

Fighter Conditioning

Fighter Conditioning Skill level Open to intermediate students Class Description · Intense conditioning drills using striking techniques, plyometrics, medicine ball drills, speed-interval training, and much more. Gear required · Running shoes (spring/summer only) General Information No matter who or where you're fighting, the only thing that you can completely control going into a fight is what kind of condition that you show up in. MMA Institute can make your level of conditioning into the ultimate advantage with our specialized fighter conditioning regimen. Coach: Rick McCoy