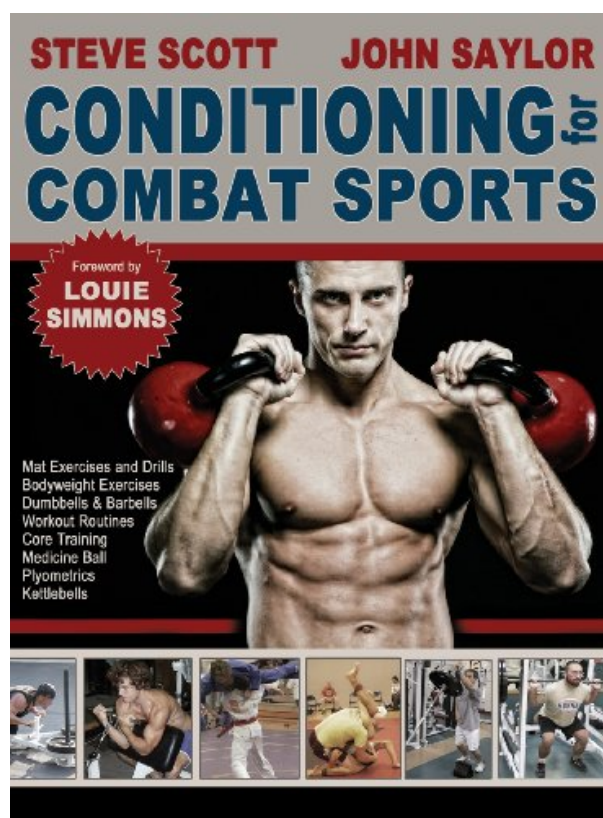


CONDITIONING FOR COMBAT SPORTS BY STEVE SCOTT, JOHN SAYLOR



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CONDITIONING_{for} COMBAT SPORTS

Foreword by
**LOUIE
SIMMONS**

Mat Exercises and Drills
Bodyweight Exercises
Dumbbells & Barbells
Workout Routines
Core Training
Medicine Ball
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CONDITIONING FOR COMBAT SPORTS BY STEVE SCOTT, JOHN SAYLOR PDF

' 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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- Binding: Hardcover
- 322 pages

Most helpful customer reviews

5 of 5 people found the following review helpful.

Pretty good resource for exercises

By Aaron S.

Conditioning for Combat Sports is a pretty good book. It goes into great detail about the many different types and ways to do exercises ranging from partner mat drills to weightlifting to agility drills. It does a great job of emphasizing what kind of training is appropriate for a combat athlete. The problem comes from its layout and the feel of "missing" information. The layout problem is simply that there is no index with the exercises in alphabetical order. There is a table of contents with exercises categorized by type and placement in the book, but no index. The second problem is that the book talks about how to develop strength and how to develop endurance, but treats these two separately. It gives good workout routines for both, but never how to work them together. The book tells you that it is important to have both of these, but doesn't give an example workout week of how to do general physical preparation.

I liked the book, it gave me a lot of great information, but I feel like I have to go elsewhere to figure out what to do with this information. Also, on an unrelated note, it is kind of weird how the photo on the front of this book is the same photo on the "300 workout" book. Who is that guy and where is the book that he wrote?

3 of 3 people found the following review helpful.

Great Workout Book

By Amazon Customer

Follow along with this training and you WILL improve your health. GPP (general physical preparedness) is the base strength at which you can perform a task. So by increasing you GPP you improve you ability to other things like jiu jitsu, boxing, mma or even things like hike, bike or swim. GPP is why an MMA fighter can go through a training camp and come out much more inshape. Example St. Pierre trains all the time so his GPP is high but some fighters dont train in between fights like Quinton Jackson and those fighters struggle to make it 3 rounds. Following this book will help strengthen all areas of your body and burn fat/build muscle. I highly recomend this book. The only problem I have is that it has things like tire flips. Most people will not have a tire to flip or an area to do so. I just supplimented that exercise with a homemade sandbag exercise. But all in all this book is great for fitness and training.

2 of 2 people found the following review helpful.

Extremely informative

By Dirtnap

Anyone interested in conditioning should take a look at this book. It is filled with great examples and information you can use to improve your current conditioning regimen, create a new one, or take it to the next level. Rather than just advocate one type of training, there are examples of lots of different exercises--weights, bar bells, dumb bells, kettle bells, and some that defy description. Definitely a book you will be rereading as long as you train.

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