Funk Flex Heavy Bag
Workout Manual
by
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This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk-Flex Elite Strength and Conditioning for MMA and Combat Athletes.

No health claims are made for this guide. The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

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INTRODUCTION

Welcome. The Heavy Bag is an effective piece of training equipment for improving your conditioning, power, technique and movement. All combat fighters should incorporate the heavy bag into their overall strength and conditioning training on a regular basis in order to improve striking skills.

Often overlooked by MMA and Combat Fighters the bag can be your biggest alley to help you improve your power, movement, and conditioning, while making you an all-around better MMA Athlete.

In this eBook, we will discuss some of the benefits of using the heavy bag, tips for using it effectively and workouts/drills that you can incorporate to help you become an elite fighter.

Training on the bag can help develop your cardiovascular system, both aerobic and anaerobic. Many fighters interchange conditioning with cardio (cardiovascular conditioning) but actually, Cardio is a component within.

Cardio Endurance is broken into two systems: aerobic and anaerobic.

Aerobic Cardio Conditioning – Aerobic systems means “with oxygen”. These exercises are generally slower-moderately paced exercises like jogging for example, where oxygen is the main energy source.

Anaerobic Cardio Conditioning – Anaerobic systems means “without oxygen”. These exercises are often higher in intensity where the energy is derived from other sources called phosphates, which are stored in your skeletal muscles.

When you train through extreme levels of fatigue, you will be more prepared to deal with these types of situations during a fight.

Practicing punch combos, while moving around the bag at a steady pace will allow you to utilize your oxygen at a lower intensity giving you an aerobic workout. On the other hand, hitting the heavy bag hard with knock out power or punching for speed can add a higher intensity anaerobic workout.
You can train both systems during two to five minute rounds

Using the heavy bag to improve your punching power is fantastic. You can throw punches with perfect technique while throwing with power and force.

You can train most muscles in the body including your shoulders, chest, arms and back and legs.

Mixing up your punching power on the bag is effective but throwing with as much power and force as you can is good too. This is what the heavy bag was designed for.

Moving around the bag while throwing punches can improve your technique and body movements. Keeping your body tight, hands up, with the right stance and relaxed will help ensure you are performing everything correctly.

Use the bag to practice skills and techniques that you are weak at and use repetition.

Make sure to incorporate the heavy bag into your training to help you become and all-around better combat fighter.
BENEFITS OF FUNK-FLEX HEAVY BAG CIRCUITS

We have put these circuits together to help you train different aspects of your combat sport. Below are some of the attributes that are targeted when using these workouts.

TECHNIQUE
Even though these are conditioning drills you always want to maintain proper technique. Each combat sports have different striking and it is important to keep the integrity of that style. Hitting the bag hundreds of times with proper technique will train your muscle memory to strike properly without even thinking about it. It will become natural. Make sure to train with proper technique.

COMBOS
We incorporate different type of combos to master all your striking weapons. The combos are mixture of speed, power, balance, footwork and muscular endurance. You will become comfortable throwing different combinations which will help diversify your arsenal.

CONDITIONING
Although you should always be aware of skill, this workout is strictly focused on conditioning and NOT skilled based. The drills are intended to train both your aerobic and anaerobic systems. They will also help fire up your metabolism and develop VO2 capacity.

EXPLOSIVE POWER
These drills will develop your fast-twitch muscle fibers, which you need to develop explosive punching and kicking power.

CORE AND UPPER BODY STRENGTH
Some of the drills also incorporate bodyweight exercises to help you train your core strength, upper and lower body muscular and strength endurance.
MUSCULAR ENDURANCE
These heavy bag drills will help to develop muscular endurance, especially in your shoulders. They also force you to push through your lactate threshold as your muscles start to fatigue.

MOVEMENT
It is important to gauge your distance from the bag when striking so you can get full power. Being able to move in to strike and out of your opponent’s range. You will begin to learn what strikes require what distance from the bag, which is a skill that will translate in the ring.

HEAVY BAG TIPS

1. Breathe - Always breath throughout the drills when striking the bag. This will keep the oxygen flowing to the muscles. Make to exhale during your strike as you exert energy.

2. Rotate your Hips - Keeping in mind martial arts have different styles and techniques for the most part power is generated through you hips, not your arms. Make sure you rotate when throwing strikes.

3. Train Technique When You Can - The heavy bag is not always about power. Use the bag to also practice your technique where you will only use 50% of your power. Once you have mastered the technique, then you can add in your power. This will help you stay away from injury and building bad muscle memory.

4. Keep Your Hands Up - Part of heavy bag training is working on defense. You must get into the habit of always trying to keep your hands and guard up when throwing combos.

