

Published based on [RANDY COUTURE WORKOUT FOR MMA CONDITIONING - DUMBBELLS](#)

RANDY COUTURE WORKOUT FOR MMA CONDITIONING - DUMBBELLS

UFC - Randy Couture Workout for MMA Conditioning Get the full breakdown of each exercise and the entire workout below funkmma.com GET ACCESS TO OVER 150 FREE STRENGTH AND CONDITIONING WORKOUT VIDEOS AT www.funkmm.com Free workouts, nutrition and training videos for the combat fighter and those that want to look like one - GET ACCESS TODAY <http://www.spartacusworkoutfan.com> JOIN THE SPARTACUS WORKOUT NATION - www.spartacusworkoutfan.com GET YOUR FREE 4 WEEK BODYWEIGHT WORKOUT PLAN AND VIDEOS - <http://www.spartacusworkout.com> GET YOUR FREE 4 WEEK SPARTACUS WORKOUT PROGRAM AT www.spartacusworkout.com GET OVER 150 FREE MMA STRENGTH AND CONDITIONING WORKOUT VIDEOS AT <http://www.funkmma.com> GET YOUR GYMBOSS TIMER FOR 19.95 - tinyurl.com Okay, so maybe not the exact Randy Couture Grappling, but I am quite sure that he would approve. This is the Funk Roberts version of the workout. I have been asked countless times to do this workout with dumbbells only. So here it is. Workout Instructions 8 Exercise Dumbbell Complex Circuit - Complete 3-5 Full Rounds Perform each exercises in succession for 8 reps each without putting down the dumbbell. After you complete all 8 exercises or one round in succession you will rest for 2 minutes. Then repeat for a total of 3-5 rounds. EXERCISE LIST Bent Over Rows x8 High Pulls x8 Dumbbell Shoulder Press x8 Stiff Legged Deadlifts x8 Lunges x8 (each leg) Squat x8 Deadlifts and Clean x8 Bonus Bodybuilders (8 count burpee) My suggestion is to use this on your Strength and Conditioning Day after your technique training, or as a ...

You can also find this article published on [RANDY COUTURE WORKOUT FOR MMA CONDITIONING - DUMBBELLS](#), and on the tag pages [Conditioning](#), [Couture](#), [DUMBBELLS](#), [Randy](#), [workout](#).