

HOW TO UNDERSTAND THE TEMPLATE HERE:

<https://youtu.be/A8dok3WUxGc>

WARM UP & ACTIVATION

EXERCISES

[HIPS 90 90](#)

[THORAX ROTATIONS](#)

[INDIAN PUSH UP](#)

[POGO JUMPS](#)

[SPEED REACTIVE FEET](#) *FIGHT
WEEK

STRENGTH 1 SESSIONS

EXERCISES

BENCH PRESS

[BALLISTIC THROW](#)

[TUCK JUMP](#)

[ZERCHER PIN SQUAT](#)

[LANDMINE PUSH PRESS](#)

[LOW TO HIGH BAND](#)

CHIN UP

[ROTATION BAND PULL](#)

[LANDMINE ANTIROTATION](#)

[NECK BAND](#)

[SHOULDER BAND](#)

[CALVES](#)

STRENGTH 2 SESSIONS

EXERCISES

[ISO MAX SQUAT](#)

[OSCILATORY JUMP](#)

[OSCILATORY THROW](#)

[ISO MAX HIP THRUST](#)

[KB SWING](#)

[PLYO BAND PUSH UP](#)

[ISO MAX CLINCH](#)

[DB ROW](#)

[KB SQUAT JUMPS](#)

[SHOULDER ARCHER](#)

[NECK PLATE](#)

[TIBIALIS](#)

TRAINING STRUCTURE

	AM	PM
MONDAY	STRENGTH	BOXING REACTION FOCUS
TUESDAY	INTERVALS	MUAY THAI HIGH LOAD
WEDNESDAY	LIGHT RUN 30 minutes	DRILLS
THURSDAY	MUAY THAI	
FRIDAY	STRENGTH 2	MUAY THAI MODERATE LOAD
SATURDAY	MUAY THAI	LIGHT RUN 30-40 minutes
SUNDAY	REST	

CARDIO 1 BAG INTERVALS									
WEEK	ORDER	METHODS	EQUIPMENT	ACTION TIME	INTENSITY	REST BETWEEN SETS	SETS	ROUNDS	REST BETWEEN ROUNDS
1	A1	RST (Repeated Sprint Training)	Bagwork	10 " combo or kicks	Max intensity	20" complete rest hands up	6	2	3 minutes between rounds
2	A1	RST (Repeated Sprint Training)	Bagwork	10 " combo or kicks	Max intensity	20" complete rest hands up	7	3	3 minutes between rounds
3	A1	Alactic Sprints in Bag	Bagwork	10" combo or kicks	Max inteisity	1 minute 30 " rest	4	1	3 minutes between A1 and A2.
	A2	RST (Repeated Sprint Training)	Bagwork	10 " combo or kicks	Max intensity	20" complete rest hands up	6	1	

CARDIO 2 & 3: 25-40 minutes light aerobic around 130 bpm



OLIVIA ONE championship debut program

NOTES

Olivia's program was designed specifically considering her situation, training experience and schedule. I hope you enjoy training as a ONE superstar

WARMING UP

EXERCISE	SERIES	REPS
Hips rotation 90-90	1	30 seconds
Thoracic Mobility	1	30 seconds per side
Indian push up	1	30 seconds
pogo jumps	1	3 sets of 10

