



## QUALIFICATIONS

INSPIRED BY MMA  
FOCUSED ON FITNESS

### Conditioning for MMA with MMA Fitness®

Session Notes | Filex 2016

Dee and James McNeill

We are dedicated to providing innovative qualifications inspired by MMA but focused on Fitness. Always remember your **Duty of Care** when training others -

1. Have the correct qualification in place from an accredited education provider that is recognized by your insurer
2. Screen your participants & ensure they always wear adequate wrist support for punching
3. Teach to who is in front of you, offering intensity options through intelligent coaching

**NOTE:**

- All class formats are malleable on the basis of class up-take of technique. You may see some drills below that are not completed for this reason.
- If you feel fatigued aim to SLOW DOWN, it is **not** compulsory to complete every round, stop if you need to.

WARM-UP		Teaching Tip
2 mins	Monkey Walks – 2 forward 2 back	Focus on opposite hand and foot moving together
2 min	Sprawls	Brace the abs when Sprawling back
2 min	Double, Single Hip Press	When alternating to a single leg hip press focus on bracing the core and flexing the opposite glute to the pressing leg
2 min	Plyo Squats	Push your hips back and aim to touch the floor when squatting
1 min	3 Push Ups 3 Mountain Climbers	Keep your knees under your body

ROUND 1		Teaching Tips
Kettlebell	<ul style="list-style-type: none"> <li>Goblet Squat to 2 Hand Shoulder Press</li> </ul>	Pull yourself down into the squat. Brace your core throughout the movement
Shield	<ul style="list-style-type: none"> <li>10 x Mount Ground and Pound + 5 Sprawls</li> </ul>	Bring your guard back up through each Sprawl
Bodyweight	<ul style="list-style-type: none"> <li>Standup Repeater</li> </ul>	10 each side, repeat
ROUND 2		Teaching Tips
Kettlebell	<ul style="list-style-type: none"> <li>2 Hand High Row from deck</li> </ul>	Lift with your elbows high and to the outside. Keep a flat back when returning the KB to the deck
Shield	<ul style="list-style-type: none"> <li>2 x (10 Forearm Slams, North South transition) + 10 Plyo Lunges</li> </ul>	Keep your hips slightly higher than your back when completing your slams
Bodyweight	<ul style="list-style-type: none"> <li>Frog Sprawl</li> </ul>	If fatiguing standup and then straight back down as soon as you can
ROUND 3		Teaching Tips
Kettlebell	<ul style="list-style-type: none"> <li>Deck Squats</li> </ul>	Keep the KB close to your body when falling back. Use momentum to stand back up
Shield	<ul style="list-style-type: none"> <li>10 x Knee Ride Ground and Pound + 10 Shield Plank Walk Overs</li> </ul>	Complete Knee Ride Ground and Pounds on both sides
Bodyweight	<ul style="list-style-type: none"> <li>10 Sit Throughs + 5 Monkey Walks (2 forward, 2 back)</li> </ul>	On the sit through, remember to turn your outside toe out first before kicking our inside leg through
ROUND 4		Teaching Tips
Kettlebell	<ul style="list-style-type: none"> <li>Bent Forward Row and Punch (10 each side)</li> </ul>	As you row the bell forward punch out with the opposite hand. Concentrate on bracing the core
Shield	<ul style="list-style-type: none"> <li>6 x Knee Ride Ground and Pound (both sides) + 6 Mount Ground and Pound + 6 Hop Overs</li> </ul>	If fatiguing stand to the back of the shield and jump from side to side. Aim to keep your feet together.
Bodyweight	<ul style="list-style-type: none"> <li>10 Gorilla Sprints + 10 Sprawls</li> </ul>	When Sprawling, come all the way up and keep your hands in guard