



Working Class Fitness – The Programs

****SAMPLE****

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Disclaimer:

Nobody should ever attempt physical work beyond their own limitations. Some physical activities may be too strenuous in nature or even dangerous for some people to engage in safely. Because exercises of this nature are contained herein, it is essential that the reader(s) and/or user(s) of the information contained herein consult a physician PRIOR to trying, performing, or training with said exercises. The author, publisher, or anybody associated with [Working Class Fitness.com](http://WorkingClassFitness.com) are NOT RESPONSIBLE in any matter whatsoever for any injury which may occur as a result of reading and/or following instructions herein.

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NOTICE

This is a **SAMPLE** portion of **Working Class Fitness – The Programs**. I hope you use and enjoy the Workout Programs. To purchase the entire series, just go to

www.workingclassfitness.com

Please feel free to distribute this free two-week sample to anybody you know that is looking for additional strength, more agility, better cardiovascular conditioning, and to be as healthy as humanly possible!

Should you have any questions, comments, or concerns, please feel free to contact me at wiggys@workingclassfitness.com

Program #1:
**Overall Body Strength,
Power, Conditioning &
Athleticism**

PROGRAM #1 - WEEK #1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Primary Movements</i> -Incline Press: 5 sets x 6 reps -Bent Row: 4 x 8 -Front Squat: 12 x 1-2</p> <p><i>Secondary Movements - Bag Work</i> -Sandbag Load x 20 @ 50 feet OR -DB Clean & Carry x 20 @ 50 feet</p>	<p><i>Conditioning</i> -LSD x 15-30 minutes</p>	<p><i>Primary Movements</i> -Front Squat: 5 sets x 6 reps -Incline Press: 4 x 8 -Bent Row: 12 x 1-2</p>	<p><i>Conditioning</i> -LSD x 15-30 minutes</p>	<p><i>Primary Movements</i> -Bent Row: 5 sets x 6 reps -Front Squat: 4 x 8 -Incline Press: 12 x 1-2</p> <p><i>Secondary Movements - Bag Work</i> -Sandbag Load x 20 @ 50 feet OR -DB Clean & Carry x 20 @ 50 feet</p>

PROGRAM #1 - WEEK #2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Primary Movements</i> -Incline Press: 5 sets x 6 reps -Bent Row: 4 x 8 -Front Squat: 12 x 1-2</p> <p><i>Secondary Movements – Complex</i> -Thruster x 5 -Curl/Back Shrug x 5 -Power Snatch x 6 -Curl/Back Shrug x 5 -Thruster x 5 *Repeat Complex x 4</p>	<p><i>Conditioning</i> -LSD x 20-35 minutes</p>	<p><i>Primary Movements</i> -Front Squat: 5 sets x 6 reps -Incline Press: 4 x 8 -Bent Row: 12 x 1-2</p>	<p><i>Conditioning</i> -LSD x 20-35 minutes</p>	<p><i>Primary Movements</i> -Bent Row: 5 sets x 6 reps -Front Squat: 4 x 8 -Incline Press: 12 x 1-2</p> <p><i>Secondary Movements – Complex</i> -Thruster x 5 -Curl/Back Shrug x 5 -Power Snatch x 6 -Curl/Back Shrug x 5 -Thruster x 5 *Repeat Complex x 4</p>

Program #1 Notes:

-Incline Presses are to be performed on a bench set to 45 degrees or under.

-“Sandbag Load” = Shoulder sandbag and walk/run/hobble/etc. 50 feet. Put Sandbag down. This = 1 rep. Repeat prescribed reps with as little rest as possible (goal is to accomplish all reps with no rest). Alternate shoulders every rep.

-“DB Clean and Carry” = Clean dumbbell to shoulder and walk/run/hobble/etc. 50 feet. Put dumbbell down. This = 1 rep. Repeat prescribed reps with as little rest as possible (goal is to accomplish all reps with no rest). Alternate arms every rep.

-Choose either “Sandbag Load” or “DB Clean and Carry” – you may change with each workout.

