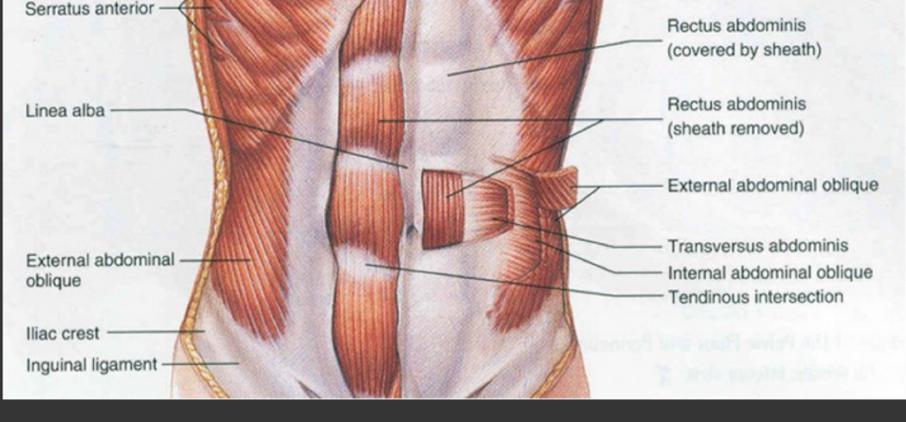


# CORE Training for Fighters & Grapplers



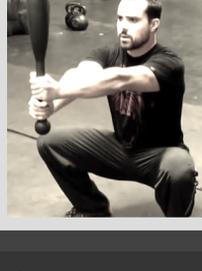
## Here's What We're Working With



Although most people talk about 6-pack abs, the main purpose of our 'core' muscles are to stabilize the hips/spine and to efficiently transfer force between our legs and arms.

## Benefits of a Strong Core

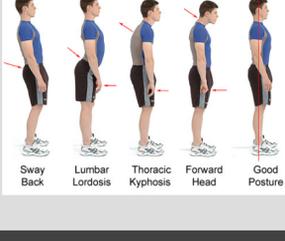
### Enhanced Athletic Performance



### Injury Prevention



### Improved Posture



## Common Mistakes

### No CORE Training

Neglecting your core training completely, can leave your muscles weak and not working efficiently. Poor posture and hours of sitting leave most of us needing more attention in this area.

### Lack of Stability

The main purpose of the core muscles is to stabilize the hips and spine during movement. For fighters and grapplers, this means that we will be stronger and move more efficiently.

### Sloppy Technique

Attention to detail is important with every exercise, especially the core. When performing each drill pay close attention to alignment, posture and small deviations in the hips, spint, shoulder and head.

### Too Much Flexion

Most grapplers spend a lot of time of their back and fighters are typically rounded to protect their chin. Adding a bunch of situps only makes their posture worse.

## 3 Categories of CORE Exercises

Flex-Extension/Anti-Flex & Extend

Rotation - Anti Rotation

Anti-Lateral Flexion

## Sample Exercises

### Flex-Extension/Anti-Flex & Extend



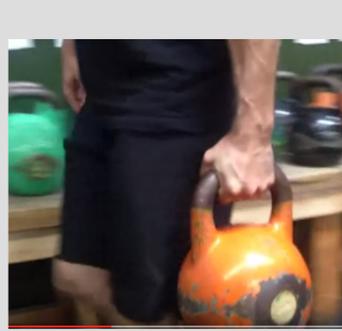
## Sample Exercises

### Rotation - Anti Rotation



## Sample Exercises

### Lateral Flexion & Anti-Lateral Flexion



## 3 Advanced CORE Challenges



Power Wheel Crawl



Max Lunge Test

### 1. Power Wheel Crawl

Jon Hinds created the Power Wheel in 1997 to dynamically improve core stabilization, strength, power and balance. Beginning at the top of a push-up with your feet in the power wheel straps and hold for 30-60 seconds then rest for 30 seconds before repeating 3 times! Once you can hold the push up advance to the crawl! Can you maintain stability and crawl for 100 yards?

### 2. Max Lunge Test

The Max Lunge Test was developed by Josh Henkin and is part of his DVRT system. Using a moderate weight sandbag (40-60lbs), perform the sandbag max lunge for 4 minutes. Maintain your posture, resist rotation and bring the back knee to the floor on every rep. How many good reps are you able to perform?



Suitcase Carry

### 3. Suitcase Carry

The Single Arm Farmers Walk is one of the most underrated yet most versatile and simple exercise any coach or athlete can use. Simply put you walk with one dumbbell, kettlebell, or farmers walk bars and then just walk. Maintain posture, no leaning, head up! How much weight can you carry for 100 feet, without leaning or losing your posture?

For More Information, Visit [fightcampconditioning.com](http://fightcampconditioning.com)