

# MMA STRENGTH & CONDITIONING CIRCUITS

**HIGH  
INTENSITY  
WORKOUTS**



FOR MMA,  
MARTIAL ARTS,  
AND COMBAT  
ATHLETES





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**Please Note:** The recommendations in this and any other document are not medical guidelines but are for educational purposes only. **You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity.**

**If you have any pre-existing back or physical injury, DO NOT START THIS PROGRAM until you have full clearance from your physician.**

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Marc “Funk” Roberts, or anyone associated with Funk Roberts Fitness Ltd advises readers to take full responsibility for their safety and know their limits.

Before partaking in the exercises in this or any other program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

**Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Funk Roberts Fitness.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

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# Welcome to MMA Circuits

The workouts will help develop full body conditioning, explosive power and insane cardio. Each circuit is timed based and will also help with developing muscular and strength endurance.

You will be mixing workouts with weight and bodyweight so you will strengthen your joints, increase mobility and gain more overall strength.

The metabolic circuits in this book should be performed at high intensity. You want to perform as many reps as possible during each interval or workout session. Use these workouts throughout the week and ensure that you include a warm up before and full body stretch after you're complete.

## How These Workouts Will Help Your MMA and Marital Arts Performance

### **Plyometrics and Explosive Compound Movements**

The use of plyometrics will stimulate an athlete to use greater force in a short period of time, examples, shooting in, jumping, punching or kicking. The practice of bodyweight training also teaches the body to move as one mimicking many movements in the MMA or combat ring.

### **Strength Endurance**

If you are getting in the clinch position for most of the fight, especially in the later rounds, then you're going to need your strength endurance. An example of a workout exercise to help you build your strength endurance is high rep push ups.



## Muscular Endurance

Your muscular endurance will come into play if you are throwing hundreds of punches for example. You would rely on the muscular endurance of your shoulder for this element of the fight. Muscular endurance plays an important role in grappling and clinching during stand up for you Jiu Jitsu fighters as well.

Muscular endurance is the ability of a given group of muscles to execute contractions for an extended period of time, regardless of the weight. For example doing bodyweight squats for 5 minutes will challenge the quad muscles.

These are just some of the benefits that you will get using these MMA Circuits. Implement these circuits after your main training sessions, as stand-alone workouts or as a warm up before your start.

The sky is the limit to how you can work these into your training regimen so use your imagination.

The key is putting in the work and Get it Done!

Your Friend and Coach

A handwritten signature in black ink that reads "Funk Roberts".

Funk Roberts



# Tips Before You Start the MMA Strength & Conditioning Workouts

I'm excited for you to start using these MMA Circuits Workouts. You can use this as full workouts or as an add on to your training session.

In both cases I mentioned above, please read through these tips to ensure your sessions are efficient and effective.

## 1. Warm up with a calisthenics warm up and dynamic stretch before every workout session



### Warm Up

<https://www.youtube.com/watch?v=g04Nz18FqkA>



### Joint Mobility Dynamic Stretch

<https://www.youtube.com/watch?v=xbOxmQRi7fM>

## 2. Ensure that you Stretch after your workout session



### Post Workout Stretch

<https://www.youtube.com/watch?v=2wMSSupoCl8>

## 3. Use a Foam Roller to help loosen the fascia prior to or after your workouts



### Foam Rolling Demo

<https://www.youtube.com/watch?v=za2t238RtCY>

**CLICK HERE to order your Travel Roller:**

<http://www.funkmma.com/site/TravelRoller>



4. **Do NOT attempt any exercises that you aren't sure how to do.** You can find most of these exercises on the web, if you are not sure of the movement.
5. **Drink a ton of water before, during and after** your workout session. Stay away from sports drinks until after you've finished your workout.
6. You must have some **level of fitness** before attempting these MMA Strength & Conditioning Workouts.
7. **Always use good form and technique with each exercise.** If you get fatigued take a quick breather so you can get back to good form. Do not sacrifice time for technique. Do it right to get the best results.
8. If you want to start this or any other program but think you have an injury, **get medical attention FIRST and have a professional therapist rehabilitate your injury** before starting any exercise program.
9. **If it hurts, STOP!** Don't be afraid to use alternative exercises. I don't believe in the "no pain, no gain" mentality...that said
10. **Clean nutrition and good eating habits** is the key to increasing your energy, building muscle, burning fat, improving strength, decreasing inflammation and chances of injury.