5. Move Around the Bag - When possible keep moving to both sides with certain combos. Stay away from moving to the same side all the time.
6. Keep Your Balance - Focus on keeping your balance while throwing multiple strikes. Bringing your body back to its original stance is important in some combat sports so train to keep your balance.

7. Wrap You Hands - Always use wraps before training on the heavy bag to preserve your hands, prevent injury and stabilize your wrist.

8. Mouth Guard - There is nothing wrong with wearing your mouth guard when the heavy bag. It helps you get used to it and you can practice breathing with it in.

9. Treat The Bag Like Your Opponent - When hitting the bag, it will move in different direction. Do not correct it as your opponent will also move. This will help you to work on timing, positioning, distance and simulating your opponent as best as possible.

10. Hit The Bag With a Purpose - Bag work involves commitment focus and is the time to train your muscle memory with good technique and power. You will not get any benefit if you mind is not in the moment. Hit the bag with a purpose to make yourself 1% better each session. Whether training technique, speed, skill or conditioning.

11. PRACTICE - Hitting the bag is something that you have to practice. When you see the fighters that look “amazing” it is because they do it time and time again. You must practice as much as possible on the heavy bag to get better.

12. Release Frustration - The bag is a great piece of equipment to relieve stress.

13. The purpose of bag gloves is to protect your hands during the hard drills on a heavy bag. You can use a variety of gloves I recommend that you use 12-16oz gloves depending on your level. The heavier the glove the more it will affect your overall upper body muscular and strength endurance. You can also use special bag gloves, which are 4-6oz, but it may be smart to wrap your hands. I’d stay away from MMA gloves though, as they do not offer much protection and really prevent you from hitting the bag with the power you want without hurting your knuckles and hands. You want to be durable.
HEAVY BAG CIRCUITS
- These are primarily conditioning drills but always try to use good form
- Put on your Wrap your hands and
- Practice from both stance in order to balance
- Keep your hands up at all times
- Keep your head moving and use this bag like it was your opponent
- If you need to reset the heavy bag from moving around try and use your double block (guard up) to stop the bag from moving, instead of dropping your hands to stop the bag

Heavy Bag Workouts for MMA

Heavy Bag Workout #1
Instructions:
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

WORKOUT #1
1. DOUBLE JAB STATIONARY
2. POWER BODY KICKS - RIGHT LEG
3. ABS SPRING UPS
4. ALTERNATING KNEES
5. BAG PUSH AND SPRawl
6. DOUBLE JAB AROUND THE BAG
7. POWER BODY KICKS - LEFT LEG
8. ABS SPRING UPS
9. ALTERNATING KNEES
10. BAG PUSH AND SPRawl
Heavy Bag Workout #2

Instructions:
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

WORKOUT #2
1. JAB CROSS (ONE-TWO) STATIONARY
2. DOUBLE LEG KICKS RIGHT
3. BAG PUSH
4. JAB CROSS (ONE-TWO) SPRAWL
5. CLINCH KNEES RIGHT
6. JAB CROSS (ONE-TWO) AROUND THE BAG
7. DOUBLE LEG KICKS LEFT
8. BAG PUSH
9. JAB CROSS (ONE-TWO) SPRAWL
10. CLINCH KNEES LEFT

Heavy Bag Workout #3

Instructions:
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

WORKOUT #3
1. JAB-CROSS-HOOK STATIONARY
2. KNEES RIGHT - STRONG
3. RIGHT HOOK -LEFT KICK
4. BURPEES
5. HEAVY BAG PUMMELL
6. JAB-CROSS-HOOK AROUND THE BAG
7. KNEES LEFT- STRONG
8. LEFT HOOK -RIGHT KICK
9. BURPEES
10. BAG PUMMELL
Heavy Bag Workout #4
Instructions:
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

DOUBLE JAB - CROSS STATIONARY
JAB-CROSS (ONE-TWO) RIGHT KICK
ALTERNATING TEEPS
PUSH UPS OR PLYO PUSH UPS
ONE-TWO BAG TAKEDOWN
DOUBLE JAB - CROSS AROUND THE BAG
JAB-CROSS (ONE-TWO) LEFT KICK
ALTERNATING TEEPS
PUSH UPS OR PLYO PUSH UPS
ONE-TWO BAG TAKEDOWN

Heavy Bag Workout #5
Instructions:
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

WORKOUT #5
JAB-CROSS-HOOK CROSS POWER - STATIONARY
ALTERNATING KICKS
SPRAWLS
BAG PUSH
RUNNING ON THE SPOT JAB CROSS (ONE-TWO)
JAB-CROSS-HOOK CROSS POWER - AROUND THE BAG
ALTERNATING KICKS
SPRAWLS
BAG PUSH
RUNNING ON THE SPOT JAB CROSS (ONE-TWO)
Heavy Bag Workout #6

