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MMA RIPPED



**4-WEEK INTRO FAT-LOSS
BODY-WEIGHT TRAINING
PROGRAM FOR THE MMA FAN**

www.MMARipped.com

MMA RIPPED – 4-WEEK BODYWEIGHT INTRO FAT LOSS PROGRAM

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You are **FREE** to distribute this program to any MMA fans who you think may be interested in using the most effective and fun workout program to **GET RIPPED and learn MMA** at the same time. I actually encourage it!

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Disclaimer

There is always a risk of injury when performing any type of exercise. You must consult with your physician prior to beginning any exercise program or if you have any medical condition or injury that contraindicates physical activity. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician. The exercise information is not meant to provide any medical advice; it is for educational purposes only. No liability is assumed by Eric Wong for any of the information contained herein.

How the MMA *RIPPED* program came to be...

I currently spend a lot of my time training MMA fighters to have never-ending cardio and explosive power to help them get the victory. I've been a fan of the game for a long-time; since the tournament style days where Royce Gracie was beating everyone up.

But I started my career in 2000 as a personal trainer helping people lose fat, build muscle, and get in great shape.

What happened was that I noticed a lot of my clients had trouble sticking to their workout program if we stopped training together, even though I provided them with a program to use and they knew exactly what to do.

This totally frustrated me, and I had to figure out how I could help get people working out on their own, after their sessions with me ended.

Then, something cool happened.

Around the same time, I started learning some MMA myself. I would start to bring some of these techniques, like basic jiu-jitsu movements, or boxing, and people started to have a lot more fun.

People were saying things like:

“I really look forward to these workouts now!”

“I'm having a lot more fun than before!”

“I'm working harder now but I don't even notice it!”

After hearing these comments over and over, I stumbled upon the REAL SECRET to exercise and getting results:

It's not about the perfect rep or set scheme – it's about having FUN!

Although choosing the optimal reps, sets, exercises, order, etc. is important and will give you optimal results, they won't do a thing if you find the workout program boring and don't want to do it!

So, to fill this need, I've created what I think is **the most effective fat loss program** out there, not because it's got the perfect rep and set scheme (although I've used all of my knowledge gained from training MMA fighters at the highest level to design the program), but because **if you're an MMA fan, I GUARANTEE that you won't find a more fun workout out there. PERIOD.**

So get started and have a blast!

MMA RIPPED 4-Week Intro Bodyweight Program Guidelines

To get the most out of this program, use the following schedule:

- Start by reviewing the MMA Skills videos – you can do these at home because you don't need any equipment. Practice them for 2 days before going to do your workout. Then, you'll be a lot quicker between exercises and won't have to focus so much on trying to figure out what everything is.
- Workout 3 days per week alternating Day 1 and Day 2, for example, Monday – Day 1, Wednesday – Day 2, Friday – Day 1, etc.
- On non-workout days, do some type of activity for at least 30 minutes, this could be a simple walk, sports, or anything that has you moving.

All programs will be provided in the following format:

Exercise	Reps	Tempo	Intensity	Rest	Sets
1) Bench press	8 – 12	2 0 2	-1 RM	60 s	2 - 4
2) Prone cobra	3 - 9	20 – 60 s	3 min total	30 s	1

Reps – a repetition is one complete motion through the exercise, for example, one repetition of the bench press is taking the bar off the rack, lowering it to your chest then pressing it up until your elbows are straight

Tempo – the pace of the movement or amount of time to hold a static exercise

- 2 0 2 – lower the weight over 2 sec (eccentric), no pause at bottom, lift weight over 2 sec (concentric); if you see an 'x' that means you do the rep as fast as possible
- 1 2 X – lower the weight over 1 sec, pause at the bottom for 2 sec, lift the weight as explosively as possible
- Control simply means do the exercise at a controlled pace

Intensity – the amount of weight to use or time to work for the exercise

- Max – do as many reps as you can in **perfect form**
- -1 RM (reps to max) –stop when you feel like you have one more rep left in perfect form
- -2 RM –stop when you feel like you have two more perfect reps left
- BW – body weight exercise

Rest - amount of time to rest in between sets

- ▼
60 s ▲ – if you see a down arrow, it means proceed to the next exercise without resting, once you see the right arrow, rest for the amount of time shown then go back to the first exercise in the sequence (superset or circuit techniques)

Sets – a number of repetitions performed together

Now that you understand the terminology used for the program, here's how to use the tracking log that's found at the bottom of every workout sheet.

