

## Company / Facility

- RAW
- El Segundo, CA

## Market Segment

- Professional Sports
- Conditioning

## Coach / Trainer

- Rico Chipparelli

## Programs Offered

- Wrestling
- Muay Thai
- Brazilian Jiu Jitsu
- Kickboxing
- MMA
- Boxing
- Strength & Conditioning

## Client Goals

- Improve Conditioning
- Win Fights

## Training Results

- High Level of Anaerobic and Aerobic Energy System Development
- HE WON!

## Overview

Frank Trigg, one of the top professional Mixed Martial Arts fighters, was preparing for a professional fight in the Ultimate Fighting Championships. He was able to utilize the FORCE 2.0 treadmill from Woodway as a key conditioning tool.

## Client Needs

Frank has a long training history including being an NCAA collegiate free-style wrestler at Oklahoma and national level Judo competitor. He would be facing a talented and well trained opponent in the fight with 3 rounds, each lasting 5 minutes. The MMA fighting discipline requires an athlete to be skilled in a variety of combat sport skills including; boxing, kickboxing, wrestling, and submissions. The energy system requirements include both anaerobic and aerobic systems.

Power output was a key concern. Frank needed to be able to sustain his power through the entire fight, being as explosive in the last two minutes as the first two. He also needed to be able to train his legs for both the metabolic, strength, and power demands.

## Program

The FORCE 2.0 was the perfect tool for additional training outside of the ring, as well as to measure progress. His trainer, Rico Chipparelli, helped analyze the fight needs. A fight “profile” was constructed that lasted 5 minutes and featured short bursts of effort in four zones:

- High Speed – Light Load
- Moderate Speed – Moderate Load
- Low Speed – Heavy Load
- Low Speed – Light load

The self-propelled nature of the FORCE 2.0 allowed Frank to change pace instantly at any time. The computer controlled the load settings and presented the speed goal. With this program, he was able to train sport specifically, and receive feedback on heart rate and power output.

In addition to 5 different fight simulation protocols, he also used it for sprint intervals. These ranged from 10 seconds of work followed by 20 seconds of rest to repeated sprints for time. Power output, heart rates, and work completed were constantly monitored to gauge progress and adjust workload.

## Client Success

Using the FORCE 2.0 for 8 weeks of training before his fight, Frank was in the best shape of his life. In the last weeks of training, he was consistently able to train round after round with a fresh sparring partner each 3 minutes without breakdown in technique or fatigue. Frank won the fight in the second round and analysts credited his conditioning as a major component of that victory.