



Muay Thai Off-Day Training

Hey you Muay Thai fighting machines!

So, here are some exercises you guys should do outside of MT class. This guide is by no means complete but a good start to moving athletically. These exercises address **(2)** areas we don't get to focus on as much in class:

1. Pre-habilitative: basic exercises that strengthen and stabilize injury prone areas. They help program better posture, motor control and body awareness.
2. Pull exercises: we do a ton of "push" exercises (e.g. push ups, punching) in MT class. But, due to a lack of equipment, we get little time with "pull" exercises (rows, pull ups). Working "pull" is just as important as working push! Balance!

Most of these techniques we'll review in class but included are some instructional videos to help you along the way.

When in doubt about any of these exercises, don't be a douche, **consult a trainer in the CIF or PAC gym!** Better yet, get in touch with the **Warrior Strength and Conditioning Club** (warriorsstrength.wordpress.com). That or you risk performing an exercise looking idiotic at best or worse, injuring yourself.

FOAM ROLLING

Good way to warm up and loosen sore, tight muscles. Consider it massage therapy on a student budget! Use for recovery days and/or warm ups.

Instructional Video: <http://youtu.be/8caF1Keg2XU>

PRE-HABILITATION

1. **Hips:** learn to move from the hips. It's all in the hips in Muay Thai! Learn the "hip hinge" to avoid straining your back when lifting things, getting out of chairs, jumping - just about everything.

Instructional video: <http://youtu.be/TT838Ha2xmA>

Note: Keep your weight on your heels.

2. **Shoulders:** learn to stabilize your shoulders! As students, we do a ton of sitting down and slouching forward while studying and sitting in class. Counter all that slouching by teaching your body to extend, open up and stand tall to maintain good posture. Remember, good posture = good athletic

foundation. Perform the “scapular (shoulder) wall slide” to teach your body to open up and stabilize your shoulder.

Instructional video: <http://youtu.be/4k2kqyzz3Ug>

Note: The girl didn't stabilize her core, and cheated by sticking out her chest. **TIGHTEN YOUR CORE** to wall slide properly!!! You should aim to push your entire back forearm against the wall (elbows, wrists, hands). Work up to being able to push against the wall with the back of your forearms.

3. **Ankles:** luckily, all the hopping around we do helps strengthen your ankles. But you should stretch them to increase flexibility and decrease injury risk. We'll review these stretches in class!

PULL EXERCISES

1. **Inverted Rows:** Lie under a table, desk or squat bar and pull up, bringing your whole, planked, body up. Your pivot point/fulcrum is your feet.

Instructional video: <http://youtu.be/iinDb2zf8c8>

Note: Be sure to clench your shoulder blades together, abs and butt cheeks flexed! As you go up, try to bend the bar inwards and towards your feet.

2. **Chin ups/Pull ups:** Much like inverted rows but harder as you have to pull your entire body weight. We'll coach the specific technique for these in class!

3. **Dead lifts:** A critical lift for athletes. Careful with this one. You must learn to “hip hinge” and maintain neutral spine before attempting dead lifts!! **CONSULT A TRAINER** to spot your technique for this one when attempting your first dozen times! The idea is to gradually work up to pulling about 2x your body weight!

Instructional video: <http://www.youtube.com/watch?v=Syt7A23YnpA>. There's a little more to dead lifts than what this video shows, but it's a good start. Just remember, **NEUTRAL SPINE!!**

FINISH WITH CORE...EVERYDAY

Core: You can overdevelop your back, arms, legs but there's no such thing as an overdeveloped core. Perform planks, side planks, McGill curl ups and bird dogs often. Your “intervals” can be anywhere from 10 seconds to several minutes. Perform 3 core exercises per strength exercise. Be sure to perform core stuff **AFTER** heavy lifting. Heavy lifts require a lot of core stability. So don't fatigue your core to fail before a lift!

- Plank
- Side plank
- McGill curl up
- Bird dog