

Go the distance

A normal UFC fight is three rounds – Manuwa's workout lasts four. Here's how it's done.

Round 1

Complete the set number of reps for each exercise, then move on to the next with no rest. Rest for 60 seconds at the end of each circuit and complete three circuits.



1 Rope slam

Reps: 6

- Hold a rope in each hand, whip them up in the air, then slam them down with as much force as possible.
- Keep a straight back and tight core throughout the move.

Tidmarsh says: "Do real slams – don't just wave the rope. This works your grip, core, everything."



2 Rope reel

Distance: 2 x 10 metres

- With a sled or weight attached to the rope, or a partner holding the other end, pull the rope towards you.
- Turn at the hips as you pull, using your legs and back as well as your arms.

Tidmarsh says: "Your pulling muscles are vital in MMA and this teaches you to use them together."



3 Knee launch

Reps: 6

- Kneel down, slump backwards, then jump up explosively and land on both feet.
- The move starts with an explosive hip thrust, similar to a power clean.

Tidmarsh says: "There's no point in being strong if you aren't explosive. This move helps you become both."



4 Rotational medicine ball slam

Reps: 4 each side

- Pick up a medicine ball, bring it over your head in an arc, then slam it into the floor to one side of you.
- Pick it up again – or catch it on the bounce – and repeat to the other side.

Tidmarsh says: "This isn't an opportunity to rest – you have to slam the ball, not drop it."

Round 2

Complete the set number of reps for each exercise, then move on to the next with no rest. Rest for 60 seconds at the end of each full circuit and complete four circuits.



1 Jammer press

Reps: 6 each side

- Jam a barbell into a corner, a weight plate or something that will keep it steady, then hold it in one hand.
- Bend slightly at your knees, then drive up and push it upwards using your momentum to get it overhead.

Tidmarsh says:

"A good punch uses your legs and hips, not just your arm. This move mimics that power transfer."



2 TRX reverse lunge

Reps: 8 each side

- Put one foot in a TRX and let it trail behind you, bending the other leg into a lunge position. Lean slightly forward to help your balance.
- Straighten up and bring your suspended leg up with your knee in front of you.

Tidmarsh says: "You need a lot of unilateral leg strength in the Octagon for wrestling shots and punching."



Round 3

Complete the set number of reps for each exercise, then move on to the next with no rest. Complete four full circuits, resting for 60 seconds after each circuit.



1 Barbell deadlift to high pull

Reps: 6

- Grip a barbell with your feet shoulder-width apart and arms just outside your knees.
- Drive up as you would for a deadlift, using the momentum to help pull the bar to chest height. Lower with as much control as you can.

Tidmarsh says: "This is a standard strength move, but it's more explosive than a deadlift."



2 Cable lateral woodchop

Reps: 6 each side

- Standing with your feet a comfortable distance apart, hold a cable off to one side.
- Brace your core and twist to face the other way, as if you're throwing a punch.

Tidmarsh says: "This builds rotational strength for punching and takedowns."

Round 4

This is the finisher, so go all-out. Take a 45-second rest after each set of sprints and do five sets of sprints in total.



1 Resisted sprint

Reps: 4

- With a partner holding a rope, a resistance band or just your waist, sprint forward, keeping your weight low so you can drive as hard as possible.
- Walk back to the start position and immediately start the next sprint.

Tidmarsh says: "This is a straightforward move that lets you really push yourself with little risk."