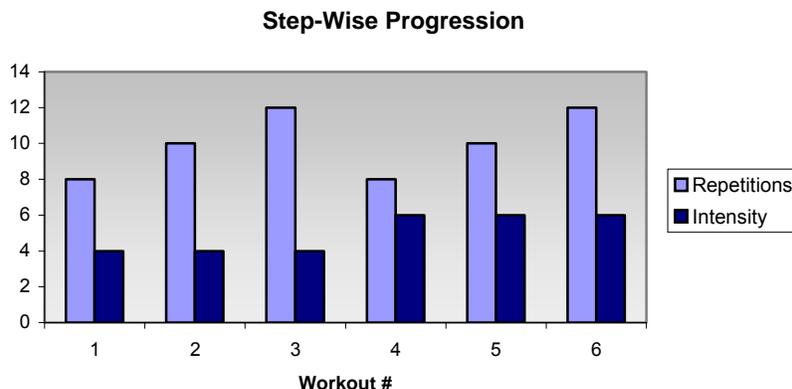
Exercise	Reps	Tempo	Intensity	Rest	Sets
1) Bench Press	8 – 12	2 0 2	-1 RM	60 s	2 - 3
2) Prone Cobra	3 - 9	20 – 60 s	3 min total	½ of hold	1

Exercise	Date:	Aug 10/07	Aug 13/07	Aug 16/07	Aug 20/07	
1)	Reps Intensity	12 10 135 lbs	12 12 10 135 lbs	12 12 12 135 lbs	10 8 8 145 lbs	
2)	Reps Intensity	9 20 s holds	6 30 s holds	4 45 s holds	2 2 60 s 30 s	

For the Bench Press on Aug 10/07, the athlete completed 2 sets, doing 12 reps for the first set and 10 reps for the second, both using 135 lbs. For the Prone Cobra, the athlete did 1 set of 9 reps holding each rep for 20 sec on the same day.

KEY: make it a habit to write down the reps performed after each set is completed

As you can see, for each session the athlete was within each rep and set range for both exercises. The progression from workout-to-workout follows a step-wise progression model for the bench press as displayed in the following graph:



The athlete starts at 8 reps then works up to the top of the range (12). At this point, the athlete increases the intensity, and goes back to the bottom of the rep range (8).

To progress your exercise program, work your way up to the top of the rep range, then increase the intensity, which will bring the number of reps you can perform back to the bottom of the range, at which point you will work your way back to the top. Following step-wise progression will ensure that you continue to improve from workout-to-workout.

=> [Click here to watch an instructional video on how to properly track your workouts](#)

Foundation Phase

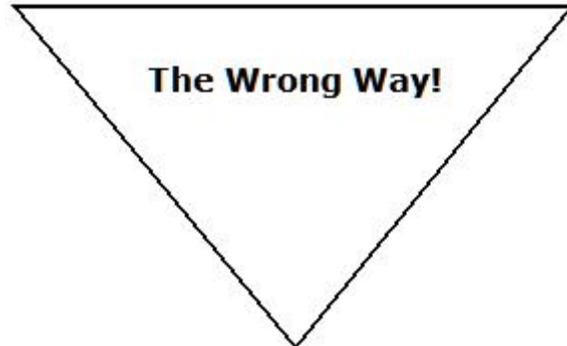
The Foundation phase is where you'll learn the basic MMA movements that are necessary to master before you move on to learn any MMA skills. Just like a pyramid, you want to build a strong foundation of basic movements and skills before learning the more advanced techniques, combinations, and sequences.

Many people try to learn how to throw combos before they know proper footwork. They then get frustrated as they get too overwhelmed with focusing on all of the details and all of their techniques suffer.

To avoid this, you'll learn the skills one at a time, and each phase will build on the previous skills that you learned, so that once you get through all of the phases, you'll have mastered each skill and won't get confused.

The strength training exercises are all bodyweight based and will develop your base core stability, shoulder stability, and improve your posture. Core stability and posture are the foundation for building a strong, lean, and athletic body, because without them, you leave yourself vulnerable to injury, which will prevent you from achieving any of your goals.

