

# HOW TO PEAK FOR COMPETITION

MMA - BJJ - KICKBOXING - WRESTLING - BOXING - MUAY THAI

## HOW CAN I GET STRONGER, FASTER AND IMPROVE MY CARDIO?

People ask us all the time, so we developed this simple 'road map' to help you develop a training program that's right for you and your unique situation.



## ARE YOU HEALTHY?

YES

NO

### "TUNE UP PROGRAM"

Workouts should be focused on recovery and repair of the weak, damaged or inflamed tissue.



## ARE YOU IN SHAPE?

YES

NO

### "EXPAND THE TANK"

Workouts should be focused on increasing work capacity, strength endurance and aerobic efficiency.

*"Fatigue makes cowards of us all"*  
-Vince Lombardi



## ARE YOU STRONG?

YES

NO

### "BUILD THE BEAST"

Workouts should be focused on improving strength. Use the basics (squat, hinge, push and pull) and learn to move with integrity under load.

### STRENGTH SECRETS

Use Compound Movements, Lift Heavy, Never go to Failure, Rest Between Sets,

## ARE YOU POWERFUL?



YES

NO

### "DEVELOP THE ATHLETE"

Athletes need the ability to exert maximal force in as short amount as possible. Teach your body to explode!

### POWER TIP:

When performing power drills and exercises, the intensity should be HIGH, the volume and duration should be LOW.



## CAN YOU REPEAT POWER?

YES

NO

### "PREPARE FOR BATTLE"

Are you able to repeat bursts of effort for the duration of your match or fight?

## RECOVER

## COMPETE!

"WHEN THE TIME TO PERFORM ARRIVES, THE TIME TO PREPARE HAS PASSED"



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