



Welcome to My Fit to Fight 4-Week Workout Program. This program was designed with you in mind. Whether you're a champion or a beginner, my methods will help you learn martial arts while getting in shape fast. You will learn technique, while molding your physique as well as methods I use that help me stay ready for ANY physical and/or mental battle.

This workout program will guide you through a series of workouts covering my favorite warm ups, circuits, and drills I teach you in the course and that I also use during all my fight camps. You will also incorporate my favorite stretching cool down to help you recover strong and lower your risk of injuries. All the exercises and drills covered in this 4 week program are covered in detail in my Fit to Fight Course.

By performing these daily workouts and repeating them for 4 weeks you will feel your fitness and fight training gains begin to transform.

The workouts included should be performed as instructed. For example, Monday, Tuesday, Thursday, and Friday will be your heavier work days. I recommend performing some type of cardio or active recovery on the days in between your workouts (days 3&6) to get the best results. Each workout includes a warm-up, some of my favorite circuits, finishers, and my favorite static stretching series to help you cooldown after each workout.

Repeat these workouts every week for 4-weeks and focus on improving your technique with each drill and exercise. For more advanced, you can attempt to increase your rep ranges or times while decreasing your rest time between sets to make workouts more challenging.

Follow each day of this 4-Week workout program and once you've completed the first week repeat days 1-6 for the remaining 3 weeks.

TJ Dillashaw



TIPS FROM THE CHAMP

RECOVERY	NUTRITION/SUPPLEMENTATION
Sauna	TJ's Juicing Recipe in Course
Red Light	Low Carb High Protein Diet
Cryo	BCAA Formula Blend from Treigning Lab
Hyperbaric	1 Tablespoon of MCT Oil Per Day
Massage	Whey Protein Mix
Sensory Deprivation Therapy (Float Tank)	Electrolyte Blend 1/3 of The Water You Drink
Yoga	Avoid Gluten

NOTES:

DAY 1

[Link to Instructional Videos Below](#)

Warm Up	Dynamic Warm Up
Circuit 1	4 Sets, 90 Seconds Work, 90 Seconds Rest A1: Rotational Lunge (with weight plate) x 30 Seconds A2: Slips and Punches (Drill 9) x 30 Seconds A3: Box Step Up/Ali Shuffle (or on the ground) x 30 Seconds
Circuit 2	B1: Med ball Slam x 30 Seconds B2: Isometric inverted barbell row hold x 30 seconds B3: Toe touches x 30 seconds
Drill 1	Tyson Drill Forward & Backwards - 30 Ft Each Direction - 3 Min. Boxing Round
Drill 2	Hands & Footwork Forward & Backwards - 30 Ft Each Direction - 3 Min. Boxing Round
Drill 3	Slips & Punches Forward & Backwards - 30ft Each Direction - 3 Min. Boxing Round
Finisher	8 Rounds, 30 Seconds Work, 30 Seconds Rest C1: Rotational Band Work x 30 Seconds, Switch Sides Every Round C2: Grid Workout - 1 Round - 5 Minutes
Injury Prevention	Shoulder Injury Prevention (From Course)
Decompression Cool Down	Static Stretch Series From Course

DAY 2

[Link to Instructional Videos Below](#)

Warm Up	Dynamic Warm Up
Circuit 1	<p>5 Sets, Rest 1 to 2 Minutes Between Sets for Quality Reps</p> <p>A1: Dumbbell bench press(not filmed) x 10 - 12 Reps</p> <p>A2: Chest Pass x 10 Reps</p> <p>A3: Plyo Pull Up x 10 Reps</p>
Circuit 2	<p>4 Sets, Rest 1 to 2 Minutes Between Sets for Quality Reps</p> <p>B1: Dumbbell Single Arm Row x 10 Each Arm</p> <p>B2: Iso Push Ups (down slow/up slow with squeeze) x 10 - 12 Reps</p> <p>B3: Landow Towel Grip Exercise</p>
Drill 1	2-3 Rounds of Shadow Wrestling or Boxing - 5 Min Rounds - 1 Min. Rest Between Rounds
Drill 2	2-3 Rounds of My Pendulum Kick Exercise - 5 Minute Rounds - 1 Minute Rest Between Rounds
Drill 3	2-3 Rounds of Footwork For Striking - 5 Min Rounds - 1 Min Rest Between Rounds
Finisher	<p>5 Sets, 30 Seconds Each Exercise Back to Back - 60 Seconds Rest Between Sets</p> <p>C1: Barbell Jump Press x 30 Seconds</p> <p>C2: Iso Pull Ups(pause at the top and down slow) x 30 seconds</p>
Decompression Cool Down	Static Stretch Series From Course



