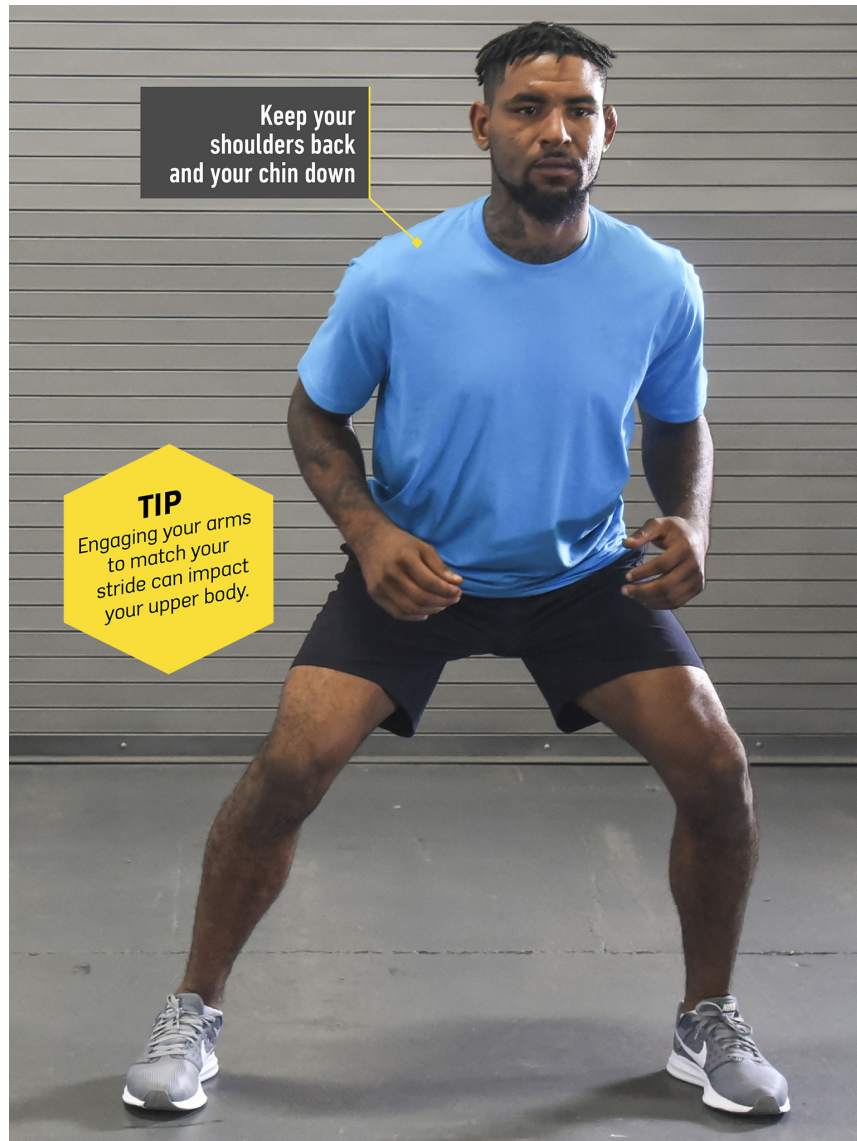
In MMA, this side-to-side motion serves as a way to be elusive and to cover as much lateral distance as possible in a short amount of time. Practicing this often and switching directions challenge your cardio and agility.



1 Stand with your feet wider than hip-width apart and slightly bend your elbows to hold your hands near chest level, keeping your hips low.



2 Step your right foot to your left, engaging your arms as you move.



3 Step your left foot to your left, continuing to engage your arms as you move. Repeat steps 2 and 3 for the duration listed in a workout, then reverse directions.

MAKE IT HARDER

In steps 2 and 3, perform punches, keeping your hands up in front of your face, as if blocking.

SIDE KICKS

TARGETS /// glutes, quads, hamstrings, hip flexors, and adductors

EQUIPMENT /// none

Keep your hips, obliques, abs, and quads strong by keeping your posture and form true. These kicks are an agile but fun way to express MMA confidence while creating a flexion that builds and trims for lean muscle.



- 1 Stand with your feet hip-width apart, place your right leg slightly in front of your left leg, and place your balled hands just under your chin.



2 Step your right foot across your body to directly in front of your left foot, bending your right knee as you prepare to kick.



3 Transfer your weight to your right leg, then extend your left leg and your left arm out to your left side, reaching your foot up and flexing at full extension. Reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch legs.

PLATFORM STEP-UPS

TARGETS /// glutes and hamstrings

EQUIPMENT /// step platform

For toning and strengthening leg muscles, few exercises work better than this one. Not only do you get the benefits of a one-legged squat, but you also get the fun and extension of throwing a Muay Thai kick at the top!



- 1** Place a step platform on the floor, elevate it to almost 2 feet, and stand facing the platform, keeping your balled hands near your face.



2 Step your left foot on the platform and shift your weight forward to begin to bring yourself up onto the platform.



- 3** Lift your right leg off the ground, keeping it off the platform, and raise your knee to its highest point. Reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch legs.

MAKE IT HARDER

In step 1, hold a dumbbell in each hand, then perform steps 2 and 3.

MEDICINE BALL SQUATS

TARGETS /// glutes, quads, hamstrings, and calves

EQUIPMENT /// medicine ball

Squats replicate many everyday activities (like properly lifting and carrying). Holding a medicine ball can give your arms a burn, and the extra weight contributes to the power and conditioning distributed through the legs.



1 Stand with your feet hip-width apart, holding a stability ball at your chest with your hands.



Keep your weight
in your heels for
proper balance

2 Bend your knees to lower yourself into a seated position, then stand up to return to your starting position. Perform this step for the duration listed in a workout.

MAKE IT HARDER

In step 1, hold a kettlebell or a heavy barbell plate to increase the strength you build.

SQUAT JUMPS

TARGETS /// quads, hamstrings, and core

EQUIPMENT /// none

Jump squats are more dynamic than regular squats, helping to tone and shape calves, glutes, and quads. Jumping also challenges your cardiovascular system and improves your vertical agility and coordination.



- 1 Stand with your feet hip-width apart, slightly bend your knees to lower into a semi-squat, and relax your arms at your sides, slightly pulling them past your hips.



2 Push through your feet and swing your arms forward and up as you jump straight up, fully extending your arms above your head, then try to softly land in your starting position. Repeat steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

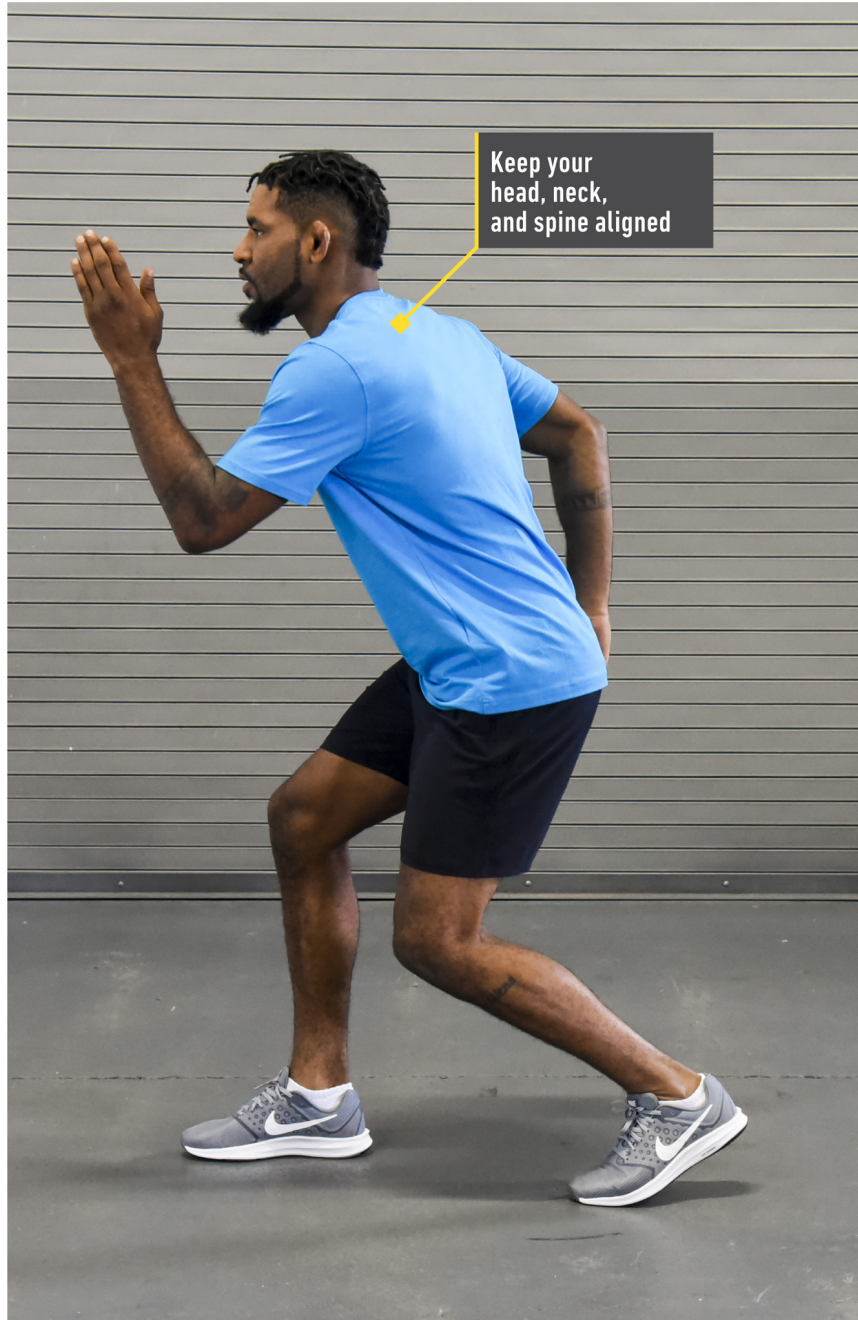
In step 1, hold cables attached to a pulley system to increase your traction.

