



and motivation peaked. That can't be said for someone training at home. Although it takes an extra measure of discipline and motivation, superb conditioning can be attained at home with just a few pieces of equipment.

## **Equipment Basics**

Let's start out by going over some basic, but very functional pieces of equipment: adjustable bench, dumbbells, kettlebell, and dumbbell stand. Also some bench attachments includ-

exercise that can be used with dumbbells as well.

ing a crunch sit up attachment, bar dip handles, and a chin up bar. Literally hundreds of exercises can be done with these few pieces of equipment.

One of the nice things about it is these few pieces of equipment take up very little space in your home. Look for a bench that can be adjusted for use in the flat, incline or decline positions. Look for dumbbells that can be easily and quickly adjusted in weight. And look for a kettlebell that has an arch in the handle with no

sharp corners in the weighted portion. Ironmaster as shown in the photos, has some great quality and functional equipment. Check out their website at www.ironmaster.com.





Rather than going into specific exercises, some of the principles behind training for athletic performance would be to focus on full-body multi-joint movements. Also focus on training not for maximum strength, but for maximum power. Strength is the ability to lift maximum loads under slow to moderate speed with very low reps. Power is the ability to generate force quickly. This involves pushing yourself to move a moderate weight with a moderate to fast speed over multiple reps. While training for strength, an athlete will also improve power delivery, but not as well as training specifically for power.









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## Beginner Home Training: Strength & Conditioning



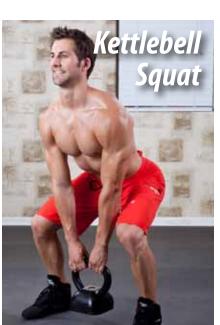
## **Five-Minute Rounds**

Also when moving a moderate to light load, with moderate to fast speed, for multiple reps is going to invariably improve aerobic capacity. Many fighters will train a particular exercise with repetitions that they can do for five minutes. Since MMA fights are three five-minute rounds, the body needs to be conditioned to sustain the exercise or exercises for a full five minutes. Training for three five-minute rounds conditions your mind to gauge just how hard your body can be pushed for this amount of time. You will also be able to gauge just how much you need to conserve energy to stay in an aerobic state without going into an anaerobic state. You may have heard the term "gassed" or see a fighter just trying to hang on until the bell rings. More times than not, this means the fighter has reached a point when his body can no longer sustain the level of

So rather than trying to go over hundreds of specific exercises just remem-



ber to focus primarily on full-body lifts and target "power" training instead of "strength" training. Also, train your body and mind to endure five-minute sets of various exercises. Break your workouts up to focus separately on skills improvement, power training, and aerobic conditioning. If you have the discipline, these few pieces of equipment can be all the resistance you need to get into amazing shape. **FIT** 









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