



AUSTRALIAN INSTITUTE OF KETTLEBELLS

MMA Conditioning with Kettlebells and Powerbags

Overview

In this workshop you will learn how to fuse powerbags and kettlebells into an MMA inspired conditioning workout. The diversity of these functional training tools is showcased in this workshop that includes inspirational and challenging ways to program for your client or group.

Session Objectives

- Participants will learn how to safely and effectively use Kettlebells & Powerbags with clients in an MMA inspired workout
- Participants will learn MMA inspired exercises that will generate great results for clients
- Participants will learn the 'theory' as to why these exercises and workouts will generate results for clients
- Participants will learn how to collate the exercises to produce efficient and safe programs

Teaching

- Powerbag Uppercuts

Set-up and execution

Notes:

Cues:

- 1.
- 2.
- 3.

- Frog Sprawls

Set-up and execution

Notes:

Cues:

- 1.
- 2.



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3.

Deck Squats

Set-up and execution

Notes:

Cues:

1.

2.

3.

- Walkouts

Set-up and execution

Notes:

Cues:

1.

2.

3.

Explosive Deadlifts

Set-up and execution

Notes:

Cues:

1.

2.

3.



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Workout

The objective of the workout is twofold:

1. To competently perform the exercises in a workout format
2. To act as a coach and inspire your partner to 'keep going' and to reinforce 'key coaching cues' even when they are fatiguing

Program

Round 1

- PB Uppercuts – 60 seconds then switch with partner (15 second transition)
- Frog Sprawls – 60 seconds then switch with partner (15 second transition)
- Deck Squats - 60 seconds then switch with partner (15 second transition)
- Walk-outs - 60 seconds then switch with partner (15 second transition)
- Explosive deadlifts - 60 seconds then switch with partner (15 second transition)

Round 2

- PB Upper cuts – 45 seconds then switch with partner (15 second transition)
- Frog Sprawls – 45 seconds then switch with partner (15 second transition)
- Deck Squats - 45 seconds then switch with partner (15 second transition)
- Walk-outs - 45 seconds then switch with partner (15 second transition)
- Explosive deadlifts - 45 seconds then switch with partner (15 second transition)

Round 3

- PB Upper cuts – 30 seconds then switch with partner (15 second transition)
- Frog Sprawls – 30 seconds then switch with partner (15 second transition)
- Deck Squats - 30 seconds then switch with partner (15 second transition)
- Walk-outs - 30 seconds then switch with partner (15 second transition)
- Explosive deadlifts - 30 seconds then switch with partner (15 second transition)