-“LSD” = Long Slow Distance. This form of conditioning training is aerobic in nature and is performed at an easier pace for a longer distance. The idea is to never take a rest break the entire time. You may choose whatever form of conditioning you like – running/jogging, rope skipping, climbing stairs, etc.

-“Complex” = All five sets listed performed back-to-back with no rest. Rest 60-75 secs between complexes.

- “Thruster” = holding barbell at shoulders, perform a Front Squat into a Push Press. This = 1 rep.
- “Curl/Back Shrug” = perform 1 barbell curl, then, with bar at bottom position, squeeze shoulder blades together (you should feel this in your traps, upper back, and rear delts). This = 1 rep.

Benchmarks

Testing performance is necessary when training. Without “before” and “after” results to compare to each other, neither coaches nor trainees can accurately assess training. By looking at test results, a variety of things can be determined including what your strengths/weaknesses are, what sort of training you should focus on, whether or not a given program(s) is (are) working, etc. This is where the use of benchmarks comes in.

The goal of [Working Class Fitness](#) is overall General Physical Preparedness (GPP). Strength, speed, quickness, endurance, etc. for their own sake is fine, but if you can't apply those qualities to something in “regular life” (work, sport, etc.), then they don't provide much good. It is the goal of **Working Class Fitness – The Programs** to get anybody in as good overall physical condition as possible for any given activity they may endure.

It is hard to determine benchmarks many times, because they can be so varied. If a trainee can get in shape enough to be able to meet/exceed all training criteria of Program #6 with bodyweight (and more), then he/she should feel pretty confident in their overall physical ability.

There are some other basic, more general benchmarks that can be used as well. These benchmarks are a few basic tests that will test strength, explosiveness, power, speed, endurance (cardiovascular and muscular), overall conditioning, etc. These tests were chosen because they are very common (meaning they will have very broad applicability) and skill level is very low. Low skill level is very important because an increase in skill DOES NOT necessarily translate into an increase in GPP.

For example, let's say we have a trainee who has never performed the Power Clean – a move that increased skill can have a great effect on.

The first time our trainee performs a Power Clean, he cleans 175 lbs., but he is using sloppy form. A week later, a coach gets our trainee and gives him some pointers on performing the Power Clean, including triple extension of the hips, knees, and ankles, keeping the bar close to the body, and dipping the hips under the bar. After some practice with better form that day, the trainee cleans 205 lbs. His clean max has just gone up 30 lbs.

Now, has his overall GPP gone up proportionately? Has his strength increased 30 lbs? Is he 30 lbs. more powerful? When testing the Power Clean, the answer is yes. When it comes to applying strength and power to a “real life” situation, the answer is more than likely no. Now, has the trainee learned how to use his body to manipulate leverage in order to move a greater load (in other words, has he learned to take advantage of better technique)? Yes. Is this applicable to “real life?” It can be. So, in that sense, GPP may have increased. However, has it

increased GPP as much as gaining 30 lbs. of strength or power would? Most likely not. If our trainee was learning body movement/manipulation for increasing leverage

(i.e. – learning to take advantage of better technique) over a longer period of time, and with more exercises, then it certainly becomes more valuable. Just how much more valuable it becomes is hard to determine.

Either way, increases in technique of a particular exercise generally have the least amount of carryover in terms of overall GPP.

Think of it this way – let's say you're a baseball player. You hire a hitting coach to help you with your swing. He helps you alter your technique, so that you swing the bat faster. This results in you hitting the ball not only further (due to increased force created by increased bat speed) but more often (pitches you might have missed before you make contact with now). You, by all intents purposes, are now a better hitter.

But are you a better baseball player? You are – kind of. You can hit better, but increasing your batting technique has had no effect on your base running, defense, throwing, etc. So, it's helped only one area of your game.

However, let's say you did some speed and strength training, resulting in you being a more powerful athlete. This can help you become a better overall baseball player because you can apply that increased power to all areas of your game (hitting, throwing, defense, base running, etc.), not just one.

