

Pimp My Program

"Coach, my girlfriend bought me a three-month membership to one of those fancy gyms with all the new machines and computerized gizmos. I'm an old-school guy and like doing your type of workouts. Unfortunately, I need to be able to use the gym so I don't end up in the doghouse. Help me out, please."
Nate, California

No problem. Nate. THFE mag has got your back. You can still use the fancy gym and get an old-school workout. And the best part is, she will never know.

As you all should know by now, I am not a huge fan of selector-size, non-functional, and 'sit on your ass' supported equipment.

That being said, I was a bodybuilder until 1998 and even won fifth place in a 'Mr Vermont' show. Yes, believe it or not, I use to break body parts down and work out like a bodybuilder.

There is nothing wrong with that if that's the look you want. But for fight purposes and BWK MMA fitness it just does not work for me to be concerned about which body part I did on Tuesday, and so on. I want to train it all as a unit through all ranges of motion with all my athletes.

Okay, so let's get down to it. First let's show you a different way to use those fancy treadmills, shiny dumbbells, and the multi-gym mainstay, the cable crossover. Fear not, you can still train old school at the 'chrome city gym.' Try these exercises in a circuit for 20 reps and three sets.

ILLUSTRATIONS MARK SHIELDS

OLD SCHOOL MEETS NEW SCHOOL

THFE's resident S&C guru, Kevin Kearns, presents caveman conditioning at 'chrome city gym'

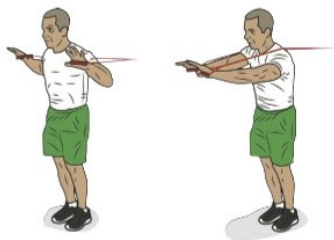
1 Treadmill warm-up

Alternate between walking and jogging in three-minute bursts, for a total of 15 minutes.



2 Treadmill shuffles

Now, something no one does: slow down the treadmill to about 2mph and lateral shuffle for one minute on each side. (Activating the lateral plane of motion will strengthen your legs).



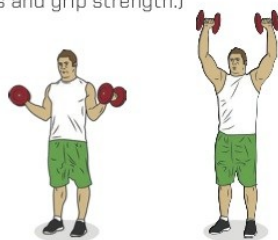
4 Cable cross standing chest press

Stand up in the middle of the cable cross and either stand parallel, split-stance, or on one leg, you choose.



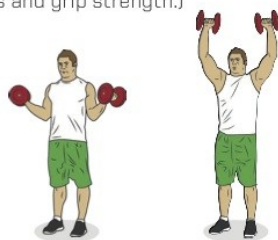
6 Cable cross pull-ups

Take one of the complimentary towels and throw it over the cross beam of the cable cross. There you have your grip pull ups. (Pulling muscles and grip strength.)



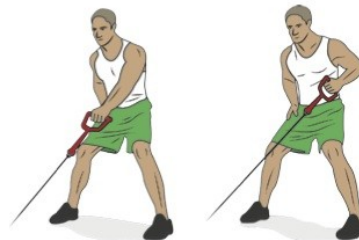
8 Dumbbell curl to press

Stand parallel or on one foot, then curl it to your shoulder and press it over your head. (This activates your biceps, shoulders and core.)



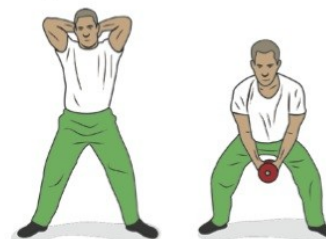
3 Treadmill squat jumps

Raise the treadmill the gradient to about 10 to 15, and lower the speed to 1.5mph or less. Now, squat jump going forward. (Great for explosive power and less impact than box jumps).



5 Cable cross low rows

Standing in a split stance, grab a cable and pull it back to your rib cage. Again you can play with the angles or stand on one foot.



7 Dumbbell wood choppers

Lace your fingers together and bend the dumbbell behind your head. In one motion swing the dumbbell forward between your legs. (Activate your core, lats, legs and triceps.)



9 Stability ball abs

Start by kneeling on the floor and elbows on the ball. Keep your hips forward and roll the ball forward as your body shifts forward.