



## Plyometric Program for the Mixed Martial Arts

Try this workout two times per week to spice up your workouts and increase your explosiveness.

This program is intended for the mature, well-developed and experienced athlete. A strength base is an imperative part of attempting to benefit from this type of training. It is recommended that the athlete be able to squat at least 1.5X their body weight and be able to perform 10 plyometric "clap" push-ups successfully prior to beginning this program.

### Exercise 1.

Begins with "skater hops"; set two cones 4-5' apart and two cones inside of these 1-2' apart. This drill begins with the athlete hopping from side to side directing themselves at the outside cones for 6 reps each way. At the moment the athlete lands on the 6th reps they immediately hop toward the inside cones and go side to side as fast as they can for a set of 10 reps. Repeat this drill for 4-6 times.

### Exercise 2.

Perform a "split squat jump" moving forward down a mat surface. After alternating legs perform a front kick. Land in a controlled fashion and begin the next series of split squat jumps. Repeat this activity for 5 jumps. Perform 5-6 sets of jumps.

### Exercise 3.

Neider Press: Assume the athletic 'ready' stance while holding a 25-45 lb weight plate with arms extended at a 90 deg. angle from the shoulders. Move the weight by bringing it to the chest, then extending the arms rapidly away from the body as quickly as possible. Repeat for 40-second interval with 3:1 rest to work ratio (in other words, rest 120 seconds) Perform 4-6 sets

### Exercise 4.

90 sec. Box Drill: You need a 12" high box (preferably 20" wide and 30" deep so as to provide an adequate landing surface) Stand on the side of the box and jump to the top of the box, landing on both feet. Immediately jump off to the other side of the box. Upon landing on the ground surface immediately reverse your directions back to the top of the box and continue moving side to side for 90 seconds. The goal is always 90 or 90+ counts (a count is determined once both feet hit the top of the box)

**Exercise 5.**

Hurdle Hops: Start by facing six (6) hurdles set at 36-42" in height. Using a good rapid arm swing, jump vertically up and over the hurdle. Upon feeling the feet touch the ground immediately attempt to reverse the direction and clear the next hurdle. Repeat this movement for the full line of hurdles. Repeat the jumps 6-10 times.

This workout should be preceded by a thorough and complete warm up routine. This must include both static and dynamic stretching followed by movement drills or low-level plyometric drills to ready the muscles, tendons and ligaments for the highly stressful workout presented above.