Once you've gone through this phase for one 4-week cycle, you probably won't need to go through it again. However, because everything is bodyweight only, you can use this routine if you're traveling or you're somewhere that doesn't have any equipment.



Foundation Phase MMA Skills

Fighting Stance

The proper fighting stance gives you the best chance to setup your attacks whether they be strikes or takedowns and defend your opponents advances.

T-frame Drill

The T-frame drill helps you get the proper foot, hip, and torso movement to throw effective and powerful punches. It's crucial to maintain your head position looking forward during the movement and fight the urge to turn your head with your hips.

Footwork: 90° rotation

Learning how to pivot and land in your fighting stance is necessary to keep your opponent in front of you when he's circling away from your punches.

Footwork: 4-way movement

The basic 4-way movement pattern seems simple but can throw you off even when you're not in the ring against an opponent. Just remember to never cross your feet as you move forwards, backwards, and side-to-side.

Breakfall

Knowing how to break a fall properly is extremely important in mixed martial arts. At any time during a match a fighter may find himself, often unexpectedly, being thrown to the ground with force. Falling improperly on an outstretch limb or on the back of one's head can cause severe injury. Keeping the body in the safest position possible during a fall can minimize the effects of impact.

Stand in Base

There are many wrong ways to stand-up during a fight all of which will put you in harm's way. The stand in base motion is a simple, effective and safe way to work your way back to your feet when you find yourself on the ground.

Level Change

The level change is the entry movement into a variety of different takedowns including the double leg, high crotch and outside singles variations. It will position yourself below your opponent's defenses opening up a line in which you can directly attack their hips.

Hip Bridge

The hip bridge is a basic ground technique for when you get caught in the mount or side mount. Having a powerful bridge can be the difference between getting ground and pounded or escaping and countering your opponent.

Hip Bridge to Side

The hip bridge to side is a variation on the basic hip bridge, which is used in specific escapes from the bottom.

=> [Click here to watch the Foundation Phase MMA Skills videos](#)

Make sure you have the latest version (v.10) of Adobe's Flash Player to watch these videos. [CLICK HERE](#) to get the latest version.

Foundation Phase MMA Techniques Circuit

Circuit Instructions

- Set a timer or watch a clock and spend 30 seconds doing each technique then move on
- Rest for a minute after the circuit, then repeat for a total of 3-4 sets
- Don't worry about perfecting the form the first time you do a technique – the more you watch the videos and do the techniques, the better you'll get
- The whole workout should take you no more than 20 minutes to complete

Exercise	Time	Rest	Sets
1) T-frame drill	30 sec	▼	3 – 4
2) Hip bridge	30 sec	▼	3 – 4
3) Footwork: 90° rotation	30 sec	▼	3 – 4
4) Breakfall + stand in base	30 sec	▼	3 – 4
5) Footwork: 4-way	30 sec	▼	3 – 4
6) Level change	30 sec	▼	3 – 4
7) Hip bridge to side	30 sec	60 s	3 – 4

=> [Click here to watch the Foundation Phase MMA Skills videos](#)

Foundation Phase Dynamic Warmup

1. Jumping jacks (20 sec)
2. Hip extensions (5 x 5 sec hold)
3. Upper body twist (5 per side)
4. Butt kicks (20 sec)
5. Bird dog dynamic (5 per side)
6. Pushup arches (6)
7. Repeat for 2 rounds total

=> [Click here to watch the Foundation Phase dynamic warmup video](#)

Foundation Phase Warmup Exercise Descriptions

Jumping jacks

1. You know these – to mix things up cross your feet.



Hip extensions

1. Start on your back with your knees bent and feet flat
2. Raise your hips up by pushing through your heels and squeezing your butt
3. Hold at the top briefly then lower under control



Upper body twist

1. Begin by lying on your back with your arms in a 'T'
2. Roll over to your left side, bringing your right leg across with your hip and knee at 90°
3. Keeping your right knee on the ground as best you can, twist around and try to bring your right arm to the 'T' position
4. Finish the reps on one side then do the other



Butt kicks

1. Jog on the spot, kicking your heels to your butt



Birddog dynamic

1. Start in the 4-point position
2. Extend one leg and the opposite arm up at 45°, thumb up, with your back slightly hyperextended
3. Pull the same knee and elbow towards each other in the middle, squeezing your abs and rounding your back
4. Continue the same side until the reps are done then switch



Pushup arches

1. Start lying on your stomach with your hands in the pushup position
2. Press yourself up, looking up towards the ceiling and keeping your hips on the ground, arching your back
3. Exhale as you push up, inhale as you go back down to the ground
4. Keep your shoulder blades down and back the whole time



Foundation Phase Indicators

Here are the steps to ensure that you have a valid and safe assessment:

1. Start off with a 5 minute Dynamic warm-up
2. Do the test
3. Rest 1-2 minutes after each exercise before moving on to the next.