RUNNING BACKWARD

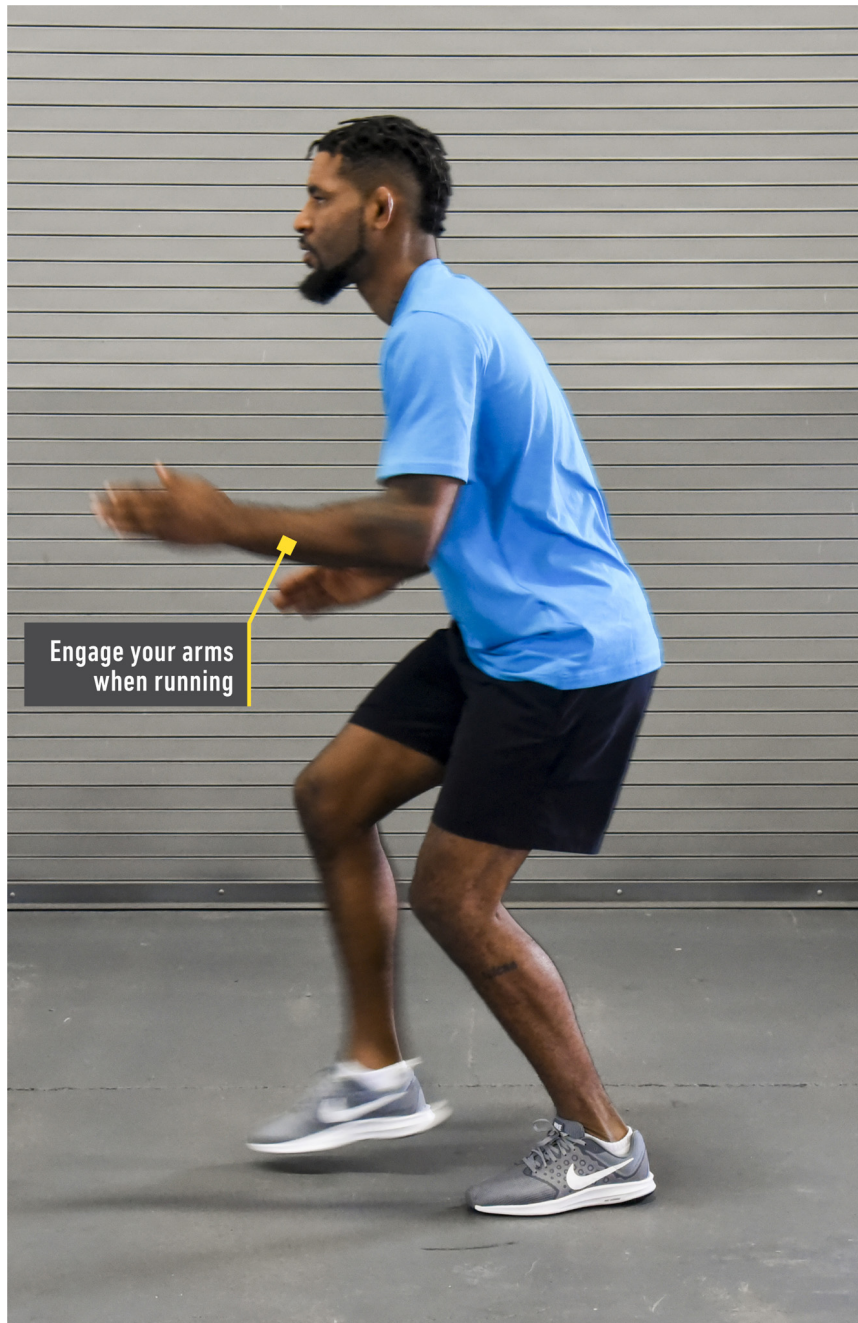
TARGETS /// quads, glutes, calves, and hamstrings

EQUIPMENT /// none

Running backward uses the opposite muscles used in running forward, changing things up and creating resistance. Going backward requires more effort, burning more calories and heightening our senses.



- 1 Stand with your legs hip-width apart, putting your right leg in front and your left leg behind.



Engage your arms
when running

2 Quickly step your right leg behind you, putting the ball of your right foot on the ground before putting the heel of your right foot on the ground, keeping your right foot flat before taking the next step.



- 3** Quickly step your left leg behind you, putting the ball of your left foot on the ground before putting the heel of your left foot on the ground, keeping your left foot flat before taking the next step. Repeat steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

In steps 2 and 3, touch only the balls of your feet on the ground. This helps you increase your agility and balance.

BACKWARD LUNGES

TARGETS /// glutes, quads, calves, and hamstrings

EQUIPMENT /// none

This exercise demands you keep your weight in your forward leg, then you'll quickly change your pace with an aggressive push. Focus on form because you're taking an explosive backward action with a forward attitude.



Align your head,
neck, and spine

1 Stand with your feet together and your hands on your hips.



2 Step your right foot backward, slightly bending your right knee and balancing your right leg on the tip of your toes, and bend your left knee as you begin to lower yourself to the ground.



- 3** Lower yourself until your left knee forms a 90° angle and your right knee almost touches the ground. Start to shift your weight from your front leg to your back leg.



4 Explosively push through your left foot to force yourself back to your starting position. Repeat steps 2 to 4 for the duration listed in a workout, then switch legs.

MAKE IT HARDER

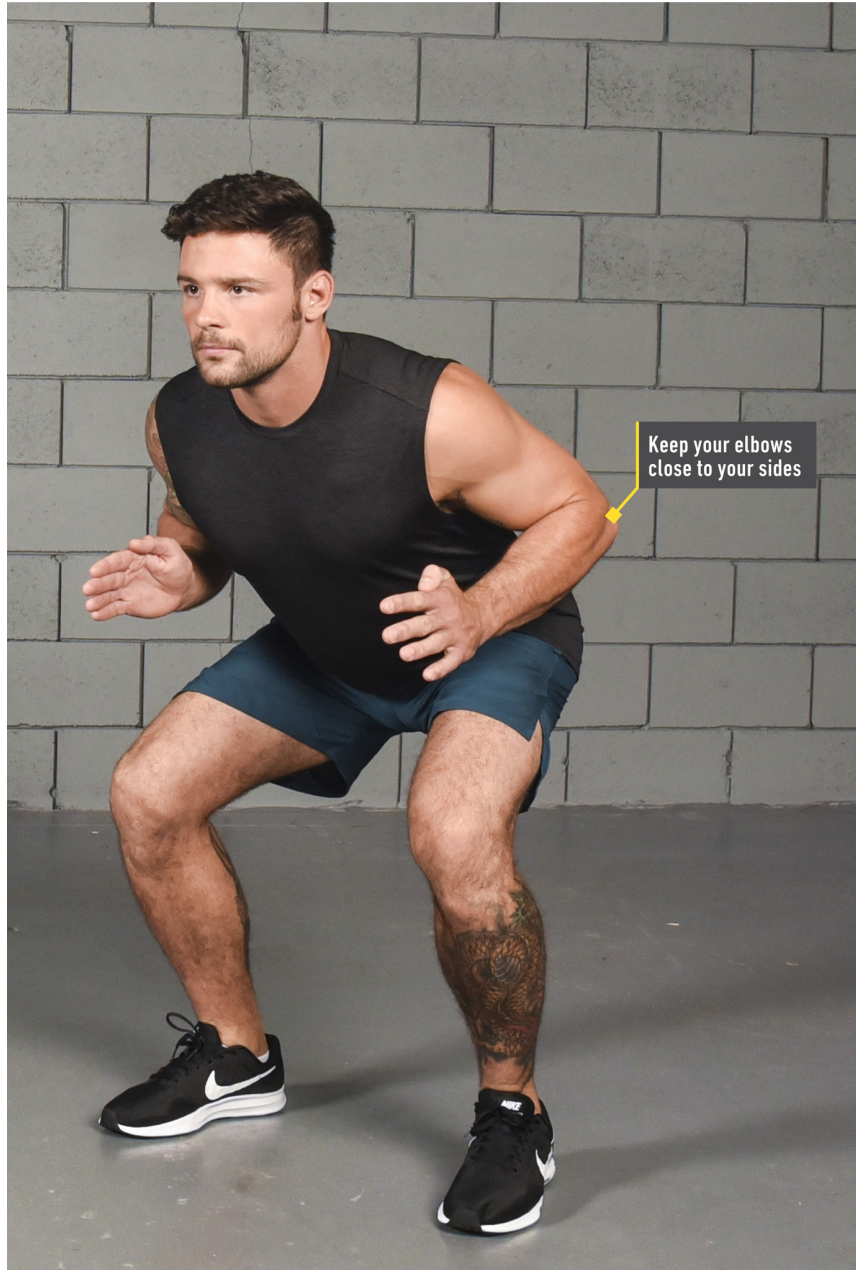
In step 1, hold dumbbells in your hands. In steps 2 and 3, swing your arms overhead as you lunge.

SQUAT STEPS

TARGETS /// hamstrings and core

EQUIPMENT /// none

Keeping a healthy musculoskeletal system is crucial to successful training. These squats can help with that, including being essential for performing functional and strengthening movements with your lower body and joints.

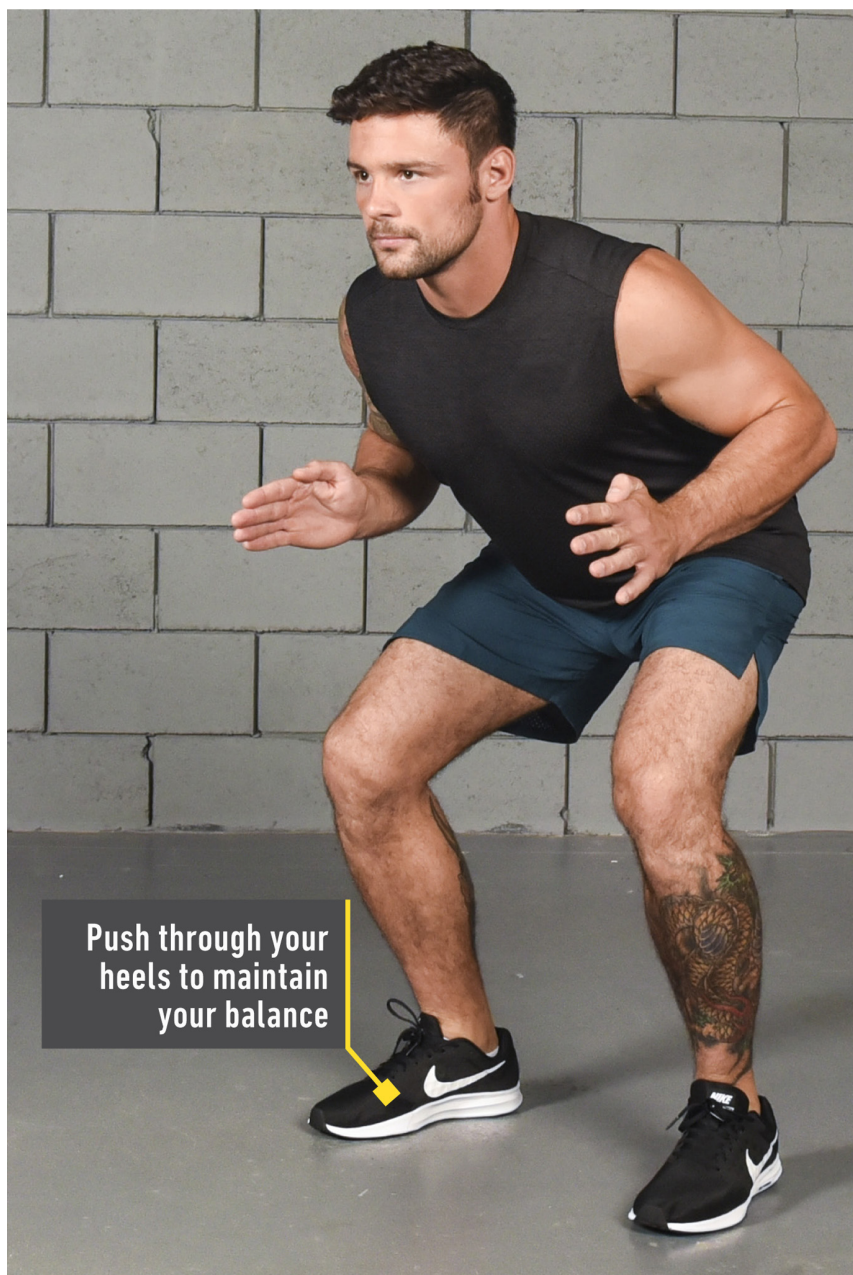


Keep your elbows close to your sides

1 Stand with your feet hip-width apart and bend your elbows to form 45° angles with your arms, then squat down, keeping your weight in your heels and your knees and hips hinged.



