

Billy Hofacker of Serra Jitsu: Your MMA Questions Answered

Monthly Column



Have a question for MMA Trainer and fitness expert Billy Hofacker? Send it to billy@trainingformmafitness.com and have your answer published in an upcoming issue of NYMA Magazine. Just send over a question with the words “NYMA Magazine Training Question” in the subject line so your question gets top priority.

Here are some common MMA training questions that I received this past month. I’m sure that reading them and applying what you learn will help you in your training

Q: I train once a week but my fitness levels are not at the level I desire at the moment. In addition to MMA I play gaelic football. With the season over however, I’m struggling to keep my weight down and need guidance on what I can do at home and in the gym to improve my muscle tone and general fitness.

-Gerard

Worcester, United Kingdom

A: Hi Gerard. Thanks for the great question. I think I can help you. Doing MMA once per week is great but I think you realize that it's not enough for your current fitness goals.

I'd urge you do dedicate some time each day (at least 5-6 days per week) to your health and fitness. If you can, set aside one hour per day for things like exercise, fitness goal setting, nutritional planning, etc. Do this every week until it becomes a habit.

As far as what to do for exercise, keep it basic at first. Just doing a little more than your body is used to will yield results. Make sure to include some resistance training, some cardiovascular training, and some flexibility training.

I hope this helps. Also, feel free to browse the site for sample workouts. I've also added you to my MMA newsletter list so you'll continue to receive info packed tips to help you with your goals. I hope this helps. If you get a chance, keep me up to speed with your progress.

-Billy Ho

Q: I train by myself what can I do to help myself?

-Tim

A: Hi Tim and thanks for the great question. Training by yourself shouldn't stop you from a conditioning standpoint. You can do cardio, resistance training, etc. It will also be helpful for you to develop solid nutritional habits.

As far as martial arts skill training, there are many solo drills you can do to improve your skills. I may even add some to the site in the future. Eventually, if you want to take your skills to the next level, you will need training partners. It shouldn't be too hard to find some good training partners. Let me know how you make out.

-Billy Ho

There you have it. Your MMA training questions answered! I hope you enjoyed this month’s column. Train hard, train smart, and stay tuned for next month’s column.

Billy Hofacker is a CPT and MMA trainer. He is a leading authority on conditioning and nutrition for grappling and MMA. To learn more about Billy’s nutrition and conditioning tips, sign up for his FREE E-zine at <http://www.trainingformmafitness.com/mixed-martial-arts-news.html>

Billy is also a chief instructor at Serra BJJ. For more information on Serra Brazilian Jiu-jitsu, go to www.serrajitsu.com