



Armed for endurance

Super six dumbbell drills that will build freakish stamina in your arms

I am a huge fan of dumbbells. So was Julius Caesar – that's how far back in time these versatile tools go. Most people think the dumbbell is just for making you bigger and stronger, but when you use them in specific ways, they can also help develop freakish endurance. This is especially important in the world of MMA, where muscle stamina in your arms is vital for striking and grappling.

There are many ways to put more gas in your tank and one of them involves my 'super six' drills. They are a creative way of conditioning yourself with dumbbells to make sure you'll be able to make that one last push needed in the final round of a fight. It also works your arms using the three planes of human motion (sagittal, frontal and transverse) and the five building blocks of fitness (push, pull, level change, rotation and locomotion), so you'll prepare your muscles for the chaos of combat by educating them to the unpredictable nature and movement of combat sports.

I like to get my combat athletes to do this drill at the end of a hard training session, to push them just a little more.



The workout

- 1 Pick a weight you can handle without breaking form
- 2 Do this routine three times a week during fight camp
- 3 When your form starts to break down, end the circuit or lighten the weight
- 4 Do six reps of each exercise, or six on each side for unilateral exercises
- 5 Don't take any rest between exercises
- 6 Rest for one minute between circuits. When you start to improve, reduce that time to 30 seconds

Kevin Kearns
Boston's S&C guru has helped 15 fighters prepare for the Octagon. Visit burnwithkearns.com for more ways to get fighter fit



Super six 1

- 1. **Push press**
Stand with the dumbbells at shoulder height. Squat, then explode up and press them above your head.
- 2. **One-leg bent-over row**
Stand on one leg with your other raised behind you. Lean forward from the hips, and pull the dumbbells to your sides.
- 3. **Lateral lunges with curl and press**
Lunge laterally as far as you can. As you return, curl and press the dumbbells. Alternate sides.
- 4. **Rotational push-ups**
Do a push-up while holding dumbbells. When you rise, pick one dumbbell up, post on your opposite arm, rotate and lift the weight towards the ceiling.
- 5. **Uppercuts**
Rotate on one foot as you uppercut each dumbbell.
- 6. **Sprawl to push-off**
With dumbbells in each hand sprawl, then pop up and push them straight out in front of you.

Super six 2

- 1. **One-arm snatches**
Grab one dumbbell, squat down and let the dumbbell touch the ground as you bend your knees. Now explosively lift the weight above you as you rise.
- 2. **Alternate bent-over rows**
With dumbbells in both hands, lean forward. Pull the dumbbells to your sides one at a time.
- 3. **Forward lunge and curl**
From a standing position, lunge forward with dumbbells in each hand. As you land forward do a curl, then push back with your lead leg to a standing position.
- 4. **Renegade rows**
Get into a push-up position with dumbbells in each hand. Pull one dumbbell off the floor at a time into your sides.
- 5. **Forward punches**
Hold a dumbbell in each hand and throw jab-cross combos.
- 6. **Squat curl to rotational shoulder press**
Squat down. As you rise, curl the dumbbells and rotate on one foot, pressing the dumbbells above your head.