2 Step your right foot to the right, continuing to maintain your squatting position.



3 Step your left foot toward your right foot to return to your starting position. Repeat this step for the duration listed in a workout, then reverse your direction.

MAKE IT HARDER

In step 1, hold a medicine ball in your hands at your chest.

BACKWARD SQUAT STEPS

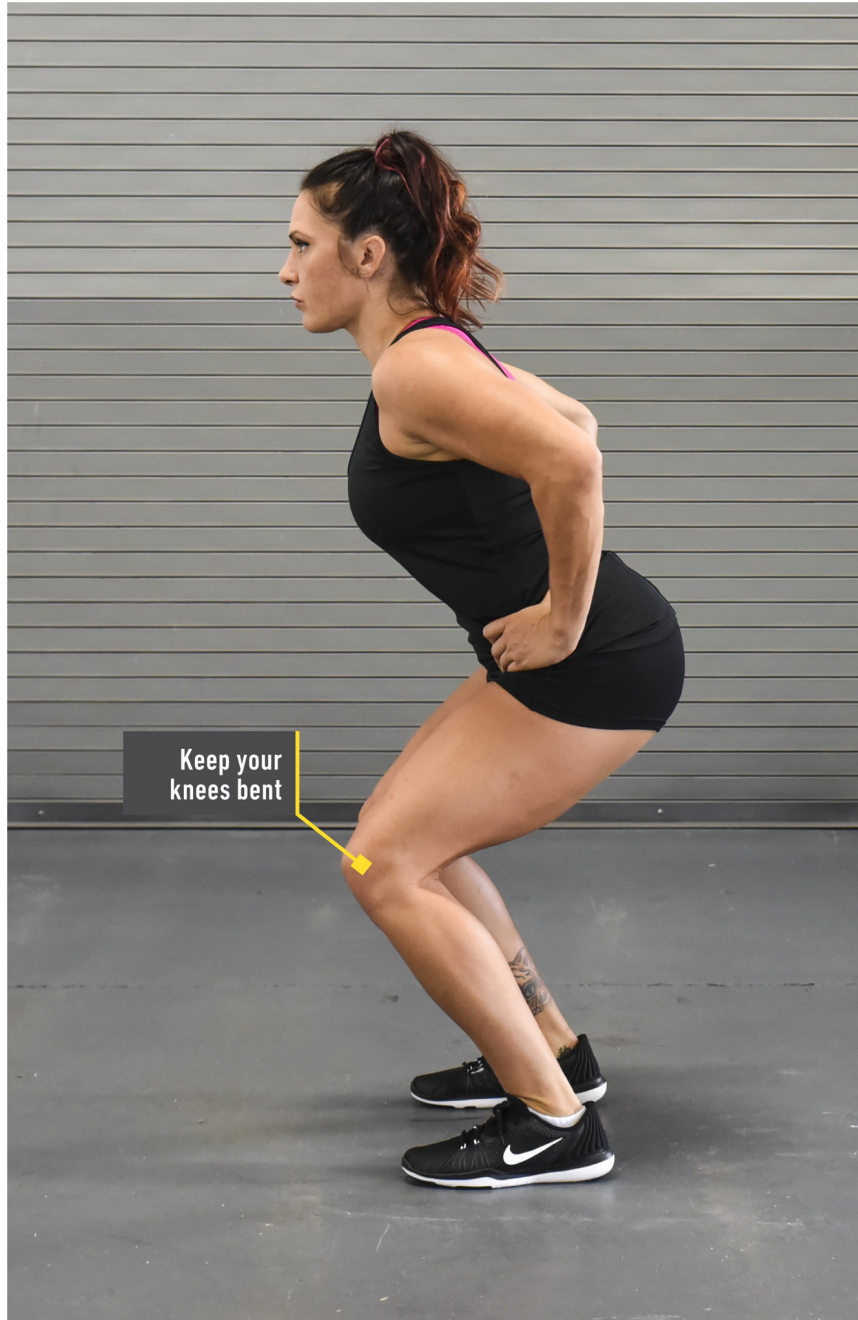
TARGETS /// quads, hamstrings, calves, and abs

EQUIPMENT /// none

Squats are an excellent exercise for enhancing ankle mobility, leg endurance, and overall balance—an ideal addition to any workout—and when done in reverse, they can further strengthen your core stability.



- 1 Stand with your feet hip-width apart, putting your left foot in front of your right foot and bending your right knee to keep your head over your toes.



2 Step your left foot back until it's parallel with your right foot, keeping your hips back, your knees hinged, and your back engaged, and maintain your balance by keeping your weight in your heels.



3 Step your left foot backward, then step your right foot backward until it's parallel with your left foot. Perform steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

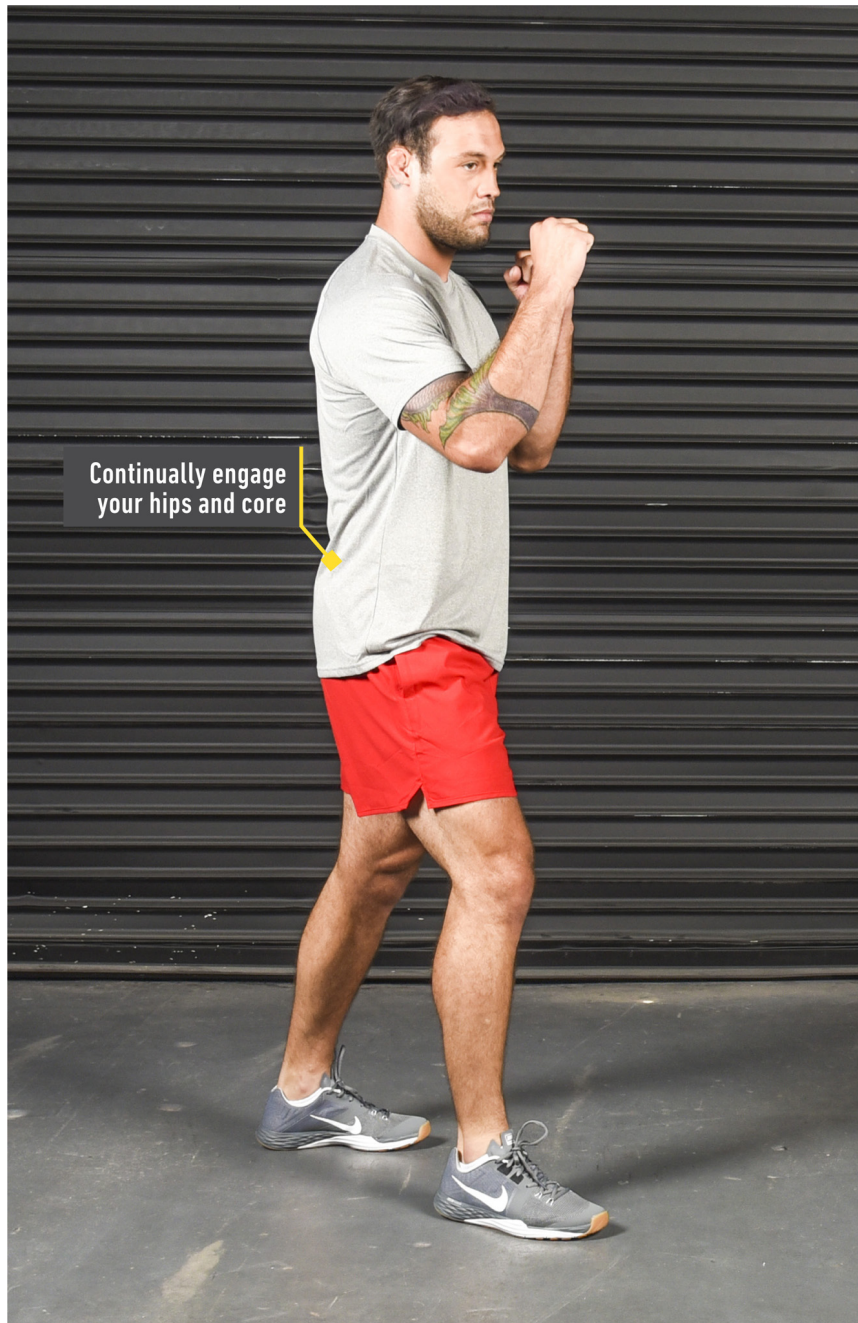
In step 1, hold dumbbells or a resistance band in your hands to increase resistance, then perform steps 2 and 3.

JUMPING KNEES

TARGETS /// abs, hip flexors, lower back, glutes, and hamstrings

EQUIPMENT /// none

Athletically, taking flight has many benefits. This exercise uses your core for pull and explosion; legs for endurance and height; and arms for momentum and balance.



- 1 Stand with your feet hip-width apart, placing your right leg in front of your left leg, and hold your hands near your face.



2 Squat down until your right knee is at a 90° angle, with your left leg serving as a support, then swing your arms up as you spring your body upward.



3 Push your left foot into the ground, lifting your body off the ground and pointing your toe down for maximum flexion, and bring your right knee toward your chest. Once you land, return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch legs.

MAKE IT HARDER

In step 1, start by grabbing a pullup bar. In step 2, bring your bent knees toward your bent elbows.

HEEL-TO-TOE ROCKERS & SQUATS

TARGETS /// quads, calves, shins, glutes, lower back, hamstrings, and thighs

EQUIPMENT /// none

Warming up can help activate muscles and blood flow. Rockers create a fluid motion from front to back and top to bottom, lightly challenging the smaller muscles of your legs and preparing the major muscles to do work.



- 1 Stand with your feet hip-width apart, relax your arms at your sides, and roll your weight onto the tips of your toes.