Now, this isn't to say that the increase in power is more important or beneficial than the increase in batting technique, or vice versa. What it DOES show, however, is that the increase in power is more broadly applicable.

And **THAT** is what we're after.

And that is why benchmarks are low skill activities. If the goal of Working Class Fitness is to increase GPP, but you're increasing on your benchmarks due to increased exercise skill, than you could be shorting yourself when it comes to "real life."

Now, performance on many of the exercises included in **Working Class Fitness – The Programs** can be improved by improving technique, and that's Ok. But benchmarks are best measured using low skill activities to separate increases in skill from actual increases in strength, speed, power, endurance, etc.

This list is not all encompassing, but is a good overall selection of physical attributes:

- Overhead Press: bodyweight (this can be out of a rack – i.e. no clean – and can be a Push Press or Strict Press. Jerks don't count.)
- Bench Press: bodyweight x 1.5
- Deadlift: bodyweight x 2-2.5 (This can be any style deadlift – sumo, traditional, stiff legged, mixed grip, clean grip, etc.)
- Chins/Pullups: bodyweight x 30 reps nonstop
- Push Ups: 60+ in one minute
- Vertical Jump: be able to jump onto 40-inch high platform, box, etc.
- Run: one mile in 6:30 or less
- Sprint: ¼ mile in 60 seconds or less

When you can perform all of these benchmarks within the parameters mentioned above, you're well on your way to having kick-ass GPP.

"Density Conditioning" (published at workingclassfitness.com)

A few years ago, a relatively well known strength coach by name of Charles Staley created a program called Escalating Density Training. Since that time, other trainers have created programs and written articles about their own versions of Density Training.

Head Strength & Conditioning Coach at Wake Forest University Ethan Reeve, Kettlebell Instructor Mike Mahler, and Endurance Lifter & Personal Trainer Bryce Lane have all put their own little spin on Density Training with great results. Even my own Singles & Doubles training is a sort of variation of Density Training.

In case you're unfamiliar with the concept of Density Training, the basic idea is pretty simple: either do more work in the same period of time each workout or do the same amount of work in a shorter period of time each workout. For example, let's say you're performing Sandbag Clean & Press with a sandbag that weighs roughly 50% of your bodyweight.

Distance

In your first workout, doing many sets of 2-5 reps, you perform 42 reps (total) in 20 minutes. The next workout, you'd want to perform at least 43 reps. If you get 43 reps, then shoot for at least 44 in your next workout, and so on.

Coming at it from the opposite direction, instead of adding reps, you could decrease rest time and, in turn, overall workout time. Continuing with the example above, let's say in your first workout you got 42 reps in 20 minutes even (20:00). In your next workout, you'd want to still get in 42 reps, but make sure you get them in a time under 20:00 - say 19:45. The workout after that, you'd shoot for 19:30, and so on.

Density Training is very beneficial because, depending on how it's "tweaked," it can accomplish a fairly wide variety of goals at one time. Coupled with extra calories, it can result in muscle and overall weight gain. Used with high sets with low reps, brute strength can be increased.

If rest periods are kept short, strength-endurance is benefited. If a fair amount of reps are used (say, perform 50 reps of a compound movement in 20 minutes), work capacity and overall conditioning are increased.

In the past, the majority of all programs written with the Density Training protocol have been oriented toward strength training. Density Training hasn't really been used in conditioning training until now.

It's become relatively well-known in recent years that anaerobic (i.e. - interval) training is much more beneficial than aerobic (i.e. - long slow distance) for MMA. This is largely due to the fact that MMA is an anaerobic sport. Another major factor is that many studies have found that anaerobic training increases both anaerobic AND aerobic capacity in trainees, while aerobic training usually only results in increases in aerobic capacity (not anaerobic).

In other words, you get benefit in two cardiovascular systems instead of just one. Anaerobic training is also known to let trainees keep strength and muscle, as well as improve quickness, speed, as well as a whole host of other benefits. So the question is really, "How can one mix anaerobic training with Density Training?"

