COMBAT EVOLVED
Powered By NF1
Strength & Conditioning for Combat Sports
12 WEEK PROGRAM
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HOW TO USE THIS PROGRAM

DESIGNED FOR SIMPLICITY.

This program is designed for simplicity. It takes complex periodization and training principles and condenses them into easy to digest and understand daily training routines. Each segment and component of this program is broken down and described in such a way that anyone could complete it.

Our exercise library contains videos of every exercise, from warm up drills to breathing methods to ensure you perform everything properly and learn new combat specific exercises along the way. Simply follow the program day to day as it takes you through each phase of training, you will get a description of what the goal of the phase is and recommendation on which days to do each session (the days listed are recommendations).

Each session will instruct you to perform:

• Breath training exercises
• A series of foam rolling exercises based on your biomechanical assessment (the regions you foam roll will be based on your biomechanical assessment results)
• A series of specific cognitive conditioning, dynamic warm up and agility drills.

You will be provided a key and recommendations for each of these drills daily. The most important thing to consider when undergoing any strength and conditioning program is that the program is merely a road map. A program provides you with a basic outline to better understand the “lay of the land”, the roads, and/or the different routes to your destination but the nervous system is the GPS, along your journey roads may be closed, traffic accidents may occur, even weather could alter your route. The only way to gauge when to reroute yourself, speed up/slow down or pull over at a rest stop is your GPS system, the nervous system.

At NeuroForce1 everything we prescribe, perform and assess is based on the current state of the nervous system.

You may have a heavy day of training planned but your nervous system is completely depleted, rather than trying to “beat a dead horse” and press on through the fatigue we recognize that in such a fatigued, overstressed state it is very unlikely that the desired adaptations will be made, so we encourage rest, recovery or a change in our daily game plan. It is important while undergoing this program that you utilize a method of “readiness assessment” each day. There are a variety of technologies that will aid you through this process and though we recommend utilizing the most accurate variations of these such as the NF1 BioStrap.

All days in this program are merely recommended training days because they allow for proper adaptation to occur, they are not mandatory training days. Fight camp schedules are rigorous...injury, fatigue and exhaustion can quickly alter your weekly plan, so remember this program is a just a road map, you must rely on your GPS to get you to your destination in the most efficient manner possible. So, if you have to change the day of the week of a training day, have to reschedule a conditioning segment or have to completely cancel a strength and conditioning session due to lack of readiness, it’s not the end of the world this is normal and will not with deter you from reaching your goal, just make sure to record your data for that day so you can see trends in your states over time.
STRENGTH TRAINING

Strength training for combat sports is a heavily debated topic. Working around the rigors of sparring, skill development, and technical training it can be hard for the combat athlete to know what exercises to do and when. Combat athletes often make the mistake of just randomly performing exercises in circuits at the highest intensity, with no structure and with no load or volume tracking.

“In this is the best shape of my life, not even for the Olympics have I felt this strong.”
Henry Cejudo
Before his fight and victory over TJ Dillashaw

These programs show the athlete how to properly periodize and progress their training so the most optimal outcome can be achieved. All too often programs use static linear periodization year-round that either leads to plateaus or at best some strength and power gains but far short of what could have been achieved. When it comes to strength and conditioning for the combat athlete with highly specific peaking deadlines, we must ask ourselves not “Did it work?” but “Was it optimal?” NF1 CombatEvolved provides you with a scientific approach to peaking for fight night, utilizing a multitude of periodization methods to ensure you are your strongest, fastest and most explosive when it truly counts. Each strength training segment will be graded a 1, 2 or 3. 1’s will be the less intense and labelled yellow, 2’s will be moderately intense and will be labelled orange and the 3’s will be the most intense and labelled red.

CONDITIONING

In regard to conditioning many combat athletes make 3 common mistakes.

1. Training with a “redline” attitude always. Training at max effort every session.
2. Training only in circuits that mimic the time constraints of their sport. Training only 3 5 minute rounds to prepare for a 3 round 5 minute fight.
3. Not taking into consideration the other energy systems trained and conditioning performed in sport specific practice. Combat athletes seem to consistently make the mistake of looking at conditioning as nothing more than a max effort fight like misery circuit. This style of conditioning not only leads to burnout and excess fatigue over time it also misses the mark on fully conditioning the athlete.

The three energy systems are:

ATP-CP Phosphagen System (Anaerobic Alactic Energy System)
This energy system uses creatine phosphate to produce ATP, and does so very rapidly. This energy system is involved in activities lasting from 1 to 10 seconds. Think of this system as a powerful V8 engine, it has a lot of horsepower and is quick off the line but it burns gas very quickly.