2 Rock backward to put your heels on the ground and lift your toes off the ground.



Use your arms to help you maintain balance

- 3** Extend your arms out in front of you and bend your knees to lower yourself into a squat position. Reverse your movements to return to your starting position, then repeat steps 2 and 3 for the duration listed in a workout.

MAKE IT HARDER

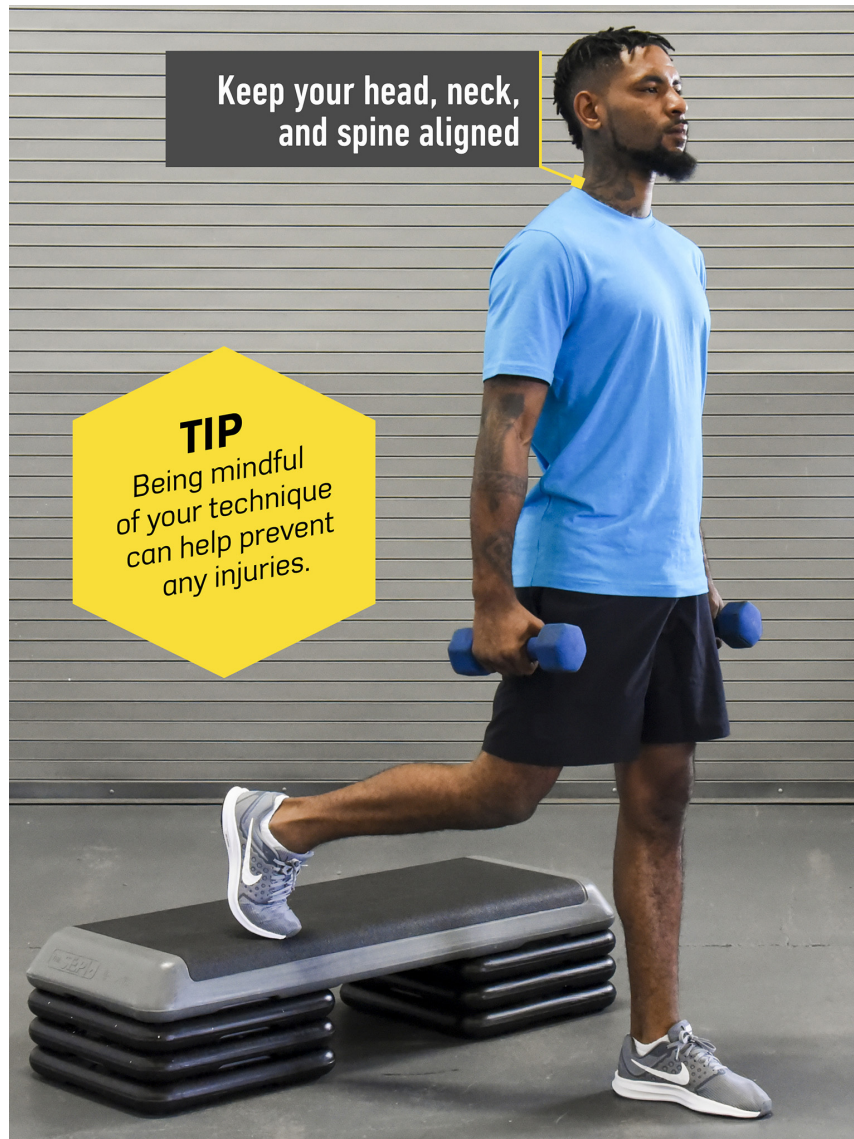
In step 1, hold a kettlebell or a dumbbell in each hand, then perform the remaining steps as described.

SINGLE-LEG SQUATS

TARGETS /// arms, quads, and glutes

EQUIPMENT /// step platform and dumbbells

Not only does this exercise increase your explosiveness and power, but it also enhances endurance. These improvements can help you with your balance while targeting individually allows for equal strengthening.



Keep your head, neck,
and spine aligned

TIP

Being mindful
of your technique
can help prevent
any injuries.

- 1 Stand in front of a step platform with your feet hip-width apart, holding a dumbbell in each hand with an overhand grip. Relax your hands at your sides, then bend your right knee to place the front of your right foot on the platform behind you.



2 Bend your left knee to slowly lower your right knee to the ground, keeping your right knee from touching the ground and hinging at your hips. Reverse your movements to return to your starting position. Repeat these steps for the duration listed in a workout, then switch legs.

MAKE IT HARDER

In step 2, hold your squat position for 5 seconds before reversing your movements, then hold your starting position for 5 more seconds.

SINGLE-HIP THRUSTS

TARGETS /// glutes, hamstrings, calves, and lower back

EQUIPMENT /// elevated step platform

Keeping your hips up and independently working your flexed legs can increase your endurance.

Dropping your hips and rocking engages abs, hamstrings, and glutes, strengthening vital muscles for an MMA physique.



- 1 Rest your weight across your shoulders on the elevated step platform, extending your arms out to your sides. Bend your knees at 90° angles, and keep your feet flat on the ground and your body parallel with the ground.



2 Lift your left leg off the ground to fully extend that leg away from your body, engaging your glutes and abs, then lift up at the hips.



3 Bend your right knee to a 45° angle and buckle at the hip to allow you to lower yourself to the ground, keeping your left leg fully extended.



4 Press through your right foot to lift yourself back up until your body is again parallel with the ground, leading with the hips and continuing to keep your left leg extended and your left foot flexed, then return your left leg to its starting position. Repeat steps 2 through 4 for the duration listed in a workout, then switch legs.

SOCCER BALL TOUCHES

TARGETS /// quads, legs, hamstrings, adductors, and hip flexors

EQUIPMENT /// soccer ball (or a medicine ball)

Shifting, jumping, and balancing while incorporating these ball touches takes concentration and dexterity.

Focus and cardio can improve immensely as you commit to moving and understanding your body mechanics.



- 1 Place a soccer ball on the ground and stand just behind the ball, placing your feet hip-width apart. Bend your right knee to quickly tap your right foot on top of the ball.



2 Quickly step your right foot back to its starting position, then bend your left knee to quickly tap the ball with your left foot. Quickly step your left foot back to its starting position, then repeat these steps for the duration listed in a workout.

MAKE IT HARDER

In step 1, start farther away from the ball, then run toward the ball, perform 10 reps, and run back to your starting position. Repeat this process for the duration listed in a workout.

FULL-BODY EXERCISES



SHADOW BOXING

TARGETS /// arms, legs, and abs

EQUIPMENT /// none

Perhaps the toughest battle you'll ever fight is the one within yourself. Use your cardio, flexibility, technique, and drive to improve your confidence—and let your creativity flow.



1 Stand in an area free from any obstacles, keeping your feet hip-width apart, then stand in a **fight stance**.



TIP

Find balance through good posture and your center of gravity.

2 Perform **jabs, crosses, hooks, elbows, knees, and kicks**. Switch your feet and your arms and legs as you rotate from move to move. Repeat this step for the duration listed in a workout.

MEDICINE BALL SQUAT TOSSES

TARGETS /// legs, glutes, arms, chest, back, shoulders, and core

EQUIPMENT /// medicine ball

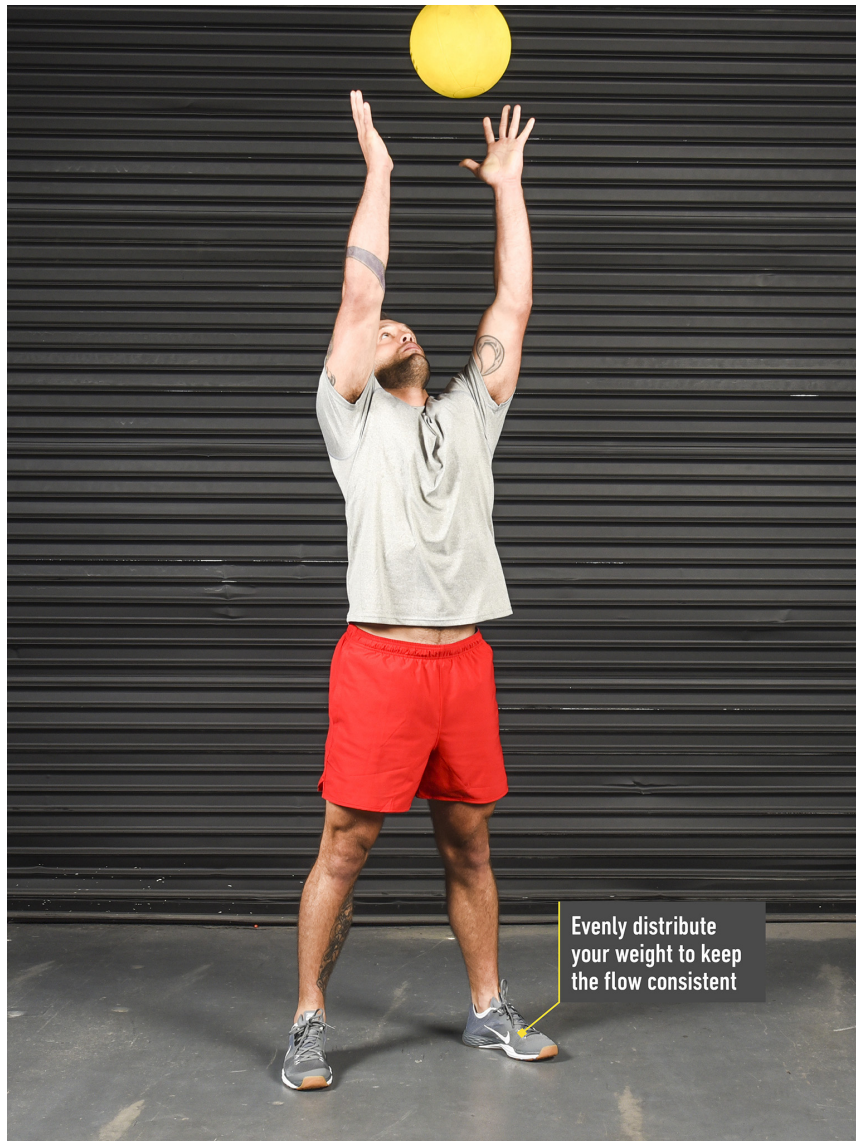
This exercise focuses on functionality and practicality in developing fast twitch. It can also optimize reaction times while transferring energy from your lower body to your upper body, impacting every muscle group in these areas.



TIP
Your elbows touching
your knees is a good
indicator that you're
going low enough.

Keep your weight in
your heels

- 1 Stand with your feet hip-width apart, holding a medicine ball in your hands at your chest. Bend your knees to lower yourself into a squat position.



2 Quickly stand up, tossing the ball up directly above your head, catching the ball at chest level, and lowering yourself into a squat position. Repeat steps 2 and 3 for the duration listed in a workout.