DAY 3

ACTIVE RECOVERY

Low Base Training Day - Ideally you'd like to include some sort of low base training on your active recovery days. A simple low base exercise and my favorite is a 30-45 minutes of light running. A good way to judge the level of intensity you should be working at would be if you're able to keep a conversation while performing your active recovery

Other Suggestions
Hike
Yoga
Pilates
Stretching
Biking
Swimming
Grid Workout

NOTES:

DAY 4

[Link to Instructional Videos Below](#)

Warm Up	Dynamic Warm Up
Circuit 1	4 Sets, 90 Seconds Work, 90 Seconds Rest A1: Box Side Shuffle x 30 Seconds A2: Advanced Battle Ropes x 30 Seconds A3: Sprawl Flow x 30 Seconds
Circuit 2	4 Sets, 90 Seconds Work, 90 Seconds Rest B1: Plyo Push Up to Box x 30 Seconds B2: Lateral Lunge (with kettlebell) x 30 Seconds B3: Boxing Line Drill (Drill 13, advanced technique) x 30 Seconds
Drill 1	2-3 Rounds of Hands & Footwork Lead & Rear - 30 ft Each Direction - 3 Min Rounds - 1 Min Rest Between Rounds
Drill 2	2-3 Rounds of Hands & Footwork Switch Stance Flow - 30 ft Each Direction - 3 Min Rounds - 1 Minute Rest Between Rounds
Finisher	8 Rounds, 30 Seconds On, 30 Seconds Off C1: Elbow High Rotational Ball Throw x 30 Seconds, Switch Sides Every Round C2: Tic Tocs Exercise 3 Sets of 20 Reps C3: Core Finisher: As many reps as possible, 3 sets of Leg extension to failure
Decompression Cool Down	Static Stretch & Striking Cool Down (from the course)

DAY 5

[Link to Instructional Videos Below](#)

Warm Up	Dynamic Warm Up
Circuit 1	5 Sets, Rest 1 to 2 Minutes Between Sets for Quality Reps A1: Dumbbell Split Squats (rear foot on bench) x 10 Each Leg
Circuit 2	4 Sets, Rest 1 to 2 Minutes Between Sets for Quality Reps B1: Isometric Pull Ups(pause at the top, down slow) x 10 to 12 Reps B2: Overhead Med Ball Toss x 5 Reps B3: Suspension/TRX Push Ups x 10-12 Reps
Drill 1	2-3 Rounds of Stance Transition 3 Min Each Round - 1 Minute Rest Between Rounds
Drill 2	3 Sets of High Knee Get Ups - 10 Reps Per Side - 3 Sets. 1st Set: 10 Stand Up Orthodox With Rear Knee 10 Stand Up Southpaw With Rear Knee
Finisher	6 Sets, 40 Seconds Work, 20 Seconds Rest C1: Sprawl to Chest Pass x 40 Seconds C2: Grid Workout - 1 Round - 5 Min.
Decompression Cool Down	Static Stretch Series From Course

NOTES:



DAY 6

ACTIVE RECOVERY

Low Base Training Day - Ideally you'd like to include some sort of low base training on your active recovery days. A simple low base exercise and my favorite is a 30-45 minutes of light running. A good way to judge the level of intensity you should be working at would be if you're able to keep a conversation while performing your active recovery

Suggestions
Run
Yoga
Pilates
Stretching
Biking
Swimming
Grid Workout

DAY 7

REST