Instructions:
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

WORKOUT #6
DOUBLE JAB CROSS HOOK STATIONARY
JAB-CROSS REAR KICK
JAB CROSS HOOK SPRAWL
BAG PUMMEL
ONE TWO TAKEDOWN
DOUBLE JAB CROSS HOOK AROUND THE BAG
JAB-CROSS FRONT KICK
JAB CROSS HOOK SPRAWL
BAG PUMMEL
ONE TWO TAKEDOWN
HEAVYBAG CIRCUITS FOR MUAY THAI AND KICKBOXING

WORKOUT #1
10 Drills Perform each drill for 30 second intervals one after the other for a total of 5 minutes
Rest for 60-90 seconds and repeat for 5-10 full rounds

1. JAB CROSS (1-2) COMBO - STATIONARY
2. CLINCH KNEES - ALTERNATING
3. LEG KICK - RIGHT - HARD
4. FULL ABS SPRING UPS
5. BAG PUSH
6. JAB CROSS COMBO - MOVE AROUND BAG
7. KNEES - ALTERNATING
8. LEG KICK - LEFT
9. FULL ABS SPRING UPS
10. BAG PUSH

WORKOUT #2
10 Drills perform each drill for 30-second intervals one after the other for a total of 5 minutes - Rest for 60-90 seconds and repeat for 5-10 full rounds

1. DOUBLE JABS
2. DOUBLE KICKS - RIGHT - HARD
3. CLINCH KNEES RIGHT
4. PUSH UPS
5. HOOKS ALTERNATE
6. DOUBLE JABS - OPPOSITE STANCE AND HAND
7. DOUBLE KICKS - LEFT - HARD
8. CLINCH KNEE LEFT
9. PUSHUPS
10. HOOKS - ALTERNATING - OPPOSITE STANCE - HEAD AND BODY

WORKOUT #3
10 Drills perform each drill for 30-second intervals one after the other for a total of 5 minutes - Rest for 60-90 seconds and repeat for 5-10 full rounds

1. JAB-CROSS-RIGHT KICK COMBO
2. TEEPS CONTINUOUS - FRONT LEG
3. RUN AND PUNCH COMBO
4. KNEES - ALTERNATING
5. ELBOWS - ALTERNATING
6. JAB-CROSS-SWITCH KICK COMBO
7. TEEPS CONTINUOUS - REAR LEG
8. RUN AND PUNCH COMBO
9. KNEES - ALTERNATING
10. ELBOWS - ALTERNATING

WORKOUT #4 - Power Hook Circuit
10 Drills perform each drill for 30-second intervals one after the other for a total of 5 minutes - Rest for 60-90 seconds and repeat for 5-10 full rounds

Tips: Make sure to reset to back to your stance after each strike/combo. Use your hips to generate power and breathe with each punch.

THROW ALL YOUR STRIKES WITH FULL POWER

1. POWER LEFT HOOKS - (Continuous hooks with full power)
2. POWER RIGHT HOOKS
3. ALTERNATING POWER HOOKS
4. POWER LEFT HOOK - RIGHT KNEE
5. POWER RIGHT HOOK - LEFT KNEE
6. POWER LEFT HOOK
7. POWER RIGHT HOOKS
8. ALTERNATING POWER HOOKS
9. POWER LEFT HOOK-RIGHT KNEE
10. POWER RIGHT HOOK - LEFT HOOK
WORKOUT #5 - Kicking Drill

10 Drills perform each drill for 30-second intervals one after the other for a total of 5 minutes - Rest for 60-90 seconds and repeat for 5-10 full rounds

This drill will help with balance, footwork, conditioning, speed and muscle memory

1. ALTERNATING LEFT AND RIGHT KICKS (Do not reset your stance. This is a non-stop drill, make sure to turn your hips over)
2. LEFT PUSH KICK (TEEP) - RIGHT KICK
3. RIGHT TEEP LEFT KICK
4. RIGHT LOW KICK - RIGHT HIGH KICK
5. LEFT LOW KICK - LEFT HIGH KICK
6. ALTERNATING LEFT AND RIGHT KICKS (Do not reset your stance. This is a non-stop drill, make sure to turn your hips over)
7. LEFT PUSH KICK (TEEP) - RIGHT KICK
8. RIGHT TEEP LEFT KICK
9. RIGHT LOW KICK - RIGHT HIGH KICK
10. LEFT LOW KICK - LEFT HIGH KICK
HEAVYBAG CIRCUITS FOR MUAY THAI AND KICKBOXING

BUILDING COMBOS
Building combos are great for balancing your punching power and technique for both the right and left sides of your body. For example: right and left punches or right and left kicks.

It is also important to work the bag from both fighting stances, orthodox and southpaw.

You can use building drills to slowly help build punching combinations such as left jab-right cross-left hook and uppercut.

