



HOME FITNESS WORKOUTS

When taking part in Ultra MMA you get 8 weeks of FREE MMA training at your local MMA gym. To get the most out of the experience it's up to you to put in the work in your own time too.

We've put together some workout ideas that don't require any equipment and can be done anywhere you have space.

SESSION 1

10 BURPEES REST 1 MIN	10 BURPEES 25 PRESS UPS 50 LUNGES
10 BURPEES 25 PRESS UPS REST 1 MIN	100 SIT UPS 150 SQUATS REST 1 MIN
10 BURPEES 25 PRESS UPS 50 LUNGES REST 1 MIN	10 BURPEES 25 PRESS UPS 50 LUNGES
10 BURPEES 25 PRESS UPS 50 LUNGES 100 SIT UPS REST 1 MIN	100 SIT UPS 150 SQUATS 300m RUN

SESSION 2

EVERY MINUTE ON
THE MINUTE (EMOM)

10 PRESS UPS
15 BURPEES
20 SQUATS
25 SIT UPS
REST 1 MIN
REPEAT 4 TIMES

SESSION 3

AS MANY
ROUNDS AS
POSSIBLE
(AMRAP)

20 SIT UPS
10 BURPEES
10 MINUTES

SESSION 4

AS MANY ROUNDS AS POSSIBLE (AMRAP)
15 MINUTES
15 SIT UPS
10 BURPEES
5 PRESS UPS

SESSION 5

40 MINUTE RECOVERY RUN

SESSION 6

10 BURPEES
1 MINUTE SHADOW BOXING
REPEAT 5 TIMES

SESSION 7

AS FAST AS YOU CAN

10 BURPEES
15 PRESS UPS
20 SIT UPS
25 SQUATS
REPEAT 5 TIMES

SESSION 8

100 OF EACH:

BURPEES
SIT UPS
SQUATS
PRESS UPS
TWIST SIT UPS