

— PERFORMANCE ENGINE · FOUNDATIONS

Performance Engine *Foundations*

A refined entry point into structured performance training. Build movement quality, base strength and sustainable work capacity through a system designed for long-term progress.

FREE PREVIEW

8 WEEKS

3 DAYS / WEEK

60-75 MIN SESSIONS

PIE

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— WELCOME

Built for athletes *who want the base right.*

Welcome to Performance Engine: Foundations. Over the next eight weeks you'll build what every combat athlete relies on: strong legs and hips, a stable trunk and shoulders, power you can produce fast, and an engine that holds up round after round.

This isn't a random collection of workouts. It's a progression. Every week builds on the one before, with a lighter week in the middle so your body can absorb the work. Follow it as written, log your numbers, and you'll finish stronger, fitter and more robust than you started.

What you'll build

01**Strength**

Squat, hinge, push and pull patterns, built with control first and load second.

02**Power**

Jumps, throws and swings that teach you to produce force quickly.

03**Conditioning**

An aerobic base plus intervals and fight rounds that match the demands of a round.

04**Durability**

Trunk, neck, shoulder and lower-leg work that keeps you on the mat.

Who it's for

- Combat athletes in MMA, boxing, kickboxing, Muay Thai or BJJ who train their sport 2 to 5 times a week
- Athletes who are new to structured strength training, or coming back to it after a break
- Anyone who wants a proven structure instead of guessing in the gym

BEFORE YOU START

Injured, managing a medical condition, or haven't trained for a long time? Check with a doctor or physio first. Stop any exercise that causes sharp pain.

— HOW TO USE IT

Three sessions a week, *one clear plan.*

Train on three non-consecutive days. Two common set-ups:

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

Fitting it around skill training

- **Day A (heavy legs)** should be at least 48 hours before hard sparring.
- **Same-day training?** Put the session that matters most first, or separate them by 4 to 6 hours.
- **Day B (upper body)** works well the day after a hard sparring session.
- **Fight coming up?** This program is for building, not for fight week. Taper with your coach.

Session structure

BLOCK	WHAT	TIME
CPL Prep	Raise, mobilise, activate, prime	10–12 min
Power	Jumps, throws or swings. Fast, crisp reps with full rest	8–10 min
Strength	Main lifts, done as paired sets	25–30 min
Conditioning	Intervals, fight rounds or aerobic work	10–30 min
Cool-down	Easy breathing and light stretching	5 min

Equipment

A barbell or trap bar with plates, dumbbells or kettlebells, a bench, a pull-up bar, resistance bands, a plyo box or sturdy step, a medicine ball, and a bike, rower or space to run. Alternatives are listed where they matter.

— THE STRUCTURE

Eight weeks, *four blocks.*

Two blocks of work, one lighter week in between and a test week at the end. Simple on purpose.

WEEKS	PHASE	FOCUS	EFFORT
1–3	Foundation	Movement quality, tempo, base strength and aerobic base	RPE 6–7
4	Absorb	Same sessions with about half the sets, so the work can sink in	RPE 5–6
5–7	Build	Heavier loads, more power, harder intervals	RPE 7–8
8	Test	Retest your baseline, lighter training	Tests + RPE 6

Your training week

DAY	FOCUS	KEY WORK
Day A	Lower strength + power	Squat and hinge patterns, jumps, lower-leg durability, short intervals
Day B	Upper strength + trunk	Push and pull, med-ball power, shoulder and neck durability, aerobic base
Day C	Full body + fight conditioning	Deadlift, swings, lunges, carries, anti-rotation, fight rounds

PROGRESS THE RIGHT WAY

Each week, aim to add a little: a few kilos, one more rep at the same RPE, or cleaner reps with the same weight. **Small, steady progress over eight weeks adds up to a big change.** Chasing big jumps is how programs end early.

— 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.

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	Squat jump (Day A and C) or fast push-up (Day B)	2 × 5

Before your first heavy lift

Do two or three lighter build-up sets of your first strength exercise, for example 50% and 75% of your working weight for 5 reps and 3 reps. These don't count as working sets.

SHORT ON TIME?

Never cut the Prep. Cut the last strength exercise instead.

WEEKS 1-3 · DAY A

Lower strength + *power*

 Foundation block
 60-70 min

Start with the CPL Prep (page 7). Numbers like @7 are the target RPE for the working sets.

BLOCK	EXERCISE	WEEK 1	WEEK 2	WEEK 3	REST
POWER					
P	Box jump Jump up, land softly in a quarter squat, step down	3 × 3	3 × 3	4 × 3	90 s
STRENGTH					
A1	Goblet squat Tempo 3-1-1	3 × 8 @6	3 × 8 @7	4 × 6 @7	—
A2	Dead bug Lower back stays on the floor	3 × 6 E/S	3 × 8 E/S	3 × 8 E/S	90 s
B1	Dumbbell Romanian deadlift Tempo 3-1-1, hinge at the hips	3 × 8 @6	3 × 8 @7	4 × 8 @7	—
B2	Copenhagen plank, short lever Knee on the bench	2 × 20 s E/S	3 × 20 s E/S	3 × 25 s E/S	60 s
C1	Split squat Back knee to just above the floor	2 × 8 E/S	3 × 8 E/S	3 × 10 E/S	—
C2	Tibialis raise Back against a wall	2 × 15	2 × 15	2 × 20	—
C3	Single-leg calf raise Full range, 2-second lower	2 × 12 E/S	2 × 12 E/S	3 × 12 E/S	45 s
CONDITIONING					
	Bike or row intervals 30 s hard (RPE 8) / 60 s easy	6 rounds	7 rounds	8 rounds	—

COACHING NOTES

Choose a box height you land on in a quarter squat, not a deep one: it's a jump, not a mobility test.
 On the goblet squat, keep the weight close and your chest proud.

— FULL PROGRAM

Get the full *Performance Engine: Foundations.*

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

WHAT'S INSIDE

18 pages	Laid out week by week, ready to print or use on your phone
8-week progression	Foundation block, absorb week, build block and test week
24 coached sessions	Every set, rep, RPE target and rest period written out
Baseline tests	Measure yourself in Week 1 and again in Week 8
The CPL Prep	The 10-minute warm-up used before every session
Conditioning built in	Intervals, Zone 2 and fight rounds that progress with you
Recovery guidelines	Sleep, food and how to handle soreness
Training log	Track your main lifts and beat them week by week

ONE-TIME PAYMENT · €37

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