LATERAL CRAWL

TARGETS /// shoulders, chest, arms, abs, and legs

EQUIPMENT /// none

For this exercise, your engaged abs, tucked hips, and bent knees can help you maintain your balance and increase your core strength toward stability while simultaneously lifting the opposite hand and foot off the ground.



- 1 Place your hands side by side on the ground, pointing your fingers forward and slightly bending your elbows, then bend your knees, tuck your hips, and balance your weight on the balls of your feet, keeping your legs wider than hip-width apart.



2 Step your left hand and your right leg to the left, keeping your arms wider than shoulder-width apart and your feet close together.



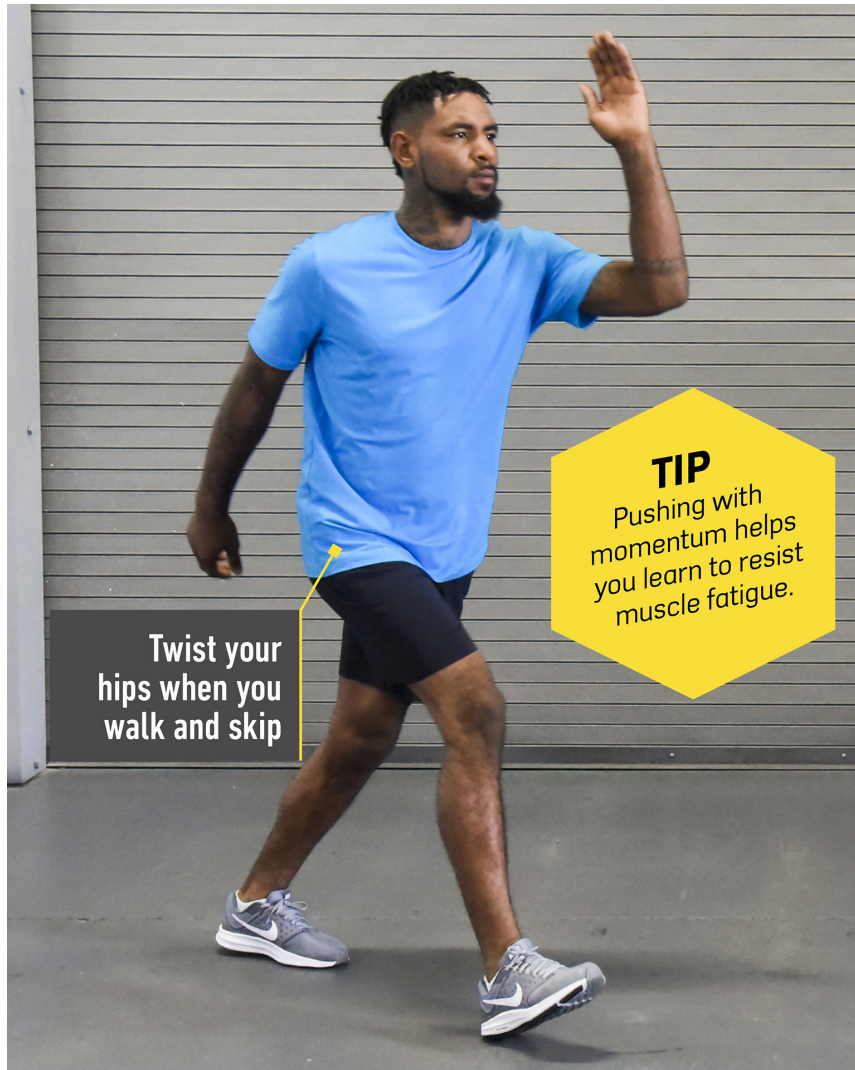
3 Step your right hand and your left leg to the left, returning your legs to hip-width apart and your hands side by side. Repeat steps 2 and 3 for the duration listed in a workout, then reverse direction.

HIGH SKIPS

TARGETS /// quads, hamstrings, and glutes

EQUIPMENT /// none

Jumping benefits you in many ways: to get your heart rate up, to get your blood pumping, and to build a fast twitch in your agility muscles. On a deeper level, they make for a good time and teach us to be explosive in play.



- 1 Stand with your feet hip-width apart and your arms relaxed at your side, then start a skipping motion by raising your right knee and your left arm up as you push through your left foot to launch yourself off the ground.



2 Bring your left knee toward your chest and swing your right arm up as you land softly on the ball of your right foot, then push through your right foot to launch yourself forward and up again.



3 Bring your right knee toward your chest and swing your left arm up as you land softly on the ball of your left foot, then repeat these steps for the duration listed in a workout.

GROUND & POUND

TARGETS /// shoulders, back, and arms

EQUIPMENT /// heavy bag

This exercise is your chance to really let it all out and beat something up—rather than someone. Along with its mental and technical benefits, you'll also give your heart and lungs a workout—great for building endurance.



- 1** Place a heavy bag on the ground, put your left knee on the bag, and balance your left leg on the tips of your left foot, extending your right leg out to your right side and planting your right foot for balance. Place your left hand on the left side of the bag, then punch the bag with your right hand.



2 Bend your right elbow to pull your right arm up, keeping your other hand and arm positions stable.



3 Quickly bring your right elbow down and into the right side of the bag.



4 Replace your right elbow with your right hand and switch your left knee with your right knee, then jump to the other side of the bag.



5 Push through your hands to launch yourself over the bag, then repeat steps 2 to 5 for the duration listed in a workout.

MEDICINE BALL LATERAL LUNGES

TARGETS /// quads, glutes, thighs, hamstrings, and calves

EQUIPMENT /// medicine ball

By lunging side to side, you increase the isometric advantages on each side of your body, creating optimal strength and range of motion. Form and technique can also help you sculpt your whole body evenly.



1 Stand with your feet wider than hip-width apart and hold a medicine ball in your hands at your chest.



2 Bend your right knee to lean your upper body over your bended right knee, keeping your feet planted, and push the ball out in front of you at face level, then reverse your movements to return to your starting position. Repeat this step for the duration listed in a workout, then switch sides.

GOBLET CARRY

TARGETS /// abs, glutes, quads, hamstrings, and calves

EQUIPMENT /// dumbbell

Using weights while performing a lunge makes your muscles, especially your abs, quads, and hamstrings, more dynamic, leading to more strength and lean muscle. This exercise also encourages the ability to stay balanced.



- 1 Stand with your feet hip-width apart and hold a dumbbell vertically at your chest between your palms, keeping your elbows tight to your core.



2 Step your left foot forward, bending your left knee, then bend your right knee as you lower yourself. Keep your right knee slightly off the ground and balance your weight on the ball of your right foot. Reverse your movements to return to your starting position. Repeat this step for the duration listed in a workout, then switch legs.

SIT-OUT ROTATION

TARGETS /// back, shoulders, abs, hips, arms, and legs

EQUIPMENT /// none

Simultaneously engaging different muscle groups in an active rotation allows you to increase your flexibility, heart rate, and circulation. It also loosens the joints and intensely works each muscle in a cooperative effort.



Evenly distribute
your weight between
your hands and feet

- 1 Place your hands flat on the ground, pointing your fingers forward. Place your feet wider than hip-width apart, balancing your legs on the flexed balls of your feet



2 Lift your right leg and left hand off the ground to twist your body to the left at your hips, keeping your left elbow tight to your body, then reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch sides.

PUSHUP ROTATION

TARGETS /// abs, obliques, and legs

EQUIPMENT /// none

This exercise creates a challenge to your balance as well as engages your core independently on each side. Turning at the top and diligent form make for an exceptional muscle-building, fat-burning performance enhancer.



- 1 Put your hands flat on the ground directly below your shoulders, pointing your fingers forward, and balance your weight evenly between your hands and the tips of your feet.



2 Bend your elbows to lower yourself toward the ground, keeping your chest lifted and your elbows tight to your sides.



3 Push yourself up again, returning to your starting position.



4 Twist slightly at your hips to your right, raising your right arm above your head and fully extending your right arm, then bring your left hip forward. Reverse your movements to return to your starting position. Repeat steps 2 through 4 for the duration listed in a workout, then switch sides.

ONE-ARMED DUMBBELL ROW

TARGETS /// back, core, glutes, and hamstrings

EQUIPMENT /// dumbbell

Form is key with this multi-joint, multi-muscle exercise. Harnessing energy from the ground up affects many areas, including stamina, mobility, strength, and power.



1 Stand with your feet hip-width apart and your left foot 2 feet in front of your right foot, placing your left hand on your left knee to help bear some weight. Bend at your waist while keeping your back straight and hold a dumbbell in your right hand with an overhand grip.



2 Bend your right elbow to lift the dumbbell toward your chest, keeping it close to your rib cage, then reverse your movements to return to your starting position. Repeat this step for the duration listed in a workout, then switch arms and legs.

STRAIGHT-LEG ROCKERS

TARGETS /// abs, glutes, hamstrings, lower back, shoulders, and obliques

EQUIPMENT /// none

This exercise involves two Pilates essentials: control and balance. You'll continuously engage your abs while also gaining trunk stabilization and spinal articulation. Momentum is key in gaining the flow and flexibility.



Touch your thumbs
and index fingers

- 1 Sit on the floor, spreading your legs out in front of you and extending your arms above your head.



2 Tuck your chin into your chest and rock backward, swinging your legs over your head and putting your arms flat on the ground. When your feet touch the ground, push through your toes to rock forward.



3 As you rock forward, at the top of the rolling movement, extend your right leg out and bring your left foot toward your groin.



4 Reach your arms behind you again as you rock on your back to propel yourself backward, pulling your legs together to tap the ground behind you with your toes.



5 Rock forward, extending your left leg again and pulling your left foot toward your groin. Rock backward again, then repeat steps 2 to 5 for the duration listed in a workout.

SIDE SCISSORS

TARGETS /// arms, abs, obliques, lats, hips, and legs

EQUIPMENT /// none

This exercise strengthens your abs, obliques, and lats—muscles that are key in contributing to a strong and defined core. Working one side of your body at a time can also help you develop better balance.



1 Lie on your right side, stacking your feet with your right elbow and forearm on the ground and your left arm relaxed at your side. Push through your right forearm to lift your upper body off the ground, raising your hips to form a straight decline from your shoulders and extending your left arm up in the air.



2 Once you're stable in the side plank, lift your left leg off your right leg to complete the star, then reverse your movements to return to your starting position. Repeat these steps for the duration listed in a workout, then switch sides.

