



Conditioning for Combat Sports

Steve Scott, John Saylor

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' IT'S A FIGHT, NOT A GAME. This book is about training for grapplers and fighters. It doesn't matter what combat sport or martial art you specialize in, showing up in shape is mandatory. Your work ethic, your willingness to withstand harsh physical training and ability to absorb punishment all directly affect your success in grappling or fighting. ' With these words, coaches Steve Scott and John Saylor challenge you to get in the best fighting shape of your life using the workouts and training regimens they've used to train hundreds of national and international champions. What's Inside: * What is Functional Training and why does it work? * Periodization: how to plan your training cycles * Proven workout routines designed just for fighters * The science behind the exercises, drills and workouts * Freehand and bodyweight strength training * The best barbell, dumbbell and weight machine exercises * How the exercise ball can help you develop a rock hard core * Strength training with Kettlebells * 'Old School' hard core power training * Staying healthy and avoiding injuries for maximum mat time * How to plan your workouts around your fight schedule * Challenging medicine ball exercises * Plyometric and jump training * Over 400 exercises to build strength, power, agility, and speed

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