Glycolytic System (Anaerobic Lactic Energy System)
This energy system relies on the breakdown of simple carbohydrates or glucose for the production of ATP. This energy system is involved in activities lasting anywhere from 30 seconds to 120 seconds. Think of this energy system as a V6 engine, it has a decent amount of horsepower and is more efficient at gas conservation than the V8 engine.

Slow Oxidative (Aerobic System)
This energy system requires oxygen for the production of ATP and activates once the Phosphagen and Glycolytic Energy Systems have fatigued. This energy system is your 4-cylinder engine, its not powerful or quick off the line but it gets the best gas mileage by far.
WARM UP/MOVEMENT PREP
1. Foundational Breathing
   1-2 x 10 breaths
2. Foam Rolling
   Regions based on biomechanical analysis 1 x 30-60 sec. ea.
3. Cognitive Conditioning
   Single Leg Balance 3-6 x 15-45 seconds
4. Dynamic Warm Up
   WUP 1/Lower Body Agility

STRENGTH
EXERCISE  SETS  REPS  TEMPO  LOAD  REST  WT
1. Front or Goblet Squat
   2-3 10-12 2-0-2 Light 60 sec.
2. Alternating KB Overhead Press
   2-3 10-12 2-0-2 Light 30-45 sec.
3. Bodyweight Dip
   2-3 8 each side 1-0-2 Light 30-45 sec.
4. Split Stance Woodchop
   2-3 8 each side 1-0-1 Mod. 30 sec.
5. Copenhagen Side Raise
   2 10 1-0-1 Mod.
6. Back Extension Y Raise
   2 10 1-0-1 Mod. 20-30 sec. between circuits

CONDITIONING
MODALITY OPTIONS  TIME  INTENSITY  ROUNDS  REST
1. Run, Bike or Row
   30 minutes  50-60% of Max HR

RECOVERY
REGION  REPS  TIME  ALTERNATIVE MODALITIES
1. Quad Stretch
   1/2 20-60 sec.  
2. Rectus Femoris Stretch
   1/2 20-60 sec.  
3. Gluteus Medius / Piriformis Stretch
   1/2 20-60 sec.  
4. Pectoralis Stretch
   1/2 20-60 sec.  
5. Adductor Stretch
   1/2 20-60 sec.  
6. Side Lying Quad Stretch
   1/2 20-60 sec.  
7. Side Stretch
   1/2 20-60 sec.  

PROGRAM KEY
1. PHASE
   Depicts which phase of the program you are in.
2. WEEK
   Depicts which week of the program you are in.
3. GOAL
   Describes the goals for this phase of the program.
4. DAY
   Recommended day of the week for this session
5. SESSION
   Session number of the week
6. WARM UP/MOVEMENT PREP
   Warm up section of the session
7. FOUNDATIONAL BREATHING
   Prescribed breath training reps and sets
8. FOAM ROLLING
   Prescribed regions , reps and sets to foam roll for the day
9. COGNITIVE CONDITIONING
   Prescribed cognitive conditioning theme, reps and sets for the day
10. DYNAMIC WARM UP
    Prescribed warm up and agility drills for the day
11. RECOVERY
    Indicates the exercise requires 1-2 sets of lighter weight warm ups prior to performing
12. STRENGTH
    Strength training portion of the session. Icon color indicates the level of intensity for the strength session.
13. NUMBERS
    Indicates the order in which the exercise is performed
14. NUMBERS
    When a number has two or more exercises in its block this means the exercises are to be performed one after another in a superset, “potentiation” circuit format. Sometimes the program will instruct you to wait a specific amount of time before performing the 2nd exercise but the rest time starts once the exercise is complete.
15. EXERCISE
    The name of the exercise you need to perform
16. SETS
    Prescribed sets of the exercise
17. REPS
    Prescribed reps of the exercise
18. TEMPO
    Prescribed tempo of the exercise. The first number refers to the (eccentric) lowering phase of an exercise, the second number refers to the (isometric) pause or junction between lowering phase and raising phase, and the third number refers to the (concentric) raising phase of an exercise.
19. LOAD
    Prescribed load (% or 1RM), velocity (speed of movement if using accelerometer or linear positional transducer) and rating of perceived exertion (your subjective perception of difficulty...
### WARM UP / MOVEMENT PREP

1. **Foundational Breathing**
   - 1-2 x 10 breaths

2. **Foam Rolling**
   - Regions based on biomechanical analysis 1 x 30-60 sec. ea.

