

4 Week MMA Fit Challenge guide

Short guide to your success:

This guide will be short and sweet. This guide will be more about telling “how” to implement the program, and not so much the “why” we are doing what we do. I will probably dive deeper into the science of it all during our sessions and consults, but for now let’s just lose some fat and get in shape as fast as we can. That said; email me if you have any questions calgarypersonaltrainer@gmail.com Or text me at 403 607 1992 about any part of the program. This will also assume you are either training at Athlima Fitness-Yoon’s Martial arts school a minimum of 3 x per week or using the at-home guide provided.

You should have the following documents:

- Program Guide - The One You Are Reading Now
- The in Home Workout Guide (in case you miss any workouts)
- Tracking Sheet to measure your results
- MMA personal daily challenges and tracking sheet (Daily video challenges sent on the private Facebook page or via email)
- The diet plan

I arranged the documents on which to open first. [Our secret site](http://www.athlimafitness.com/mmafc/) <http://www.athlimafitness.com/mmafc/>

What you need to bring:

- Gym Clothes
- MMA Gloves (if you don’t have any we carry pro MMA gloves here). **I sell these for \$40.00** a set to my clients only. So that will be your price as well, (these gloves retail for 70.00 elsewhere).
- A good attitude, work hard and motivate others by trying hard.
- Your training area will be matted, so no shoes on the matt, just bare feet.

Nutrition:

The Breakdown For clients who's goal is quick weight loss

You will have 4 diets to choose from. Diet one is described in bullet form below, diet 2 is a simple easy to follow diet, and diet 3 is The Fast metabolism diet. Diet 4 is a vegetarian diet plan. Each has their strengths. Choose one that fits your lifestyle and needs.

Here is Diet 1 in a nutshell. Just bullet points, further discussion of each point will follow. Highlighted bullets are only necessary if your goal is quick weight loss.

- The “Secret Sauce” is coconut oil or MCT oil– You will take 2-4 TBS per day (at specific times)
- You will eat regularly during 8 hours of the day, the other 16 you will fast, now this is only necessary if your goal is to lose weight fast. If you are working out at night do a quick home work out in the morning, in a fasted state and work out at night as well
- You will consume NO MORE than 50 net carbs per day again, only if your goal is quick weight loss.
- You will consume a minimum of 120g protein/day (women) 180g protein/day (men)
- Fats will only come from coconut oil, and other natural sources (no man made fats)
- You will train in a “fasted” state; do not do this if you are coming to the night classes. (optional, Quick way to lose weight)
- You will log everything you consume try this, www.myfitnesspal.com
- You will get 1 “Cheat Night” per week
- Calories are not a huge concern
- You can take 200mg of caffeine (coffee or tea) prior to working out

Work outs

- Work out at least 3 x per week
- If you miss a work out do the in-home workouts
- Do the fitness Challenges weekly
- Work Hard, don't slack, don't whine
- Motivate each other
- Ki Hap, Yell in the class, this is great for moral and releasing endorphins
- Give high fives, this helps build morale
- Stay accountable, if you do an in home work out or a workout elsewhere Text me 403 607-1992

Classes:

1. Mon, wed, Friday - 6:15 am (Yoon's)
2. Mon, Tues, Wed, Thurs, Fri – 12:00 pm (Yoon's)
3. Tuesday and Thursday 7:10 pm to 7:55pm (Fitness Group)
4. Tuesday & Thursday - 8:15 pm (Yoon's)
5. Friday – 8:15 (Yoon's – assessment only)
6. Saturday - 9:15 am (Yoon's)

All classes are open to you, if you are a martial arts student please come to the martial arts classes as well. Please also don't forget that we have other in home workouts as well.

Weekly Challenges and assessments:

There will be 7 challenges done on a weekly basis. Get weighed in first then perform the challenges. Please be consistent weekly.

Assessment Times. Fridays only

- 6:15am
- 12 pm
- 8:15 pm

If it is impossible to make these times let me know.

Each assessment should take around 45 min. Due to the intensity of the challenges, it will be a work out on its own!



1. **Battling Rope:** How long it takes you to do 50 slams.
2. **5 Immobilization Ground and Pound:** How long it takes you to do all 5 immobilization, 5 X over, with 4 punches in each immobilization.
3. **Ladder Pyramid Challenge:** How long it takes you to go from 10 to 1 in single increments, on both sides.
4. **Sit Up and Punch Challenge:** How long it takes you to do 50 sit-ups with 2 punches per sit up.
5. **Mittwork :** How long it takes you to do 30 Mayweather patterns.
6. **Leg Burpees:** - How long it takes you to do 10 on each side.

Access http://www.youtube.com/playlist?list=PL2wvn1jiiR1DcL_yCdoc75cHUO_DaRh98 to have an idea of what these challenges will entail.

All fitness tests will be done with a partner, I will do your measurements along with the other trainers.

Fitness competition challenges for May 7th.

1. Battling Rope
2. Mayweather Mitt Work
3. Sledge Hammer Challenge
4. Rope Climb
5. TRX Burpees with Push-Ups
6. Sprawl and Brawl
7. 5 Immobilization Ground and Pound
8. Ladder Pyramid Challenge
9. Sit Up and Punch Challenge
10. 1 Km Run or Walk

Videos with details online 2 weeks before the competition.

Judging Criteria

Point System: You will earn points for the following:

1. Attendance – Each class you attend you earn 2 points.
2. MMA Fit Challenges earns 2 points for attendance and 2 points for every challenge you improve on.
3. % of Body Fat Lost– Each 0.5% lost at the end of the program earns you 2 points.
4. Weight / Inches Lost - You will also be awarded points for percentage of inches lost (multiplied by 100). So if you start with a 36" waist, and you lose 4 inches, you get 11 points. ($4 / 36 = 11\% \times 100 = 11$ points) The same goes for weight lost.
5. Work out Accountability: If you do an out of gym activity or in home work out, text 403 607-1992 or Facebook IM. And you will earn 1 point.
6. Daily challenges, complete the challenge daily and earn 1 point each day completed. Challenges will be on Facebook daily starting May 1.
7. Bonus. Facebook , instagram, or twitter Posts – Participants get 1 point for every 5 times they post something about the program on Facebook and tag the MMA fit boot camp fan page or hashtag #mmafitchallenge. (limit of 1 entry per day). <https://www.facebook.com/mmafitbootcamp> Instagram name @hkdlion. Twitter account @instructorbobby

Conclusion

That's it. It is really not that complicated, but if you have any questions DO NOT HESITATE to contact me- 403 607-1992 or calgarypersonaltrainer@gmail.com, that is what I am here for.

Now here is some tough love: You are either doing this program or you are not. Decide which now. If you are not following the guidelines your results will be sub par. Following this guide can potentially change your life forever– doing what you're doing will without question keep it the same.

You now have the keys to a new lean, healthy body and a new energized life. All you have to do is turn the key and walk through the door. Trust me; you're going to love it here.

-Bobby