

KICK-BOXER UPPER BODY FINISHER



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Introduction:

Upper body strength is essential to our health. Our muscles support our skeletal anatomy and having strong muscles help preserve and maintain a healthy bone density. As we age, our body's naturally age and experience natural shrinking of our muscles and bones that can lead to issues such as osteoporosis, weaknesses in our bodies and others.

In addition, our muscles require energy to operate and function and control our basal metabolic rate. Having more muscular mass means having a higher metabolic rate. In addition, having a higher muscular mass helps produce our fat burning hormones in our body and can also help improve blood sugar levels and improve sleep and mental health.



About the Author:

Mike Zhang is a Striking and fitness coach. He was a North American Muay Thai Champion (2011 TBA-SA B Class Light Welterweight) and USMTO Open Class Silver Medalist (Welterweight). He has spent over 12 years as an athlete and coach where he work with clients of all ages including professional athletes such as King of the Cage Champion and UFC fighters.



Training Methods

Our muscular system is broken down into three categories, skeletal, smooth and cardiac. Our skeletal system control all the actions that we perform consciously, this generally is the muscle we target when working out. Smooth (Visceral) muscles is found inside our organs and is controlled by our unconscious part of our brain and cardiac muscles is just our heart.



Since our muscle's is a living organism, it grows when we stress it. When activate our muscle, for example, when we activate our bicep in a bicep curl, we stimulate the muscle and create tiny micro tears in the muscle depending on the load and volume of work.

Afterwards, our muscles recover by synthesising protein and other nutrients and that muscle comes back larger and stronger. Now, doing this over an extended period will cause muscular growth.

There are different ways to train based on individual objectives. For example, an body builder will perform numerous isolating and compound movements with a primary focus on muscular hypertrophy and size.

One of the most famous body builders of all time represents a well-developed body.... Arnold Schwarzenegger. He looks incredible and the dedication needed to attain this body is incredible.

However, this type of training would have a negative impact for other sports, in particular kickboxing or boxing where the athlete must balance athletic abilities, movement, explosiveness as well as optimizing maximum power per pound.



This guide does not serve to present one sport as better or worse, as body building is a great sport and all athletes should be respected.

However, this guide is to help the reader sculpt a lean, fit body that will be useful to allow the body to move in dynamic movements such as a fighter will need.

Therefore, this guide utilizes many specialized training movements that would be implemented in a strength and conditioning program that an performance athlete would utilize to maximize power-output.

How to Use This Guide

If you have just finished your workout and want to do an extra 5, 10 or even 15 minute extra with an upper body focus, then take five of the 11 exercise listed below and perform each one for 50 seconds, with a 10 second break in a 5-exercise circuit.

You may connect multiple circuits together to create a longer workout.

Circuit Template

Exercise A – 50 Seconds + 10 second break

Exercise B – 50 Seconds + 10 second break

Exercise C – 50 Seconds + 10 second break

Exercise D – 50 Seconds + 10 second break

Exercise E – 50 Seconds + 10 second break

Perform this exact sequence in sequential order.

It's very important that you perform this set in sequential order as it is designed to work together.



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Pick 5 exercises, then complete them non-stop, performing each one for 50 seconds with a 10 second break.

Exercise #1 – Band Pull Back Punch

[Watch Video Here](#)



Movement #2 – Band Twist

[Watch Video Here](#)



Movement #3 – Bar Punch Out

[Watch Video Here](#)



Movement #4 – Isometric Band Hold

Timing - 20 reps per side + Hold each side for three seconds

[Watch Video Here](#)



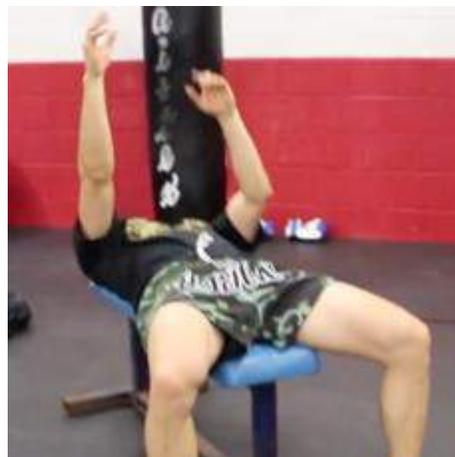
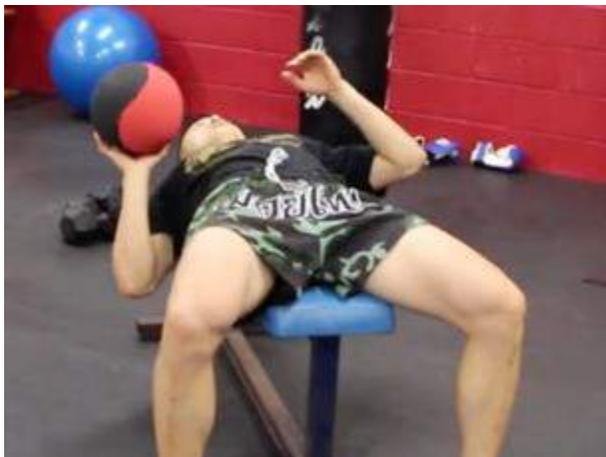
Movement #5 – Medicine Ball Wall Throw

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Movement #6 – Medicine Ball Press

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Movement #7 – Pulsing Push-Up

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Movement #8 – Single Arm Dumbbell Press

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Movement #9 – Medicine Ball Slam

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Movement #10 – Reverse Row

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Movement #11 – Weighted Punch-Out
[Watch Video Here](#)