3. **Cognitive Conditioning**
   - Single Leg Balance 3-6 x 15-45 seconds

4. **Dynamic Warm Up**
   - WUP 1/Lower Body Agility

### STRENGTH

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
<th>TEMPO</th>
<th>LOAD</th>
<th>REST</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front or Goblet Squat</td>
<td>2-3</td>
<td>10-12</td>
<td>2-0-2</td>
<td>Light</td>
<td>60 sec.</td>
<td></td>
</tr>
<tr>
<td>Alternating KB Overhead Press</td>
<td>2-3</td>
<td>10-12</td>
<td>2-0-2</td>
<td>Light</td>
<td>30-45 sec.</td>
<td></td>
</tr>
<tr>
<td>Bodyweight Dip</td>
<td>2-3</td>
<td>10-12</td>
<td>1-0-2</td>
<td>Light</td>
<td>30-45 sec.</td>
<td></td>
</tr>
<tr>
<td>Split Stance Woodchop</td>
<td>2-3</td>
<td>8 each side</td>
<td>1-0-1</td>
<td>Mod.</td>
<td>30 sec.</td>
<td></td>
</tr>
<tr>
<td>Reciprocity Crunch (KB Bell Up)</td>
<td>2</td>
<td>10</td>
<td>1-0-1</td>
<td>Mod.</td>
<td>20-30 sec. between circuits</td>
<td></td>
</tr>
<tr>
<td>Back Extension Y Raise</td>
<td>2</td>
<td>10</td>
<td>1-0-1</td>
<td>Mod.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### CONDITIONING

<table>
<thead>
<tr>
<th>MODALITY OPTIONS</th>
<th>TIME</th>
<th>INTENSITY</th>
<th>ROUNDS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Run, Bike or Row</td>
<td>30 minutes</td>
<td>50-60% of Max HR</td>
<td>1</td>
<td>N/A</td>
</tr>
</tbody>
</table>

### RECOVERY

<table>
<thead>
<tr>
<th>REGION</th>
<th>REPS</th>
<th>TIME</th>
<th>ALTERNATIVE MODALITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quad Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Lymphatic Compression</td>
</tr>
<tr>
<td>Biceps Femoris Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Percussion Instruments (Massage Gun)</td>
</tr>
<tr>
<td>Gluteus Medius / Piriformis Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Vibrating Foam Roller</td>
</tr>
<tr>
<td>Pectorals Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Vibration Platform</td>
</tr>
<tr>
<td>Upper Trapezius Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Electrical Stimulation</td>
</tr>
<tr>
<td>Side Lying QL Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Recovery Breathing</td>
</tr>
<tr>
<td>Side Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td></td>
</tr>
</tbody>
</table>
**GOAL**

Establish functional movement capacity, joint integrity, breath mechanics, aerobic capacity and correct biomechanical dysfunction.

**TUESDAY - SESSION 2**

**WARM UP/MOVEMENT PREP**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Foundational Breathing</td>
<td>1-2 x 10 breaths</td>
</tr>
<tr>
<td>2</td>
<td>Foam Rolling</td>
<td>Regions based on biomechanical analysis 1 x 30-60 sec. ea.</td>
</tr>
<tr>
<td>3</td>
<td>Cognitive Conditioning</td>
<td>Peripheral Reaction 3-6 x 15-45 seconds</td>
</tr>
<tr>
<td>4</td>
<td>Dynamic Warm Up</td>
<td>WUP 2/Upper Body Agility</td>
</tr>
</tbody>
</table>

**STRENGTH**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
<th>TEMPO</th>
<th>LOAD</th>
<th>REST</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull Up</td>
<td>2-3</td>
<td>10-12</td>
<td>2-1-2</td>
<td>Light</td>
<td>60 sec.</td>
<td></td>
</tr>
<tr>
<td>Single Leg Deadlift</td>
<td>2-3</td>
<td>10-12</td>
<td>2-0-2</td>
<td>Light</td>
<td>30-45 sec.</td>
<td></td>
</tr>
<tr>
<td>Bent Over Row</td>
<td>2-3</td>
<td>10-12</td>
<td>1-0-1</td>
<td>Light</td>
<td>30-45 sec.</td>
<td></td>
</tr>
<tr>
<td>Goodmorning or Reversehyper</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pallof Hold</td>
<td>2</td>
<td>20 sec.</td>
<td>N/A</td>
<td>Mod.</td>
<td>20-30 sec. between circuits</td>
<td></td>
</tr>
<tr>
<td>Hamstring Slides</td>
<td>2</td>
<td>10</td>
<td>1-0-1</td>
<td>N/A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weighted or Banded Deadbugs</td>
<td>2</td>
<td>10</td>
<td>1-0-1</td>
<td>Mod.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**RECOVERY**