ELBOW-TO-ANKLE LUNGES

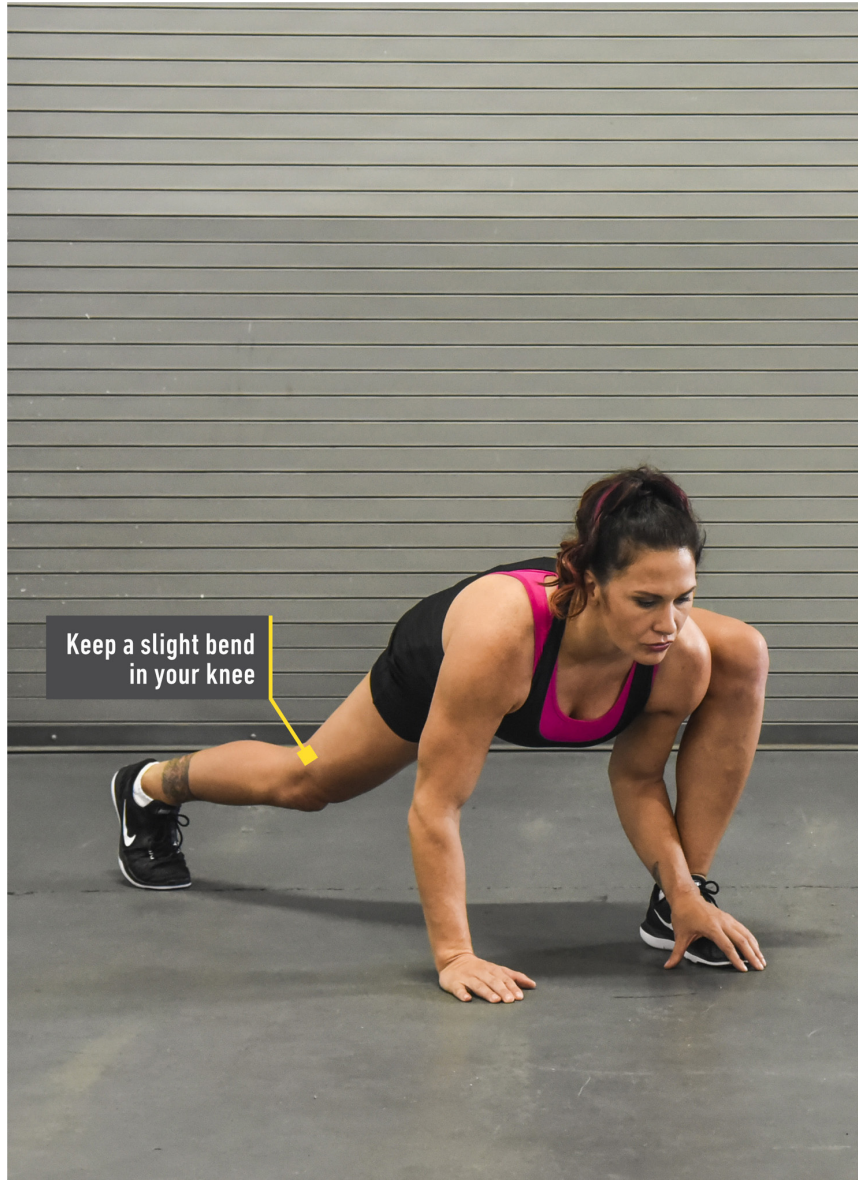
TARGETS /// groin, hip flexors, glutes, hamstrings, and deltoids

EQUIPMENT /// none

This exercise stretches and strengthens your lower body, back, hips, and shoulder muscles. Focus on technique to ensure you're strengthening and benefitting both sides of your body equally.



1 Stand with your feet hip-width apart and your arms relaxed at your sides.



2 Bend your left knee to form a 90° angle and slightly bend your right knee as you lower yourself to the ground, placing your left elbow inside your left instep.



- 3** Fully extend your right leg behind you, then step your right leg forward to return to your original standing position. Repeat steps 2 and 3 for the duration listed in a workout, then switch legs.

SPIDER CRAWL

TARGETS /// trapezius, lats, deltoids, triceps, pectorals, abs, and glutes

EQUIPMENT /// none

Almost nothing helps you develop isometric muscles more than an exercise that demands you support your weight with your arms and legs. Continually engage your core, and work toward moving quickly and taking larger steps.



- 1 Put your hands flat on the ground, pointing your fingers forward, and balance your body on the flexed balls of your feet.



2 Bend your right knee to step your right foot forward to outside your right hand, keeping your right foot flat on the ground and your body balanced on the ball of your left foot.



3 Step your right hand forward and bend your left knee until it almost touches the ground, keeping your right knee bent.



4 Simultaneously walk your left hand forward to parallel with your right hand as you step your left foot forward to outside your left hand. Bend your right knee until it almost touches the ground, then step your left hand forward and bring your left knee toward your left elbow. Repeat steps 2 to 4 for the duration listed in a workout.

INCHWORM

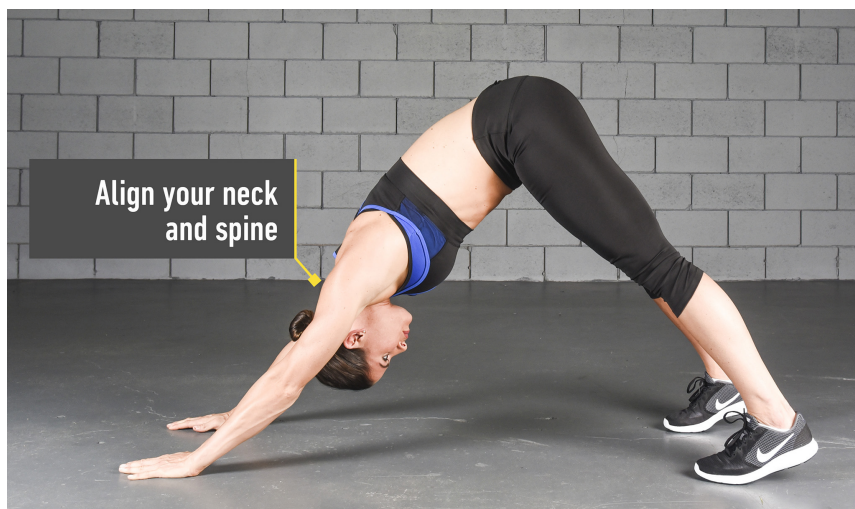
TARGETS /// shoulders, abs, delts, chest, glutes, and hamstrings

EQUIPMENT /// none

This exercise can help you stretch and tone in multiple areas as well as increase your muscular endurance, flexibility, energy, and strength.



- 1 Stand with your feet hip-width apart and bend at your hips to place your hands on the ground, putting your right hand in front of your left hand.



2 Slowly walk your hands forward, alternating as you go, as you begin to lower yourself to the ground.



3 Walk your hands forward until your hips are at their lowest point, allowing your thighs to just barely touch the ground and keeping your weight distributed evenly in your hands and toes.



4 Push through your hands to lift your hips up off the ground and keep your hands stationary as you begin to walk your feet forward toward your hands, keeping your legs as straight as possible. Repeat steps 2 to 4 for the duration listed in a workout.

MEDICINE BALL BURPEES

TARGETS /// chest, arms, shoulders, thighs, hamstrings, and core

EQUIPMENT /// medicine ball

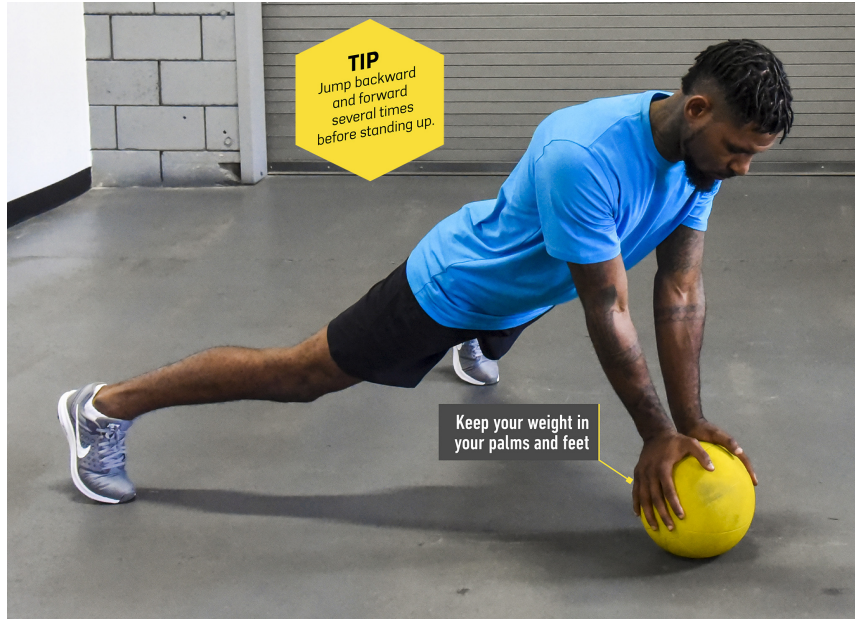
You won't find many exercises as thorough as burpees. Adding a medicine ball to this classic exercise can make a stronger and more explosive impact on your entire body.



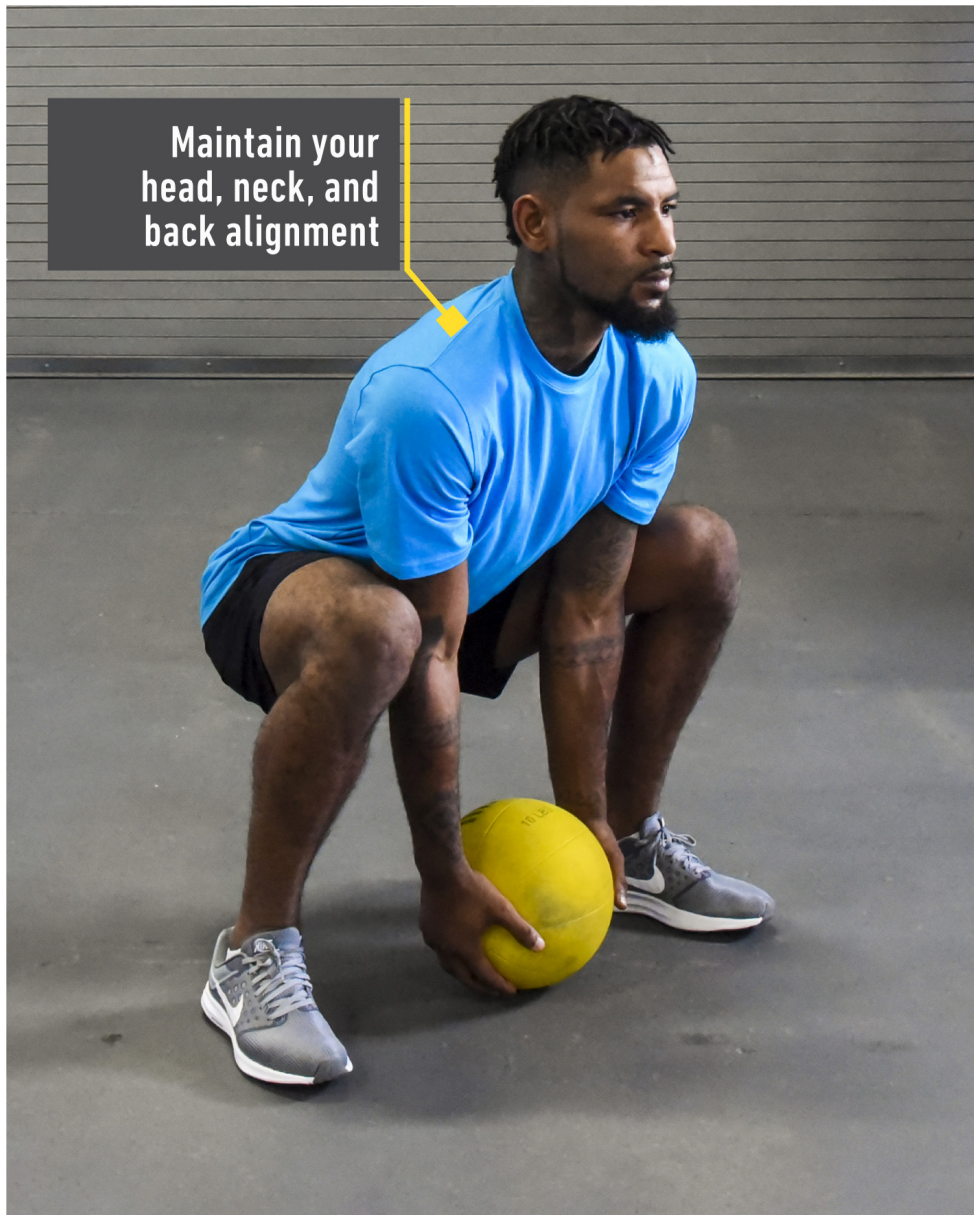
1 Stand with your feet hip-width apart, holding a medicine ball in both hands at your stomach and keeping your chin down.



