



MMA Conditioning Drills

\$39 + GST Early Bird - (Received at least 3 weeks prior to course)

\$49 + GST Regular Fee (Received within 3 weeks prior to course)

\$59 + GST On-Site Registration Fee

Can-fit-Pro accredited for 1 CEC's for PTS, FIS,SCS

YMCA recognized for 2 hours towards recertification

Course Description: (2 Hours) Learn “real” MMA conditioning training, striking techniques, combinations and floor bag-work designed by a Certified Competitive Boxing-Kickboxing Coach and Certified Personal Trainer for the ultimate in authenticity and fitness, ensuring a safe and efficient class or personal training session. This workshop is specifically designed for the trainer who is looking for intermediate drills and conditioning including obstacle course, agility training, cardio training, strength training, boxing & kicking focus pad training and ground'n pound floor bag work into a rigorous training program beyond the basics