<table>
<thead>
<tr>
<th>REGION</th>
<th>REPS</th>
<th>TIME</th>
<th>ALTERNATIVE MODALITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quad Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Lymphatic Compression</td>
</tr>
<tr>
<td>Biceps Femoris Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Percussion Instruments (Massage Gun)</td>
</tr>
<tr>
<td>Gluteus Medius / Piriformis Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Vibrating Foam Roller</td>
</tr>
<tr>
<td>Pectorals Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Vibration Platform</td>
</tr>
<tr>
<td>Upper Trapezius Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Electrical Stimulation</td>
</tr>
<tr>
<td>Side Lying QL Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td>Recovery Breathing</td>
</tr>
<tr>
<td>Side Stretch</td>
<td>1-2</td>
<td>20-60 sec.</td>
<td></td>
</tr>
</tbody>
</table>
PHASE 1 - WEEK 1

GOAL
Establish functional movement capacity, joint integrity, breath mechanics, aerobic capacity and correct biomechanical dysfunction.

WEDNESDAY - SESSION 3

RELEASE, MOBILIZE, correct

Click on exercise name to view video

<table>
<thead>
<tr>
<th>MODALITY</th>
<th>SHOULDER</th>
<th>T-SPINE (Upper Back)</th>
<th>HIP</th>
<th>ANKLE</th>
<th>LUMBAR-SPINE (Lower Back)</th>
<th>WRIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>MFR (Foam Roll)</td>
<td>Lat Foam Roll</td>
<td>Levator Scapulæ Lacrosse Ball</td>
<td>Rectus Femoris Foam Roll</td>
<td>Calf Foam Roll</td>
<td>QL Lacrosse Ball</td>
<td>Forearm Flexor Lacrosse Ball</td>
</tr>
<tr>
<td></td>
<td>Pectorals Lacrosse Ball</td>
<td>Lat Foam Roll</td>
<td>Piriformis Foam Roll</td>
<td>Peroneals Foam Roll</td>
<td>Rectus Femoris Foam Roll</td>
<td>Forearm Extensor Lacrosse Ball</td>
</tr>
<tr>
<td></td>
<td>Posterior Deltoid &quot;Scapula&quot; Lacrosse Ball</td>
<td>Rhomboids Foam Roll</td>
<td>QL Foam Roll or Lacrosse Ball</td>
<td>Anterior Tibialis Foam Roll</td>
<td>Piriformis/Gluteus Medius Foam Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Upper Trapezius Lacrosse Ball</td>
<td>Upper Trapezius Lacrosse Ball</td>
<td>TFL Foam Roll or Lacrosse Ball</td>
<td>Biceps Femoris Foam Roll</td>
<td>Spinal Erectors Foam Roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Anterior Deltoid Lacrosse Ball</td>
<td>Pectorals Lacrosse Ball</td>
<td>Biceps Femoris Foam Roll</td>
<td>Plantar Fascia Lacrosse Ball</td>
<td>Lat Foam Roll (Lower Region)</td>
<td></td>
</tr>
</tbody>
</table>

STRETCH

1 x 30-90 seconds each

<table>
<thead>
<tr>
<th>Side Stretch</th>
<th>Upward Facing Dog</th>
<th>Hip Flexor Stretch</th>
<th>Calf Stretch</th>
<th>QL Side Stretch</th>
<th>Forearm Flexor Stretch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pectorals Stretch</td>
<td>Side Stretch</td>
<td>Adductor Side Stretch</td>
<td>Peroneals Stretch</td>
<td>Piriformis/Gluteals Stretch</td>
<td>Forearm Extensor Stretch</td>
</tr>
<tr>
<td>Trap Stretch</td>
<td>Rhomboid Stretch</td>
<td>Piriformis/Gluteals Stretch</td>
<td>Biceps Femoris Stretch</td>
<td>Upward Facing Dog</td>
<td></td>
</tr>
<tr>
<td>Anterior Deltoid Stretch</td>
<td>Trap Stretch</td>
<td>Biceps Femoris Stretch</td>
<td></td>
<td>Childs Pose</td>
<td></td>
</tr>
<tr>
<td>Tricep Stretch</td>
<td>Pectorals Stretch</td>
<td>Rectus Femoris Stretch</td>
<td></td>
<td>Seated Spinal Twist</td>
<td></td>
</tr>
</tbody>
</table>