2 Bend your knees to lower yourself into a squat position, shifting your hands to the top of the ball, then touch the ball to the ground.



3 Jump both feet backward, keeping them 2 feet wide and keeping your arms extended in the plank position.



4 Jump both feet forward to return them to their starting positions next to the ball, switching your hands to the sides of the ball, then stand to return to your starting position. Repeat steps 2 to 4 for the duration listed in a workout.

FARMER'S WALK

TARGETS /// shoulders, back, core, forearms, and legs

EQUIPMENT /// kettlebells

This exercise might seem simple, but it can strengthen and balance your motions, imperative to creating the symmetry for the body you want. This works your big muscle groups as well as tightens less obvious areas.



- 1 Stand with your feet close together and hold a kettlebell in each hand, relaxing your arms at your sides and keeping your chin down.



2 Step your right foot forward, touching your heel to the ground and then your toes, and keep your arms straight.



- 3 Step your left foot forward, touching your heel to the ground and then your toes, and continue to keep your arms straight. Repeat steps 2 and 3 for the duration listed in a workout.

TURKISH SITUPS

TARGETS /// abs, obliques, quads, hamstrings, glutes, triceps, trapezius, and deltoids

EQUIPMENT /// kettlebell

This exercise requires you to use your whole body in cooperation with a kettlebell, helping you become more proficient with everyday movement and mobility.



1 Lie on your back on the floor with your legs hip-width apart and a kettlebell at your right shoulder. Bend your right knee to place your right foot flat on the ground and opposite your left knee.



2 Bend slightly at your hips and push up onto your left elbow as you raise your right arm, extending it straight about your right shoulder.



3 Extend your left arm until you can push yourself up onto your left palm, keeping your right elbow straight and allowing the kettlebell to rest on your right forearm. Reverse your movements to return to your starting position. Repeat steps 2 and 3 for the duration listed in a workout, then switch arms.

PROGRAMS & WORKOUTS



STRENGTH PROGRAM

Your physical stamina depends on how fit and how strong you are. This program helps you develop strength from top to bottom, giving you confidence to take on any challenge.

	WEEK 1	WEEK 2
DAY 1	Up, Down & Out	Bottoms Up
DAY 2	Handle It	Chasing Air
DAY 3	Bottoms Up	Handle It
DAY 4	Sorry, Not Sorry	Up, Down & Out
DAY 5	The Time Is Meow	Rest
DAY 6	Down & Dirty	Sorry, Not Sorry
DAY 7	Rest	Down & Dirty

	WEEK 3	WEEK 4
DAY 1	The Time Is Meow	Rest
DAY 2	Sorry, Not Sorry	Down & Dirty
DAY 3	Rest	Up, Down & Out
DAY 4	Down & Dirty	Sorry, Not Sorry
DAY 5	Chasing Air	The Time Is Meow
DAY 6	Handle It	Bottoms Up
DAY 7	Bottoms Up	Handle It



BOTTOMS UP

OBJECTIVE /// to enhance muscle control

EQUIPMENT /// plyometric box, medicine ball, heavy bag, and kettlebell

This workout mixes familiar MMA techniques with practical but simulated motions. Starting from the legs and going up, put your mind in fight mode and smash through every set.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Platform step-ups	60 secs
Medicine ball burpees	8 reps
Kettlebell pulls	20 secs
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Backward lunges	10 reps per leg
Push kicks	6 reps per leg
Glute march	6 reps per side
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
One-armed press	6 reps per arm
Elbow taps	6 reps per arm
Straight-leg rockers	9 reps per leg
Rest	30 secs



CHASING AIR

OBJECTIVE /// to tone muscles

EQUIPMENT /// medicine ball

Increase your strength and speed with these explosive and muscle-engaging motions. Yes, they're tough and demanding, but you can bend them to your will.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
High skips	20 yards each way
Side scissors	45 secs
Overhead slams	6 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball punches	12 reps
Backward squat steps	10 reps each leg
Heel-to-toe rockers & squats	10 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball jumps	5 reps
Carioca	20 yards each way
Farmer's walk	20 yards each way
Rest	30 secs



THE TIME IS MEOW

OBJECTIVE /// to increase overall strength

EQUIPMENT /// barbell plate, step platform, and medicine ball

Strong and dynamic legs and core can make the difference in mobility in everyday performance. No better time to make the necessary improvements than right *meow!*

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
One-legged weight drops	6 reps
Medicine ball lateral lunges	12 reps
Inchworm	6 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Single-hip thrusts	6 reps
Carioca	20 yards each way
Backward overhead throws	3 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball situps	15 secs
Squat steps	10 reps
Knee-to-elbow touches	12 reps
Rest	30 secs





SORRY, NOT SORRY

OBJECTIVE /// to increase strength

EQUIPMENT /// medicine ball, barbell with weights, and plyometric box

Who you are is perfect—make no apology for the madness. Meet your match in intensity as you strengthen from the inside out.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Medicine ball squat tosses	8 reps
Floor press	5 reps
Glute march	12 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball burpees	6 reps
Heel-to-toe rockers & squats	10 reps
Side kicks	10 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Platform step-ups	30 secs
Overhead slams	6 reps
Side scissors	45 secs
Rest	30 secs



UP, DOWN & OUT

OBJECTIVE /// to increase kinetic energy

EQUIPMENT /// medicine ball and kettlebell

Enjoy the brief rest periods in this workout because you're going to have to change positions quickly—from up to down to out.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Single-leg squats	5 reps per leg
Elbow taps	6 reps per side
Shadow boxing	20 secs
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball situps	6 reps
Backward lunges	20 secs
Medicine ball twist	20 secs
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
One-armed kettlebell carry	20 secs
Squat jumps	6 reps
Side scissors	45 secs
Rest	30 secs



DOWN & DIRTY

OBJECTIVE /// to build confidence

EQUIPMENT /// T-shirt, kettlebell, heavy bag, and medicine ball

Challenge yourself by digging down and dirty mentally to bring your body tightness, balance, and strength to the next level.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Medicine ball burpees	8 reps
Side scissors	20 secs
Shadow boxing	20 secs
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Tempo pushups	20 reps
Straight-leg rockers	6 reps
Glute march	6 reps per leg
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
T-shirt curls	20 secs
One-armed kettlebell carry	15 secs
Ground & pound	20 secs
Rest	30 secs



HANDLE IT

OBJECTIVE /// to build trunk support

EQUIPMENT /// dumbbells and medicine ball

Using equipment as well as movements similar to those in fighting can help you develop that MMA body. Handling the workload with practicality in mind makes goals easily attainable.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Goblet carry	16 reps
Sit-out rotation	6 reps
Medicine ball chest press	6 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Farmer's walk	20 yards each way
Side kicks	5 reps per side
Running backward	20 yards each way
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
One-armed dumbbell row	6 reps per side
Bird dog	6 reps per side
Arm circles	20 secs each arm
Rest	30 secs



STABILITY PROGRAM

Your body's ability to stay balanced is essential for keeping you mentally and physically healthy. This program helps you build on that foundation while also enhancing your overall flexibility.

	WEEK 1	WEEK 2
DAY 1	It Takes Balls	Foot Fire
DAY 2	Mama Said	Bad Intentions
DAY 3	Foot Fire	Rock to the Beat
DAY 4	Rock to the Beat	It Takes Balls
DAY 5	Bad Intentions	Rest
DAY 6	Legs for Daze	Mama Said
DAY 7	Rest	Legs for Daze

	WEEK 3	WEEK 4
DAY 1	It Takes Balls	Rest
DAY 2	Rock to the Beat	Legs for Daze
DAY 3	Rest	It Takes Balls
DAY 4	Mama Said	Bad Intentions
DAY 5	Foot Fire	Rock to the Beat
DAY 6	Legs for Daze	Mama Said
DAY 7	Bad Intentions	Foot Fire



MAMA SAID

OBJECTIVE /// to regain control

EQUIPMENT /// speed bag, heavy bag, medicine ball, and kettlebell

She said there'd be days like this, and getting through them is the prize. Push yourself until you make Mama proud, then stand tall because you did it!