**Download these Done For You or Do It Yourself Nutrition Plans:**

<http://funkstsmmealplans.com/spartannutrition/>







# MMA Circuit Workouts

## MMA Circuit #1

### Kettlebell Swinging for the Fences

Perform each exercise for **40 seconds of work** followed by **20 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	KB Swivel Swings	40 sec	20 sec					
2	Alternating KB Swings	40 sec	20 sec					
3	KB Swings	40 sec	20 sec					
<b>1 min rest between each round</b>								

## MMA Circuit #2

### Kettlebell #2 - Load and Explode

Perform each exercise for **60 seconds of work** followed by **15 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	KB Snatches	60 sec	15 sec					
2	KB Jump Squats	60 sec	15 sec					
3	KB Jump Over Burpees	60 sec	15 sec					
<b>1 min rest between each round</b>								



## MMA Circuit #3

### Dumbbell Decoder

Perform each exercise for **60 seconds of work** followed by **15 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	DB Floor Press	60 sec	15 sec					
2	DB Reverse Lunge	60 sec	15 sec					
3	DB Bent Over Row	60 sec	15 sec					
4	DB Clean and Press	60 sec	15 sec					
<b>1 min rest between each round</b>								

## MMA Circuit #4

### Full Body Crusher

Perform each exercise for **45 seconds of work** followed by **15 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Incline Dumbbell Chest Press	45 sec	15 sec					
2	Med ball Hip Thrusts	45 sec	15 sec					
3	Overhead Reverse Lunges Plate Overhead	45 sec	15 sec					
4	Reverse Crunches	45 sec	15 sec					
5	Burpees	45 sec	15 sec					
<b>1 min rest between each round</b>								



## MMA Circuit #5

### Dumbbell Killer

Perform each exercise for **45 seconds of work** followed by **15 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	DB Snatches	45 sec	15 sec					
2	DB Flat Bench Press	45 sec	15 sec					
3	DB Bench Step Ups	45 sec	15 sec					
4	Bent Over Reverse Grip Rows	45 sec	15 sec					
5	Knee Grabs	45 sec	15 sec					
<b>1 min rest between each round</b>								

## MMA Med Ball Circuit #6

### Med Ball Blaster

Perform each exercise for **50 seconds of work** followed by **10 seconds rest** one after the other. Rest for **1 minute** and repeat or **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Med Ball Wall Throws Right	50 sec	10 sec					
2	Med Ball Wall Throws Left	50 sec	10 sec					
3	Med Ball Broad Jumps	50 sec	10 sec					
4	Med Ball Burpees	50 sec	10 sec					
<b>1 min rest between each round</b>								



## MMA Circuit #7

### Upper Body

Perform each exercise for **60 seconds of work** followed by **15 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Parallette Push Ups	60 sec	15 sec					
2	Bent Over Barbell Rows	60 sec	15 sec					
3	Rowing Machine	60 sec	15 sec					
<b>1 min rest between each round</b>								

## MMA Circuit #8

### Barbell Complex Circuit

Perform **5 reps of each exercise** one after the other. Rest for **60 seconds** and repeat for **7 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5	6	7
1	Press	5 reps	60 sec							
2	Front Squats	5 reps	60 sec							
3	Cleans	5 reps	60 sec							
4	Bent Over Rows	5 reps	60 sec							
5	Burpees	5 reps	60 sec							
<b>1 min rest between each round</b>										



## MMA Circuit #9

### Tire Workout #1

Perform each exercise for **50 seconds of work** followed by **10 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Tire Jumps	50 sec	10 sec					
2	Push Up Variations	50 sec	10 sec					
3	Bulgarian Split Squats right	50 sec	10 sec					
4	Bulgarian Split Squats left	50 sec	10 sec					
1 min rest between each round								

## MMA Circuit #10

### Tire Workout #2

Perform each exercise for **60 seconds of work** followed by **15 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Side Step Overs	60 sec	15 sec					
2	Tire Climbers	60 sec	15 sec					
3	Tire Abs In and Outs	60 sec	15 sec					
1 min rest between each round								



## MMA Circuit #11

### Explosive Circuit

Perform each exercise for **40 seconds of work** followed by **20 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Bench Jumps	40 sec	20 sec					
2	Trap Bar Jumping Deadlifts	40 sec	20 sec					
3	Med Ball Plyo Push Ups	40 sec	20 sec					
4	Airdyne Sprints	40 sec	20 sec					
<b>1 min rest between each round</b>								

## MMA Circuit #12

### Core Circuit

Perform each exercise for **50 seconds of work** followed by **10 seconds rest** one after the other. Rest for **1 minute** and repeat for **5 rounds**.

#	EXERCISE	WORK	REST	1	2	3	4	5
1	Bulgarian Around the World Right	50 sec	10 sec					
2	Bulgarian Around the World Left	50 sec	10 sec					
3	Abs Wheel Roll Outs	50 sec	10 sec					
4	Bad Pull Thrus	50 sec	10 sec					
<b>1 min rest between each round</b>								

**GET IT DONE!!!**