



FEARLESS MMA

TAEKWONDO
SHOTOKAN
MMA TRAINING

THE FEARLESS FIGHTER Starter Training Program

By Sensei Stann

This guide is a preview of the training structure used inside the Fearless MMA Coaching Program. It demonstrates the style of strength training, conditioning, martial arts skill development, and nutrition guidance clients receive while working with Sensei Stann.

What You'll Build In This Program

Focus Area	What You'll Develop
Strength	Functional strength used in martial arts and athletics
Conditioning	Endurance for striking rounds and intense training
Power	Explosive athletic movement and stronger strikes
Mobility	Flexibility and injury prevention
Discipline	The mindset and consistency of a martial artist

4 Week Training Structure

Week	Training Focus
Week 1	Movement foundations and technical skill
Week 2	Conditioning and work capacity
Week 3	Power and speed development
Week 4	Athletic integration and performance

Example Training Week

Day	Training Focus
Monday	Strength: Squats, Pushups, Pullups, Core
Tuesday	Conditioning: Jump Rope, Heavy Bag, Sprint Intervals
Wednesday	Skill Training: Kickboxing combinations & footwork
Thursday	Strength: Deadlifts, Lunges, Shoulder Press
Friday	MMA Conditioning Circuit
Saturday	Optional cardio or technique drilling
Sunday	Rest and recovery

Fearless Fighter Nutrition Guidelines

The Fearless MMA nutrition approach focuses on whole foods, adequate protein intake, and balanced carbohydrates to support training performance. Instead of restrictive dieting, clients learn sustainable nutrition habits that improve energy, recovery, and body composition.

Meal	Example Foods
Breakfast	Eggs, oatmeal, fruit
Lunch	Lean protein, rice or potatoes, vegetables
Snack	Greek yogurt, nuts, protein shake
Dinner	Fish or steak, vegetables, healthy fats
Hydration	3–4 liters of water daily

What You Get Inside Fearless MMA Coaching

• Personalized workout programs
• Martial arts conditioning training
• Nutrition coaching
• Progress tracking
• Direct coaching from Sensei Stann