

— PERFORMANCE ENGINE · FORTITUDE

Performance Engine

Fortitude

For athletes ready for a higher standard. Develop strength, resilience and repeatable output through a more demanding training structure.

FREE PREVIEW

12 WEEKS

4 DAYS / WEEK

60-75 MIN SESSIONS

PIE

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Everything you need for twelve weeks of training, from your first warm-up to your final test.

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TIP

Save this PDF to your phone for the gym, and print the trackers on pages 37 and 38 so you can fill them in by hand.

— WELCOME

A higher standard, *week after week.*

Welcome to Performance Engine: Fortitude. This is the next level after Foundations. Over twelve weeks you'll get stronger, turn that strength into speed, and build an engine that keeps producing output from the first round to the last.

Fortitude asks more of you: four sessions a week, heavier main lifts and harder conditioning. It's built in three blocks, each with a clear job, and every block sets up the next one. Follow it as written, log your numbers and use the readiness check on page 8, and you'll finish the twelve weeks as a more complete athlete.

What you'll build

01

Strength

Heavier squats, deadlifts, presses and pull-ups, built on the base you already have.

02

Power

Jumps, throws and contrast pairs that turn strength into speed you can use.

03

Repeatable output

Sprints, intervals and fight rounds that teach you to recover between efforts.

04

Resilience

Neck, trunk, hamstrings, groin, lower legs and shoulders that hold up under fight training.

Who it's for

- Combat athletes in MMA, boxing, kickboxing, Muay Thai or BJJ who train their sport 3 or more times a week
- Athletes who finished Foundations, or have 6 to 12 months of consistent strength training behind them
- Anyone comfortable with the main lifts: squat, deadlift, bench press and pull-up

BEFORE YOU START

New to strength training? Start with Foundations first. Injured, managing a medical condition or coming back from a long break? Check with a doctor or physio before you begin, and stop any exercise that causes sharp pain.

— HOW TO USE IT

Four sessions a week, *one clear plan.*

Days A and D are your heaviest sessions, so keep at least one day between them. Two set-ups that work:

SET-UP	DAY A	DAY B	DAY C	DAY D
Option 1	Monday	Tuesday	Thursday	Saturday
Option 2	Tuesday	Wednesday	Friday	Sunday

Fitting it around skill training

- **Days A and D (heavy lower body)** go the day after hard sparring, not the day before. Aim for 48 hours between them and your next hard spar.
- **Day C is your flexible day.** Move it around your gym schedule, or cut it to mobility and Zone 2 in a heavy sparring week.
- **Same-day training?** Do the session that matters most first, or separate them by 4 to 6 hours.
- **Fight coming up?** See page 35 before you plan your weeks.

Session structure

BLOCK	WHAT	TIME
CPL Prep	Raise, mobilise, activate, prime	10–12 min
Power	Jumps, throws and swings. Fast, crisp reps with full rest	8–12 min
Strength	Main lifts in pairs, plus durability work	25–35 min
Conditioning	Sprints, intervals, fight rounds or Zone 2	10–35 min
Cool-down	Easy breathing and light stretching	5 min

Equipment

A barbell with a rack and bench, a trap bar, dumbbells or kettlebells, a pull-up bar (a dip belt helps), resistance bands, a plyo box, a medicine ball and a slam ball, a landmine (or a barbell wedged in a corner) and a bike, rower or space to sprint. A sled is useful but optional. Missing something? The swaps are on page 29.

THE STRUCTURE

Twelve weeks, *three blocks.*

Each block has one job. Capacity builds the base, Strength raises the ceiling and Output turns it into speed and repeatable effort. Two lighter weeks let it all sink in.

WEEKS	BLOCK	FOCUS	EFFORT
1–3	Capacity	More volume, moderate weights, controlled tempo and a bigger aerobic base	RPE 6–8
4	Absorb	Same sessions with about half the sets	RPE 5–6
5–7	Strength	Heavy main lifts in contrast pairs with jumps and throws, harder intervals	RPE 7–9
8	Absorb	Same sessions with about half the sets	RPE 5–6
9–11	Output	Less volume, more speed and power, fight-specific conditioning	RPE 7–8, fast
12	Test	Retest your baseline, lighter training	Tests + RPE 6

Your training week

DAY	FOCUS	KEY WORK
Day A	Lower force + speed	Squat pattern, single-leg strength, hamstrings, lower legs, sprints
Day B	Upper force + power	Press and pull, med-ball power, shoulders and neck, Zone 2
Day C	Engine + durability	Intervals, a trunk, grip and neck circuit, mobility
Day D	Total-body output	Hinge pattern, rotational power, carries or sled, fight rounds

WHY BLOCKS WORK

Trying to build everything at once gets you a little of everything. Giving each block one clear focus, and changing it every few weeks, keeps you progressing **without burning out halfway through a hard fight schedule.**

— WARM-UP

The CPL Prep:

10–12 minutes, every session.