MOBILIZATION

1-2 x 30-60 seconds each

| GHJ Mobilization | T-Spine Segmental Foam Roll Mobil. | Quadruped or Standing Hip Mobilizations | Front/Back Rocks | Mckenzie Press Up | Palm Down Front to Back Rock |
| Shoulder Wall Circles | Quadruped Thoracic Rotations | 90/90 Rocks | Ankle Circles (Preferably in rice or sand bucket) | Supine Lateral Knee Rock | Palm Down Side to Side Rock |
| Shoulder Swimmers | Ball Hug T-Spine Circles | Hurdle Over & Unders | Angel Toes (Preferable in rice or sand bucket) | SJ Mobilization | Wrist Circles |

INTEGRATION

1-2 x 8-12 repetitions each

(Select 1-2 from each)

| YTA | Around the World | Single Leg Deadlift | Banded Arch Raises | Glute Bridge | Rice/Sand Grips |
| Band Pull Aparts | Back Extension Y Raise | 3 Directional Squat | Banded Dorsiflexion | Side Plank | Rice/Sand Extensions |
| Row to External Rotation | Prone Cobra Raise | Single Leg Glute Bridge | Single Leg Squat (on Airex Pad) | Birddogs | Plate Pinch Carries |
| Spinners | Back Extension Row | Side Lying Clamshell | Single Leg Deadlift (on Airex Pad) | | Bar Twists |

NOTES
Perform the MFR, Stretching, Mobilization and Integration routine for the areas where you exhibited the most dysfunction in your movement assessment. These routines should be done everyday throughout a fight camp and focused on heavily during RMC days.
These assessments are used to not only gauge what loads to utilize throughout training but also to determine what areas you may need to focus on. This program provides a list of normative ranges for each test that show where you lie on the spectrum of suboptimal to optimal. If you find that you are suboptimal in any category it is suggested you focus on developing that attribute throughout the entire program. This program is static but its efficacy will not be harmed by adding in extra work for your deficiency. See deficiency recommendations for more instruction.

<table>
<thead>
<tr>
<th>QUALITY BEING ASSESSED</th>
<th>TEST</th>
<th>HOW TO PERFORM</th>
<th>DEFICIENCY RECOMMENDATIONS</th>
<th>EXERCISES TO ADDRESS DEFICIENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Body Power</td>
<td>Seated Medball Chest Throw</td>
<td>From a seated position chest press an 8lb medicine ball as far possible. Mark the distance. Rest and repeat 3 times. Record furthest distance in inches.</td>
<td>Scoring suboptimally in this category indicates a deficit in upper body power which is vital to a combat athlete who must throw punches and pull opponents explosively. A lack of upper body power should be addressed using explosive upper body pulling and pushing exercises at maximum effort, for low repetitions and under moderate to heavy loads. These exercises should be performed at the beginning of workouts after the warm up and or after upper body strength exercises such as bench presses, push presses and pull ups.</td>
<td>Plyometric Push Up Split Jerk Push Press Explosive Bench Press Med Ball Chest Throw Explosive Pulley Row Med Ball Overhead Throw Med Ball Chest Drop Reaction Press</td>
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<tr>
<td>Lower Body Strength</td>
<td>1RM, 3RM or 5RM Front Squat, Back Squat or Deadlift</td>
<td>Warm up on back squat or deadlift. Start with 8 to 10 reps at a chosen weight and continue adding weight for following sets until only 5, 3 or 1 rep is achievable. Rest 3-5 minutes between bouts. If using a 5RM or 3RM use 1RM calculator to figure out the true max.</td>
<td>Scoring suboptimally in this category indicates a lack of lower body strength. Without lower body strength it is difficult to develop lower body power and this limits the combat athlete’s ability to produce strong kicks, hold their ground and generate overall power output. A lack of lower body strength should be addressed by performing heavy load, lower repetition compound exercises such as squats and deadlifts. These exercises should be performed at the beginning of a workout as the primary lower body exercise after the warm up.</td>
<td>Back Squat Front Squat Zercher Squat Split Squat Deadlift Reversehyper Glute Bridge Lunge</td>
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<tr>
<td>Upper Body Strength</td>
<td>1RM or 3RM or Bench Press</td>
<td>Warm up on bench press. Start with 8 to 10 reps at a chosen weight and continue adding weight for following sets until only 5, 3 or 1 rep is achievable. Rest 3 minutes between bouts. If using a 5RM or 3RM use 1RM calculator to figure out the true max.</td>
<td>Scoring suboptimally in this category indicates a lack of upper body strength. Without upper body strength it is difficult to control opponents in space, generate punching power, and hold opponents in submissions. A lack of upper body strength can be addressed by performing heavy load, lower repetition compound exercises such as bench presses, pull ups, and push presses. These exercises should be performed at the beginning of a workout as the primary upper body exercise after the warm up.</td>
<td>Bench Press Incline Press Push Press Pull Up Bent Over Row Floor Press</td>
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<tr>
<td>Upper Body Strength Endurance</td>
<td>Max Rep Strict Pull Up</td>
<td>Hang from a pull up bar with locked elbows and bent knees. Place a band or object under the knee just so that you can feel it lightly touching the knees. This is the depth you must hit for each rep. Perform as many pull ups as possible ensuring the elbows lock out each rep.</td>
<td>Scoring suboptimally in this category indicates a lack of upper body strength endurance. Lacking upper body strength endurance puts you at risk of burning out in the clinch, holding submissions or trading strikes with your opponent. A lack of upper body strength endurance should be addressed by first developing high repetition hypertrophy (muscle size) then by developing strength and increasing your capacity to utilize that strength over repetitive bouts of exertion. This program does a good job of addressing these components in sequence so extra effort isn’t necessary. Just ensure that you retest your max strict pull ups somewhere in week 6-8 to assess improvements. If improvements haven’t been made you can increase the number of sets of your upper body strength exercises such as the pull up, bench press, push press, floor press, or rowing exercises.</td>
<td>Bench Press Incline Press Push Press Pull Up Bent Over Row Floor Press</td>
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### Male Front Squat