STRENGTH 1

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	BENCH PRESS	2	5	5 (8)			Complete 5 out of 8 possible reps.
A 2	BALLISTIC THROW	2	4 + 4	4 kg			4 reps. Rest 10 "Complete other 4 reps
A 3	BACK JUMP from bench	2	4 + 4			3minutes between sets	3-4 reps. Rest 10 "Complete other 3-4 reps. When finish A3 rest 3 minutes. No break between A1 and A3.
B 1	ZERCHER PIN SQUAT	2	5 (8) per side	RPE 7			Complete 5 out of 8 possible reps per side. Choose a weight you could complete 8 reps, failing at last rep.
B 2	LANDMINE PUSH PRESS	2	8 + 8	RPE 7			Feel powerful in this one, not too light not too heavy. Rest 10" between first 8 and second 8 reps
B 3	LOW TO HIGH BAND CORE	2	8 + 8	Medium band		3minutes between sets	Feel powerful in this one, not too light not too heavy. Rest 10" between first 8 and second 8 reps Rest 3 minutes at the end of B3 before next set.
C 1	CHIN UP	2	5 (8)				Load the chin up if necessary
C 2	ROTATION BAND PULL	2	8 + 8	Medium band			Complete 8 reps. Rest 10" and repeat. Feel powerful. Not too heavy or too light.
C 3	LANDMINE ANTIROTATION	2	8 (11) per side	RPE 8		3 minutes between sets	Choose a weight you could complete 11 reps each side. Complete just 8 per side. No rest. Rest 3 minutes at the end of C3.
D 1	NECK BAND	2	12	RPE 8			Feel it hard but don't go until failure
D 2	SHOULDER BAND	2	12	RPE 8			Feel it hard but don't go until failure
D 3	CALVES	2	12 per leg	RPE 8			Circuit. No rest between laps.

STRENGTH 2

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	ISO MAX SQUAT	2	3	Max effort			Complete 3 seconds max effort per rep. Rest 15 " between reps
A 2	OSCILLATORY JUMP	2	4 + 4	2,5 kg per side			Oscillate 3 times as fast as possible, at the last one load and jump as high as you can. Rest 10-15 " between first 4 and next 4 reps.
A 3	OSCILLATORY THROW	2	3 + 3	4 kg		3minutes between sets	Load 4 times as fast as you can and throw. Rest 3 minutes before next set.
B 1	ISO MAX HIP THRUST	2	3	Max effort			Complete 3 seconds max effort per rep. Rest 15 " between reps
B 2	KB SWING	2	8 + 8	20 to 30% of bw			Choose a KB that is around 20-30% of your weight. Rest 15" between 8 reps and next 8 reps.
B 3	PLIO BANDIED PUSH UP	2	8 + 8	Medium band		3minutes between sets	Complete 8 reps. Rest 10" and repeat. Rest 3 minutes before next set.
C 1	ISO MAX CLINCH	2	3	Max effort			Complete 3 seconds max effort per rep. Rest 15 " between reps
C 2	DUMBBELL EXPLOSION ROW	2	8 per side	8 (11)			Choose a weight you could complete 11 reps each side. Complete just 8 per side.
C 3	KB SQUAT JUMPS	2	8 + 8	20% bw			KB weight around 20% of your bodyweight. Complete 8 reps. Rest 15" and repeat. Rest 3 minutes before next set.
D 1	NECK PLATE	2	12	RPE 8			Feel you could complete 2 more reps with that weight.
D 2	SHOULDER ARCHER	2	12 per side	RPE 8			
D 3	TIBIALIS	2	12 per leg	RPE 8			Feel you could complete 2 more reps with that weight. Do D1-D3 in circuit. No rest between laps.

COOLDOWN

diaphragm breathing square: inhale 4" hold 4" exhale 4" Hold 4" during 3-4 minutes