REMEMBER: as with every exercise in this program, only reps in perfect technique count. If you have cheat reps, do not count them towards your total. Once you change your form, the tests can't be compared reliably, so keep perfect form for every rep.

The only standard here is the one you set for yourself, so it doesn't matter if you do 14 push-ups and your buddy can do 20 – your goal is to beat yourself the next time you do the test. If you are consistent with your program and working hard, you will improve each of these indicators and drop body fat and increase muscle mass in the process, helping you finally get ripped.

For the Wall sit, make sure your back and head are flat against the wall and your hips and knees are at 90 degrees. Hold it as long as you can.

Hold the bridge exercises as long as you can as well.

Indicators	Test #1: mm / dd / yy	Test #2: mm / dd / yy
Max Push-ups (#)		
Max Wall sit (sec)		
Max SB Prone bridge (sec)		
Max Side bridge (sec)	Left / Right	Left / Right

NOTE: You can read all exercise descriptions and watch all videos in the Foundation Phase exercise description section.

Foundation Phase Workout – Day 1

Exercise	Reps	Tempo	Rest	Sets
1A) Push-ups	12	2 0 2	▼	2 – 4
2A) Hip bridge	10	Hold 2 s	30 s ▲	2 – 4
3B) Prisoner squat + wall sit	12	3 0 3	▼	2 – 4
4B) Footwork: 90° rotation	30 sec	Control	30 s ▲	2 – 4
5C) SB Jacknife	12	2 0 2	▼	2 – 3
6C) Level changes	5	Control	30 s ▲	2 – 3
7D) Side bridge	1	Aim to hold for 40 s	▼	2
8D) T-frame drill	10 per	Control	30 s ▲	2

=> [Click here to see the Foundation Phase Day 1 Exercise Videos](#)

=> [Click here if you're confused about how to follow this log \(audio MP3\)](#)

Notes

3B) On your last set, when you're finished the Prisoner squats, immediately hold a Wall sit for as long as you can, then write down your time.

7D) Do as many reps as you need to achieve 40 sec of holding

Workout Progression: Aim for the prescribed reps for each exercise. If you can't make it in perfect form, just write down what you did, and make sure you beat it the next workout. Do the # of sets as outlined in the boxes below.

Exercise	Date						
1A	Reps Intensity	2 sets	3 sets	3 sets	3 sets	4 sets	4 sets
2A	Reps Intensity	2 sets	3 sets	3 sets	3 sets	4 sets	4 sets
3B	Reps Intensity	2 sets	2 sets	3 sets	3 sets	3 sets	4 sets
4B	Reps Intensity	2 sets	2 sets	3 sets	3 sets	3 sets	4 sets
5C	Reps Intensity	2 sets	2 sets	2 sets	3 sets	3 sets	3 sets
6C	Reps Intensity	2 sets	2 sets	2 sets	3 sets	3 sets	3 sets
7D	Reps Intensity	2 sets					
8D	Reps Intensity	2 sets					

Foundation Phase Workout – Day 2

Exercise	Reps	Tempo	Rest	Sets
1A) Bulgarian split squat	12 each	2 0 2	▼	2 – 4
2A) Shoulder T's & Y's	10 per	Control	30 s ▲	2 – 4
3B) SB Prone bridge	3	Aim to hold for 20 s each	▼	2 – 4
4B) Footwork: 4-way	30 sec	Control	30 s ▲	2 – 4
5) Prone cobra	3	Aim to hold for 20 s	30 s	2
6C) Breakfall → Stand in base*	3-5 each	Control	60 s	2 – 3
7D) Woodchop*	10 each	Quick	▼	2 – 3
8D) Hip bridge to side	5 each	Quick	60 s ▲	2 – 3

=> [Click here to see the Foundation Phase Day 2 Exercise Videos](#)

Notes

3B) Do as many reps as you need to achieve 60 s of holding.