It's pretty simple, really. You'd start off just like you would with a strength training-based Density Training program. First pick a time that will be your work period - 20-30 minutes is usually more than enough. The next thing to do is to pick what activity you'll be using.

For this article, we'll use sprinting (running). Next, pick a distance or time that is adequate for sprints. I recommend 50-100 yards (I wouldn't go over 150 and have actually used as low as 30) or 15-30 seconds.

Once you've got your parameters established (e.g. - 50 yard sprints for 20 minutes), go ahead and do the workout. Do your sprints in "wind sprint" fashion in that you sprint 50 yards, turn around, and walk to the starting point (when you get in better shape, you can lightly jog instead of walk).

Once you reach the starting point, turn around and sprint 50 yards again. You get no "rest" periods, per se, in that you never get to stop and do nothing. Walk back to the starting point is your "rest." For 20 minutes nonstop, perform as many sprints as possible. In true "Density Training" fashion, try to get at least one more sprint in 20 minutes in your next workout. The next workout after that, try to get at least one more, and so on. So, if you got 19 sprints in your first workout, go for 20 in your second workout, 21 in your third, etc.

Time

Now that we've looked at an example from a "distance" point of view, let's look at it from a "time" point of view. Say, instead of sprint for 50 yards, and then walking back, you'd sprint for time. For example, sprint for 20 seconds, walk for 20 seconds, sprint for 20 seconds, walk for 20 seconds, etc. for 20 minutes nonstop. To measure your progress, measure how far you're sprint during all the 20 second sprints (in total).

Your next workout, try to increase that distance. The next workout, increase it again. (NOTE - In case you're wondering how to do this, try this: sprint for 20 seconds, and then turn around and go the opposite direction when you walk.

When it's time for your next sprint, turn around and sprint in the original direction again. At the end of 20 minutes, measure how far you are from your original starting point. Try to increase that distance every workout.)

If it seems simple, that's because it really is. Either use the same time period and get more work done, or do the same amount of work quicker.

So how will this help your MMA conditioning? Well, we already discussed the benefits of anaerobic training, but let's look at a practical example. As previously stated, most MMA matches are anaerobic in nature, in that there might be a short period of intense action, followed by easier action, followed by intense action again. Intense action won't just happen at the beginning of a round or fight. It might happen at the middle, the end of a fight or anywhere in between. You have to be ready to give it your "all" at any time.

By using Density Conditioning, you will be preparing your body to be able to give highly intense efforts even after it's done a lot of work and fatigue has already set in.

Despite the examples above, running isn't the only exercise that can be used with Density Conditioning. Rope Skipping, biking, various cardio machines such as climbers, rowers, or elliptical trainers, weight dragging, and even skill work such as sparring, grappling, or hitting a heavy bag could all work well. Bodyweight circuits could be used, but programs would take more planning and structure.

Be sure to use proper form in all exercises throughout your entire workout. As you tire, proper form will be harder to maintain due to fatigue, so be sure to concentrate on using proper form to avoid injury. This isn't really an issue with cardio machine, as they "lock" you into proper form, but with running, rope skipping, sparring, or the like, proper form **MUST** be maintained.

As for frequency, perform Density Conditioning sessions 2x-3x/week, depending on your training schedule and other physical demands.

Sample Density Conditioning Programs:

Program #1:

-Sprint (run) 50 yards

-Walk back to the starting line

*Repeat for 20 minutes nonstop. Try to increase number of sprints performed each workout.

Program #2:

- Intense rope skipping x 30 seconds

- VERY easy rope skipping or walking x 30 seconds

*Repeat for 25 minutes nonstop. Try to increase total number of jumps performed overall each workout.

Program #3:

- Intense ground pummeling drills on heavy bag (punches, elbows, knees, etc.) x 30 seconds

- VERY easy ground pummeling drills or walking x 20 seconds

*Repeat for 15 minutes nonstop.