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pogo jumps	1	3 sets of 10

STRENGTH 1

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	BENCH PRESS	3	5	5 (8)			Complete 5 out of 8 possible reps.
A 2	BALLISTIC THROW	3	4 + 4	4 kg			4 reps. Rest 10" Complete other 4 reps
A 3	TUCK JUMP from bench	3	4 + 4			3minutes between sets	3-4 reps. Rest 10" Complete other 3-4 reps. When finish A3 rest 3 minutes. No break between A1 and A3.
B 1	ZERCHER PIN SQUAT	3	5 (8) per side	RPE 7			Complete 5 out of 8 possible reps per side. Choose a weight you could complete 8 reps, failing at last rep.
B 2	LANDMINE PUSH PRESS	3	10 + 10	RPE 7			Feel powerful in this one, not too light not too heavy. Complete 10 reps. Rest 10 seconds and repeat.
B 3	LOW TO HIGH BAND CORE	3	10 + 10	Medium band		3minutes between sets	Feel powerful in this one, not too light not too heavy. Complete 10 reps. Rest 10" and repeat. Rest 3 minutes at the end of B3 before next set.
C 1	CHIN UP	3	4(6)				Load the chin up if necessary
C 2	ROTATION BAND PULL	3	10 + 10	Medium band			Complete 10 reps. Rest 10" and repeat. Feel powerful. Not too heavy or too light.
C 3	LANDMINE ANTIROTATION	3	8 (11) per side	RPE 8			Choose a weight you could complete 11 reps each side. Complete just 8 per side. No rest. Rest 3 minutes at the end of C3.
D 1	NECK BAND	2	12	RPE 8			
D 2	SHOULDER BAND	2	12	RPE 8			
D 3	CALVES	2	12 per leg	RPE 8			

STRENGTH 2

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	ISO MAX SQUAT	3	3	Max effort			Complete 3 seconds max effort per rep. Rest 15" between reps
A 2	OSCILLATORY JUMP	3	4 + 4	2.5 kg per side			Oscillate 3 times as fast as possible, at the last one load and jump as high as you can. Rest 10-15" between first 4 and next 4 reps.
A 3	OSCILLATORY THROW	3	3 + 3	4 kg		3minutes between sets	Load 4 times as fast as you can and throw. Rest 3 minutes before next set.
B 1	ISO MAX HIP THRUST	3	3	Max effort			3 seconds per rep. Max effort. 10" between reps.
B 2	KB SWING	3	10 + 10	20 to 30% of bw			Choose a KB that is around 20-30% of your weight. Rest 10" between first 10 reps and next 10 reps.
B 3	PLYO BANDED PUSH UP	3	10 + 10	Medium band		3minutes between sets	Complete 10 reps. Rest 10" and repeat. Rest 3 minutes before next set.
C 1	ISO MAX CLINCH	3	3	Max effort			Complete 3 seconds max effort per rep. Rest 15" between reps
C 2	DUMBBELL EXPLOSIVE BOW	3	8 per side	8 (11)			Choose a weight you could complete 11 reps each side. Complete just 8 per side.
C 3	KB SQUAT JUMPS	3	10 + 10	15% bw			Kb weight around 15% of bodyweight. Complete 10 reps. Rest 15" and repeat. Rest 3 minutes before next set.
D 1	NECK PLATE	2	12	RPE 8			Feel you could complete 2 more reps with that weight.
D 2	SHOULDER ARCHER	2	12	RPE 8			
D 3	TIBIALIS	2	12 per leg	RPE 8			Feel you could complete 2 more reps with that weight. Do D1-D3 in circuit. No rest between laps.

COOLDOWN

diaphragm breathing square: inhale 4" hold 4" exhale 4" Hold 4" during 3-4 minutes



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pogo jumps	1	3 sets of 10

STRENGTH 1

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	BENCH PRESS	3	5	5 (8)			Complete 5 out of 8 possible reps.
A 2	BALLISTIC THROW	3	4 + 4	4 kg			4 reps. Rest 10 " Complete other 4 reps
A 3	TUCK JUMP from bench	3	4 + 4			3minutes between sets	3-4 reps. Rest 10 " Complete other 3-4 reps. When finish A3 rest 3 minutes. No break between A1 and A3.
B 1	ZERCHER PIN SQUAT	3	3 (6 per side)	RPE 7			Complete 3 of 6 possible reps per side. Choose a weight you could complete 8 reps, failing at last rep.
B 2	LANDMINE PUSH PRESS	3	12 + 12	RPE 7			Feel powerful in this one, not too light not too heavy. Complete 12 reps, rest 10 " and repeat. Rest 3 minutes at the end of B3 before next set.
B 3	LOW TO HIGH BAND CORE	3	12 + 12	Medium band		3minutes between sets	Feel powerful in this one, not too light not too heavy. Complete 12 reps, rest 10 " and repeat. Rest 3 minutes at the end of B3 before next set.
C 1	CHIN UP	3	4(6)				Load the chin up if necessary
C 2	ROTATION BAND PULL	3	12 + 12	Medium band			Complete 12 reps. Rest 10 " and repeat. Feel powerful. Not too heavy or too light.
C 3	LANDMINE ANTIROTATION	3	8 (11) per side	RPE 8			Choose a weight you could complete 11 reps each side. Complete just 8 per side. No rest. Rest 3 minutes at the end of C3.
D 1	NECK BAND	2	12	RPE 8			
D 2	SHOULDER BAND	2	12	RPE 8			
D 3	CALVES	2	12 per leg	RPE 8			