5) Do as many reps as you need to achieve 60 s of holding.

* Stop the C or D-supersets if they take longer than 90 s to complete. If this happens to you, your goal is to complete the prescribed # of reps for each superset in 60 s or less by the end of this phase.

Workout Progression: Aim for the prescribed reps for each exercise. If you can't make it in perfect form, just write down what you did, and make sure you beat it the next workout. Do the # of sets as outlined in the boxes below.

Exercise	Date						
1A	Reps Intensity	2 sets	3 sets	3 sets	4 sets	4 sets	4 sets
2A	Reps Intensity	2 sets	3 sets	3 sets	4 sets	4 sets	4 sets
3B	Reps Intensity	2 sets	3 sets	3 sets	4 sets	4 sets	4 sets
4B	Reps Intensity	2 sets	3 sets	3 sets	4 sets	4 sets	4 sets
5	Reps Intensity	2 sets					
6C	Reps Intensity	2 sets	2 sets	3 sets	3 sets	3 sets	3 sets
7D	Reps Intensity	2 sets	2 sets	3 sets	3 sets	3 sets	3 sets
8D	Reps Intensity	2 sets	2 sets	3 sets	3 sets	3 sets	3 sets

Foundation Phase – Day 1 Exercise Descriptions

Pushups

1. Start in a push-up position with your toes on the top of a ball
2. Do a push-up through full range of motion
3. Make sure you keep your spine in neutral position throughout the movement



Hip Bridge

1. Lie on your back with your feet flat on the ground and heels close to your butt
2. Bridge up on the balls of your feet as high as you can and hold
3. Focus on squeezing your butt as you hold at the top



Prisoner squat + Wall sit

1. Stand in a comfortable stance approximately shoulder width apart
2. Place your hands at your temples as in a sit-up
3. Squat your butt back and down keeping your spine in neutral through a full range
4. On the last rep of the last set, do a wall sit with your hips and knees at 90 degrees, feet flat on the floor and hold as long as you can



Footwork: 90° rotation

1. Start in the fighting stance
2. Rotate 90 degrees each time in various orders and both directions



SB Jackknife

1. Start in the push-up position with the tops of your feet and shins on a ball
2. Keep your back straight as you pull your knees towards your chest
3. Do not raise your hips during the movement



Level Changes

1. Start in the fighting stance
2. Turn your lead foot forward as you step forward and drop into a squat



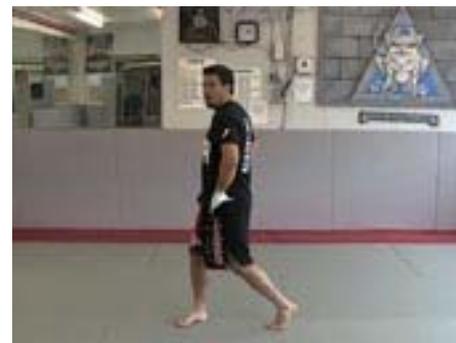
Side bridges

1. Begin lying on your side with your forearm in front of you, top leg forward, on the sides of your feet
2. Bridge your hips up so that your body is straight
3. Make sure your hips are pushed forward



T-Frame drill

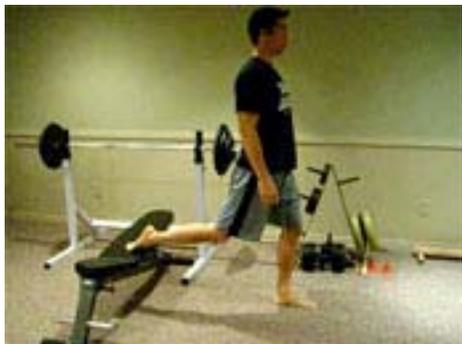
1. Stand with your feet slightly wider than shoulder width
2. Put your hands on your hips
3. Rotate your body 90 degrees to one side while pivoting on the ball of one foot
4. Switch to the opposite side
5. Keep your head looking straight ahead the whole time