Workout Instructions
Perform each drill for 30 seconds and then add the next strike and perform both for the following 30 seconds, continue to add the strikes listed until you finish the full combo for 60 seconds.
Each round will take 2 min 30 seconds

Building Drill #1

1. Double Jab - 30 sec
2. Add Right-hand - Double Jab-Right-hand - 30 sec
3. Add Switch Left Kick - Double Jab - Right-hand-Switch Left Kick - 30 sec
4. Add Right-Hand - Double Jab - Right-hand-Switch - Left Kick- Right-Hand - 30 sec
5. Add Right-Hand - Double Jab - Right-hand-Switch - Left Kick- Right-Hand - Left Teep - 60 sec
Building Drill #2

1. Jab - Cross
2. Jab - Cross - Left hook
4. Jab-Cross-Left Hook - Right kick Left kick
5. Jab-Cross-Left Hook - Right kick Left kick - Right Hand

Building Drill #3

1. Jab
2. Jab - Right Elbow
3. Jab - Right Elbow - Switch Left Knee
4. Jab - Right Elbow - Switch Left Knee - Right Knee
5. Jab - Right Elbow - Switch Left Knee - Right Knee - Left Horizontal Elbow

Building Drill #4 - Drill if you are fighting against a southpaw fighter

1. Low Right Kick
2. Low Right Kick - Right Hand
3. Low Right Kick - Right Hand - Low Right Kick
4. Low Right Kick - Right Hand - Low Right Kick - Right Body Kick
5. Low Right Kick - Right Hand - Low Right Kick - Right Body Kick
   Double Jab
BOXING CIRCUITS

These drills are conditioning drills that allow you to practice some cool combos

Boxing Circuit #1

1. Jab
2. Jab - Cross
3. Jab - Cross - Left Hook
4. Jab - Cross - Left Hook - Right Uppercut
5. Jab - Cross - Left Hook - Right Uppercut - Left Hook
6. Jab
7. Jab - Cross
8. Jab - Cross - Left Hook
9. Jab - Cross - Left Hook - Right Uppercut
10. Jab - Cross - Left Hook - Right Uppercut - Left Hook

Boxing Circuit #2

10 Drills perform each drill for 30-second intervals one after the other for a total of 5 minutes - Rest for 60-90 seconds and repeat for 5-10 full rounds

1. Left Jab
2. Left Jab - Right Cross - Left Body
3. Alternating Body Shots
4. Left Jab - Right Cross - Straight Left Body - Straight Right Body - Right Hook
5. Jab-Cross Hook-Hook Double Jab Out
6. Left Jab
7. Left Jab - Right Cross - Left Body
8. Alternating Body Shots
9. Left Jab - Right Cross -Straight Left Body -Straight Right Body - Right Hook
10. Jab-Cross Hook-Hook Double Jab Out
Boxing Circuit #3

1. Left Hook-Right Upper Cut - Left Hook Right Upper Cut
2. Overhand Right-Left Upper Cut - Straight Right - Left Hook
3. Left Hook to Body-Left Hook - Straight Right - Double Jab Out
4. Straight Right - Double Left Hook to Body - Double Jab
5. Double Jab-Right Straight to Body- Left Hook
6. Left Hook-Right Upper Cut - Left Hook Right Upper Cut
7. Overhand Right-Left Upper Cut - Straight Right - Left Hook
8. Left Hook to Body-Left Hook - Straight Right - Double Jab Out
9. Straight Right - Double Left Hook to Body - Double Jab
10. Double Jab-Right Straight to Body- Left Hook

Boxing Circuit #4

1. Jab-Cross - Slip-Slip- Jab Cross
2. Double Jab - Cross - Squat -Squat
3. Left Jab- Left Hook - Right Cross
4. Right Cross - Right Hook- Left Upper Cut
5. Double Jab- Squat - Straight Right - Left Hook- Straight Right
6. Jab-Cross - Slip-Slip- Jab Cross
7. Double Jab - Cross - Squat -Squat
8. Left Jab- Left Hook - Right Cross
9. Right Cross - Right Hook- Left Upper Cut
10. Double Jab- Squat - Straight Right - Left Hook- Straight Right

Boxing Circuit #5

1. Jab to Body - Double Jab Up Top- Jab to Body
2. Double Left Upper Cut - Double Right Upper Cut
3. Left Hook-Straight Right-Left Hook Straight Right
4. Jab-Overhand Right - Left Uppercut
5. Double Jab- Straight Right to Body - Left Hook
6. Jab to Body - Double Jab Up Top- Jab to Body
7. Double Left Upper Cut - Double Right Upper Cut
8. Left Hook-Straight Right-Left Hook Straight Right
9. Jab-Overhand Right - Left Uppercut
10. Double Jab- Straight Right to Body - Left Hook