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Medicine ball wall sit	20 secs
Running backward	20 yards each way
Ground & pound	20 secs
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball lateral lunges	6 reps per leg
Inchworm	6 reps
Pushup rotation	3 reps per side
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball hip throws	3 reps per arm
Squat steps	15 secs per leg
Turkish situps	8 reps
Rest	30 secs



FOOT FIRE

OBJECTIVE /// to increase stability

EQUIPMENT /// soccer ball

Your endurance depends on your legs more than any other body part, and this workout sets you aflame with enhancing and strengthening your power, agility, and lasting performance. Make sure you shake out between each continuous set.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Farmer's walk	20 secs each way
Soccer ball touches	15 reps
Side scissors	45 secs
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Sit-out rotation	6 reps
Side-to-side shuffle	15 secs
Backward squat steps	10 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Plank drop to elbows	12 reps
Side kicks	5 reps per leg
Heel-to-toe rockers & squats	10 reps
Rest	30 secs



BAD INTENTIONS

OBJECTIVE /// to develop agility

EQUIPMENT /// plyometric box, medicine ball, kettlebell, and barbell with weights

Be victorious no matter what. These dynamic motions use and encourage results in every part of your body. No matter the intention, take personal accountability in completing this workout with success.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Box jumps	5 reps
Overhead slams	5 reps
Bird dog	8 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Kettlebell punches	30 secs
Carioca	20 yards each way
Inchworm	30 secs
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball squats	8 reps
Floor press	5 reps
Lateral crawl	15 secs per side
Rest	30 secs



IT TAKES BALLS

OBJECTIVE /// to increase dexterity

EQUIPMENT /// medicine ball, dumbbells, and soccer ball

Adding weight or resistance creates accountability in form and commitment to improving workout habits. Measure your growth and endurance while you push yourself time and time again.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Medicine ball hip throws	10 reps per side
Lateral crawl	15 secs per side
Medicine ball twist	17 reps per side
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
One-armed dumbbell row	6 reps per side
Medicine ball chest press	6 reps
Soccer ball touches	30 secs
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
One-legged weight drops	6 reps
Goblet carry	16 reps per leg
Side scissors	45 secs
Rest	30 secs



LEGS FOR DAZE

OBJECTIVE /// to fortify balance

EQUIPMENT /// medicine ball, step platform, and T-shirt

Having strong legs when the going gets tough can give you the advantage you need to persevere. Push through these now and thank yourself later.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Running backward	20 yards each way
Sit-out rotation	6 reps
Medicine ball squats	5 reps
Rest	60 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball jumps	5 reps
Carioca	20 yards each way
Backward squat steps	10 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball hip throws	6 reps
Single-hip thrusts	6 reps
T-shirt curls	20 secs per side
Rest	30 secs



ROCK TO THE BEAT

OBJECTIVE /// to improve balance

EQUIPMENT /// soccer ball, medicine ball, step platform, and plyometric box

Find your rhythm during this workout, but continually remain focused on form to ensure you get the most from these diverse and technical exercises.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Platform step-ups	45 secs
Knee-to-elbow touches	12 reps
Sit-out rotation	6 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Soccer ball touches	30 secs
Squat steps	10 reps
Side scissors	10 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball lateral lunges	12 reps
Pushup rotation	6 reps
Bird dog	12 reps
Rest	30 secs



POWER PROGRAM

If you're looking for more force and more speed in your everyday life, increasing your muscle command can help. This program boosts your power and renews your focus on form.

	WEEK 1	WEEK 2
DAY 1	Cat Be Nimble	Can't Touch This
DAY 2	Get Your Mind Right	Overtaker
DAY 3	Overtaker	Get Down, Get Down
DAY 4	Get Down, Get Down	Get Off Me
DAY 5	Leave It All Out There	Rest
DAY 6	Get Off Me	Get Your Mind Right
DAY 7	Rest	Cat Be Nimble

	WEEK 3	WEEK 4
DAY 1	Get Down, Get Down	Rest
DAY 2	Can't Touch This	Cat Be Nimble
DAY 3	Rest	Can't Touch This
DAY 4	Overtaker	Get Your Mind Right
DAY 5	Cat Be Nimble	Get Off Me
DAY 6	Get Off Me	Get Down, Get Down
DAY 7	Get Your Mind Right	Leave It All Out There



GET DOWN, GET DOWN

OBJECTIVE /// to strengthen pace

EQUIPMENT /// medicine ball

You'll definitely get down—on the ground and with repeated motions—as you find and develop your rhythm to each exercise's movements.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Backward overhead throws	5 reps
Side scissors	45 secs
Spider crawl	30 secs
Rest	90 secs

CIRCUIT 2

EXERCISE	DURATION
Arm circles	20 reps each way
Tempo pushups	30 secs
Shadow boxing	30 secs
Rest	90 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball twist	17 reps per side
Lateral crawl	15 secs each way
Ground & pound	20 secs
Rest	90 secs



OVERTAKER

OBJECTIVE /// to increase speed

EQUIPMENT /// medicine ball, plyometric box, and kettlebell

Keep your pace even but strong during these exercises so you aren't overwhelmed—or even overtaken by their demands.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Medicine ball hip throws	10 reps per side
Box jumps	5 reps
Elbow-to-ankle lunges	20 secs
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Single-leg squats	6 reps per leg
Side scissors	20 secs per side
Straight-leg rockers	9 reps per leg
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Kettlebell pulls	20 secs
Side-to-side shuffle	20 yards each way
Bird dog	8 reps
Rest	30 secs



CAT BE NIMBLE

OBJECTIVE /// to develop fluidity

EQUIPMENT /// dumbbells, kettlebell, and medicine ball

Be Cat-like quick with how fast you move from exercise to exercise in each circuit in this workout—a great push for your mind and body.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
One-armed dumbbell row	6 reps
Squat jumps	6 reps
Single-armed kettlebell carry	8 reps
Rest	90 secs

CIRCUIT 2

EXERCISE	DURATION
Handstand pushups	8 reps
Overhead slams	6 reps
Jumping knees	4 reps per side
Rest	90 secs

CIRCUIT 3

EXERCISE	DURATION
Elbow taps	12 reps
Glute march	12 reps
Kettlebell punches	20 secs
Rest	90 secs



GET OFF ME

OBJECTIVE /// to maximize power

EQUIPMENT /// medicine ball and heavy bag

This workout is definitely tough—but you’re tougher. Everything in these circuits is designed to be diverse but demanding to show yourself what you’re made of. You can do anything!

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Lateral crawl	15 secs a side
Medicine ball chest press	6 reps
Push kicks	5 reps per side
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball twist	17 reps per side
Shadow boxing	20 secs
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Plank drop to elbows	20 secs
Inchworm	6 reps
High skips	20 yards each way
Rest	30 secs



CAN'T TOUCH THIS

OBJECTIVE /// to increase concentration

EQUIPMENT /// medicine ball, heavy bag, and step platform

Everything involved in this workout is related to defense and offense in reaching your goals. Being agile and aggressive in intention can build confidence in your movements.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Push kicks	10 reps
Single-hip thrusts	6 reps
Pushup rotation	5 reps per side
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Jumping knees	6 reps
Medicine ball hip throws	6 reps per side
Squat steps	10 reps
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Arm circles	20 reps each way
High skips	20 yards each way
Ground & pound	20 secs
Rest	30 secs



GET YOUR MIND RIGHT

OBJECTIVE /// to increase repetition

EQUIPMENT /// kettlebell, medicine ball, heavy bag, and plyometric box

Every time you push beyond your comfort zone, you define the new level of your limits. Be resilient in this workout and keep your mind right for your goals.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Turkish situps	6 reps
Shadow boxing	20 secs
Heel-to-toe rockers & squats	10 reps
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
Medicine ball situps	6 reps
Side-to-side shuffle	20 yards each way
Push kicks	5 reps per side
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Medicine ball hip throws	6 per side
Box jumps	5 reps
Plank drop to elbows	20 secs
Rest	30 secs



LEAVE IT ALL OUT THERE

OBJECTIVE /// to enhance range of motion

EQUIPMENT /// heavy bag, medicine ball, and step platform

Finishing stronger than you started is how you'll go from ordinary to extraordinary. Walk away from training knowing you did your best, and remember to benchmark your progress.

Perform these circuits in order three times for an effective workout.

CIRCUIT 1

EXERCISE	DURATION
Push kicks	10 reps
Medicine ball burpees	8 reps
Side-to-side shuffle	20 yards each way
Rest	30 secs

CIRCUIT 2

EXERCISE	DURATION
One-armed press	6 reps per side
Single-hip thrusts	6 reps per side
Shadow boxing	30 secs
Rest	30 secs

CIRCUIT 3

EXERCISE	DURATION
Backward squat steps	10 reps
Medicine ball twist	17 reps per side
Ground & pound	20 secs
Rest	30 secs



I dedicate this book to my son, Brayden Zingano, the young man who will forever remain my baby. In so many ways, at different points in our lives, Brayden has given me the drive, strength, and motivation to keep moving forward through any and all of life's challenges.

ACKNOWLEDGMENTS

I want to thank Loren Landow, Josh Ford, and all my teammates, coaches, family, friends, and students who have contributed to my success along the way. Special thanks to my other teammates—editor Christopher Stolle, designer William Thomas; art director Nigel Wright; photographer Robert Randall; and models Danyelle Wolf, Paulina Granados, Darrion Caldwell, Nick Piedmont, and Tarsis Humphreys, the models—for their help in making my dream of writing a book come true.

ABOUT THE AUTHOR

Cat Zingano is a top contending UFC fighter who held world championship belts in the Ring of Fire and Fight to Win in the bantamweight and flyweight divisions. She was also the undefeated flyweight world champion before she moved up to bantamweight. Cat's currently a world champion in Brazilian jiu-jitsu, holding a purple belt in that sport, and as a wrestler in college, she was a two-time all-American and a two-time national champion. She has wins over two UFC bantamweight champions (Miesha Tate and Amanda Nunez) and has fought in nothing but #1 contender or title fights in the last 7 years. Cat lives in San Diego with her son.



Penguin
Random
House

Publisher Mike Sanders
Associate publisher Billy Fields
Acquisitions editor Christopher Stolle
Development editor Christopher Stolle
Book designer William Thomas
Photographer Robert Randall
Art director Nigel Wright
Prepress technician Brian Massey
Proofreader Laura Caddell

DIGITAL OPERATIONS
Assistant Producer Chandni Jain

First American Edition, 2018
Published in the United States by DK Publishing
6081 E. 82nd Street, Indianapolis, Indiana 46250

Copyright © 2018 Dorling Kindersley Limited
A Penguin Random House Company

All rights reserved.

Without limiting the rights under the copyright reserved above, no part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of the copyright owner.

Published in the United States by Dorling Kindersley Limited.

ISBN: 9781465469960

This digital edition published 2017
eISBN: 9781465475633

Library of Congress Catalog Number: 2017952281

Note: This publication contains the opinions and ideas of its author(s). It is intended to provide helpful and informative material on the subject matter covered. It is sold with the understanding that the author(s) and publisher are not engaged in rendering professional services in the book. If the reader requires personal assistance or advice, a competent professional should be consulted. The author(s) and publisher specifically disclaim any

responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

Trademarks: All terms mentioned in this book that are known to be or are suspected of being trademarks or service marks have been appropriately capitalized. Alpha Books, DK, and Penguin Random House LLC cannot attest to the accuracy of this information. Use of a term in this book should not be regarded as affecting the validity of any trademark or service mark.

DK books are available at special discounts when purchased in bulk for sales promotions, premiums, fund-raising, or educational use. For details, contact: DK Publishing Special Markets, 345 Hudson Street, New York, New York 10014 or SpecialSales@dk.com.

All images © Dorling Kindersley Limited
For further information see: www.dkimages.com

A WORLD OF IDEAS:
SEE ALL THERE IS TO KNOW
www.dk.com