Foundation Phase – Day 2 Exercise Descriptions

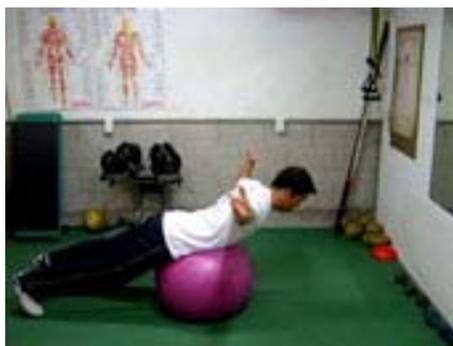
Bulgarian split squat

1. Start with the top of your foot up on a bench
2. Drop your knee almost to the ground while keeping your body tall
3. Come back up by pushing through your heel to activate your glutes



Shoulder T's & Y's

1. Lay on a ball or an incline bench so that your body is at a 45 degree angle
2. Raise your arms up and out straight to the side to form a 'T', keeping your thumbs up and shoulder blades pinched down and back
3. Go down, then raise your arms up in a 'Y', again keeping your thumbs up and shoulder blades pinched down and back



SB Prone bridge

1. Start on your toes with forearms on the ball and elbows at 90 deg
2. Raise your hips up and keep your spine in neutral
3. Breathe naturally throughout the hold



Footwork: 4-way

1. Start in the fighting stance
2. Step laterally to the left, back, laterally to the right, then forward
3. Mix up the movements however you want
4. Make sure that you land in the proper fighting stance in between each step



Prone cobra

1. Start lying flat on your stomach
2. Before moving, squeeze your butt muscles and hold
3. Raise your chest slightly off the floor and pinch your shoulder blades back while rotating your palms away from each other and hold



Breakfall → Stand in base

1. Start in a semi-squat position
2. Fall back, keeping your head off the ground and slapping the ground with your arms 45 degrees away from your body



Breakfall → Stand in base

3. Place one hand and the opposite foot on the ground
4. Lift your body up on this hand and foot
5. Swing your other leg through and around so the foot lands outside of the hand on the ground
6. Stand up into your fighting stance



Woodchop

1. Spread your feet out fairly wide, shifting your weight to the left with your right leg straight
2. Start with your palms together, hands up to the left beside side your head
3. Keep your shoulders down throughout the movement
4. Transfer your weight to the right, straightening your left leg and moving your arms in front of your body down to the outside of your right knee
5. Reverse the motion and repeat to complete the reps on one side, then switch sides



Hip bridge to side

1. Lie on your back with your knees bent and feet close to your butt
2. Drive your hips up high, pushing through the balls of your feet
3. Squeeze your glutes tight at the top



If you've made it through the complete 4-weeks, congratulations, you've created a great foundation from which you can elevate the level of your program to really melt the fat off your body.

That was just the 4-week introductory program, where you learn the absolute basics to the MMA Ripped Fat Loss Program. You're now ready for more advanced fat-burning exercises and slick MMA techniques and movements.

All you need to do to get your hands on the rest of the program is visit:

<http://www.MMARipped.com>

You'll get all of the following as part of the complete MMA Ripped Fat-Loss Training Program:

- **Structural Phase** - This is where you'll start to build a bit of muscle mass so when you shed the fat you'll look ripped. You'll also build connective tissue strength to prevent injury. You'll also learn basic MMA techniques such as the Jab, Cross, 1-2-1 Combo, Hip Escape, and much more.
- **Metabolic Phase** - Get ready to melt the fat off your body through this intense phase of whole body high-intensity circuit training. By the end of this phase, you'll know how to throw a Back-leg Front Kick, Hook, and 2 new combos, as well as learn the Kimura, Triangle Choke setup, and how to Sprawl.
- **Peaking Phase** - This is where it all comes together - you'll build your max strength and go through my proprietary NRG System Complexes where by the end of the phase, you'll be so confident in your body, you'll feel ready to step into the cage. You'll finish your MMA training learning Knees, Front Kicks, Upkicks, and more.
- **4 Dynamic Warmup routines** to help you prevent injury and increase mobility to help your body feel like it did back in high school.
- **28 MMA techniques and combos** including striking and ground skills taught by world-class mixed-martial artist Jeff Joslin to get you cut and build your confidence.
- **Unique strength and core exercises** used by professional MMA fighters that you've never seen before that will help you get that elusive six-pack and real, functional strength.
- **Exclusive access** to high-quality videos of all of the exercises and MMA techniques that you can watch over and over until you master each exercise and move.
- **And much, much more!**

Don't waste any more time with your flabby old body:

=> [Click Here if you want to get MMA RIPPED!](#)