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FREQUENTLY ASKED QUESTIONS

How do I perform the assessments?
Ensure you have the proper equipment or professional required to perform the assessment, follow the instructions for each assessment and record the results using the metric prescribed.

What do I do once I have the results of my assessments?
View the Normative range charts to see how you performed relative to your population, size and/or gender. If the results are not optimal follow the recommendations on what to do to bring your numbers into the optimal range.

What do I do with the HRV, RSI and Self Assessment Data?
Trend it using the trend chart and use it to dictate your training intensity for each day. Trending the data over time helps you see what training, recovery, and nutrition styles enhance or hinder your performance.

What if I don’t have the technology to perform the readiness assessments?
Use what you have access to. Sometimes all you have to go off of is the self assessment. Obviously this isn’t the most informative form of regulation but it will yield better results than just blindly pushing through every workout with a “redline” mindset.

What do I do if my Readiness Assessment indicates that I shouldn’t train today?
It depends on the severity. If all assessments are indicating not training you should take a full rest day. If the results indicate fatigue, but not full exhaustion it may be beneficial to perform a Level 1 strength and conditioning session, do your RMC program, and/or do low intensity technical combat training.

When do I do breathing exercises?
Foundational Breathing should be done prior to each training session. Competition Breathing should be done during conditioning sessions. Recovery Breathing should be done between rounds, in rest periods, and during recovery sessions.

Where do I buy products mentioned in the program?
View the equipment section listed in the glossary.

What if I don’t have access to a piece of equipment required for an exercise?
Do the best you can with what you have. Try to mimic an exercise pattern as closely as you can. Sometimes a piece of equipment, assessment tool, and or technology isn’t available, this doesn’t mean you can’t do the program, you just have to improvise. Do what you can, with what you have.

What if I can’t train on the day listed in the program?
This program is laid out in a “recommendation” style platform. If you can’t do Session 1 on Monday that’s fine, simply move the sessions around in the week in a way that fits your schedule. The only thing that matters is that you perform them in the order (Session 1-Session 2-Session 3…) they are prescribed. Performing Session 6 earlier in the week than Session 1 would be ill-advised.

How do I do the Biomechanical Assessment?
It is highly recommended to seek out a licensed Physical Therapist, Chiropractor, exercise specialist or NF1 Performance Specialist (through the NF1 app) to perform your assessment. If these practitioners are not financially available to you, you can film yourself performing the assessment exercises and use the “What to Look For” guidelines to determine which areas you displayed the most dysfunction.

Once I know which areas I have the most dysfunction in the Biomechanical Assessment, what do I do?
Simply visit the RMC page and perform the exercises for your region in the order prescribed. All of the RMC exercises can be found in the exercise library.