STRENGTH 2

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	ISO MAX SQUAT	3	3	Max effort			Complete 3 seconds max effort per rep. Rest 15 " between reps
A 2	OSCILLATORY JUMP	3	4 + 4	5 kg per side			Oscillate 3 times as fast as possible, at the last one load and jump as high as you can. Rest 10-15 " between first 4 and next 4 reps.
A 3	OSCILLATORY THROW	3	3 + 3	4 kg		3minutes between sets	Load 4 times as fast as you can and throw. Rest 3 minutes before next set.
B 1	ISO MAX HIP THRUST	3	3	Max effort			3 seconds per rep. Max effort. 10" between reps.
B 2	KB SWING	3	12 + 12	20 to 30% of bw			Choose a KB that is around 20-30% of your weight. Rest 10" between first 12 reps and next 12 reps.
B 3	PLYO Banded PUSH UP	3	12 + 12	Medium band		3minutes between sets	Complete 12 reps. Rest 10" and repeat. Rest 3 minutes before next set.
C 1	ISO MAX CLINCH	3	3	Max effort			Complete 3 seconds max effort per rep. Rest 15 " between reps
C 2	DUMBBELL EXPLOSIVE ROW	3	8 per side	8 (11)			Choose a weight you could complete 11 reps each side. Complete just 8 per side.
C 3	KB SQUAT JUMPS	3	10 + 10	10 % bodyweight			Complete 10 reps. Rest 15" and repeat. Rest 3 minutes before next set. KB weight around 10% of bodyweight.
D 1	NECK PLATE	2	12	RPE 8			Feel you could complete 2 more reps with that weight.
D 2	SHOULDER ARCHER	2	12	RPE 8			
D 3	TIBIALIS	2	12 per leg	RPE 8			Feel you could complete 2 more reps with that weight. Do D1-D3 in circuit. No rest between laps.

COOLDOWN

diaphragm breathing square: inhale 4" hold 4" exhale 4" Hold 4" during 3-4 minutes

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EXERCISE	SERIES	REPS
Hips rotation 90-90	1	30 seconds
Thoracic Mobility	1	30 seconds per side
Indian push up	1	30 seconds
pogo jumps	1	3 sets of 10

STRENGTH 1

ORDER	EXERCISE	SETS	REPS	LOAD	TEMPO	REST	NOTES
A 1	SPEED REACTIVE FEET	3	5 seconds	Max speed		1 minute	Go as fast as possible for 5". Rest 1 minute between sets.
B 1	OSCILLATORY THROW	3	3 + 3	4 kg			3 reps. Rest 10 " Complete other 3 reps.
B 2	OSCILLATORY JUMP	3	3 + 3			3 minutes between sets	3 reps. Rest 10 " Complete other 3 reps. When finish A3 rest 3 minutes. No break between A1 and A3.
C1 1	NECK PLATE	2	12	RPE 7			
C2 2	SHOULDER BAND	2	12	RPE 7			
D 1	DIAPHRAGM SQUARE BREATHING	1	3 minutes				4 seconds inhale, 4 seconds hold, 4 seconds exhale, 4 seconds hold.