Don't skip it. The Prep raises your temperature, opens the ranges you're about to train and switches on the muscles that protect your joints. The last exercise changes with the day.

PART	EXERCISE	DOSE
Raise	Skipping, easy bike or row	3 min
Mobilise	World's greatest stretch (lunge, elbow to instep, rotate)	3 E/S
Mobilise	90/90 hip switch	6 E/S
Mobilise	Half-kneeling thoracic rotation	6 E/S
Activate	Glute bridge with a 2-second squeeze	10
Activate	Band pull-apart	15
Activate	Dead bug	6 E/S
Prime	Pogo hops	2 × 15
Prime	Days A and D: squat jumps · Day B: fast push-ups · Day C: skips and lateral shuffles	2 × 5

Before your first heavy lift

Build up to your working weight on the first strength exercise of the day. These ramp-up sets don't count as working sets, so keep them crisp and easy.

RAMP-UP SET	WEIGHT	REPS
1	Empty bar, or about 40% of your working weight	5
2	About 60%	3
3	About 75%	2
4	About 85–90% (Weeks 5 to 12 only)	1

SHORT ON TIME?

Never cut the Prep or the power work. Cut the last durability exercise instead.

WEEKS 1-3 · DAY A

Lower force + *speed*

Capacity block
65–75 min

Start with the CPL Prep (page 10). Numbers like @8 are the target RPE for the working sets. New exercise? See the library on pages 25–28.

BLOCK	EXERCISE	WEEK 1	WEEK 2	WEEK 3	REST
POWER					
P1	Seated box jump Sit on a bench, feet flat, jump up and land softly	4 × 3	4 × 3	5 × 3	90 s
P2	Skater bound Side to side, stick each landing for 1 second	3 × 3 E/S	3 × 4 E/S	3 × 4 E/S	60 s
STRENGTH					
A1	Back squat Or safety-bar squat. Tempo 3-1-1	4 × 8 @6	4 × 8 @7	5 × 6 @7	—
A2	Ab wheel rollout From the knees, ribs down	3 × 8	3 × 10	3 × 12	2 min
B1	Rear-foot-elevated split squat Dumbbells in hand, 2-second lower	3 × 8 E/S	3 × 10 E/S	3 × 10 E/S @8	—
B2	Nordic hamstring curl Lower as slowly as you can	2 × 3	3 × 3	3 × 4	90 s
C1	Copenhagen plank Knee or foot on the bench	3 × 20 s E/S	3 × 25 s E/S	3 × 30 s E/S	—
C2	Seated calf raise Heavy, pause 2 s at the top	3 × 12	3 × 15	3 × 15	45 s
CONDITIONING					
	Bike or hill sprints 8 s all-out / 52 s easy	6 rounds	8 rounds	10 rounds	—

COACHING NOTES

Nordic curls make hamstrings sore at first, which is why the dose starts small. Go down only as far as you can control, then catch yourself with your hands. The sprints are short and all-out: if round 8 is much slower than round 1, rest longer between rounds.

— FULL PROGRAM

Get the full

Performance Engine: Fortitude.

You've seen how it's built. The full program gives you all twelve weeks, every session and every progression, delivered instantly as a PDF.

WHAT'S INSIDE

39 pages	Laid out week by week, ready to print or use on your phone
12-week progression	Capacity, Strength and Output blocks, two absorb weeks and a test week
48 coached sessions	Every set, rep, RPE target and rest period written out
Contrast pairs	Heavy lifts paired with jumps and throws to turn strength into speed
Exercise library	40+ exercises with how-to cues, common mistakes and equipment swaps
Readiness check	A traffic-light system that adapts each session to your sleep and sparring
7 baseline tests	Measure yourself in Week 1 and again in Week 12, including a repeat-effort test
Conditioning and mobility	Sprints, intervals, Zone 2, fight rounds and two mobility routines
Nutrition and fuel timing	What to eat around training, with a sample hard day
Fight planning and trackers	How to fit the program around a fight, an FAQ, a lift tracker and a weekly check-in

ONE-TIME PAYMENT · €57

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