

BJJ Strength Workout



By Bobby Collins

This is a 30 day workout program

Consists of 2 workouts per week.

You can run this for 4 weeks,

Focus on getting stronger with good form each week

This program will:

Get ou strong, so that you can stay on the mat for life

Be smart and make changes based on how you feel.

Reach out with any questions.

The Warm-up

- 1. Calf raises 15 reps**
- 2. Pec stretch(any kind you want) 60s**
- 3. Couch stretch 60s /**
- 4. 1/2 kneeling rotations 10/ side**
- 5. Deadbug-alternating arms and legs 10/**
- 6. Bridges 20**
- 7. Banded pull parts followed by banded face pulls 20
each**
- 8. Squat and stand 5 reps**
- 9. Side lunges 10/ side**
- 10. Box Jumps 3x 5 rest 60s**

Workout 1

Banded KB Swings 5x5 45s rest

Trap deadlift 4x4 90s rest

Incline DB Press 3x8 60s rest

Seated Rows 4x 15 60 rest

Copenhagen side plank 3x 30s

Finisher

100 banded pushdowns

100 banded pull aparts

Workout 2

Rotational Slams 5x5 45s rest

Safety Bar Box Squat 4x4 90s rest

Weighted push ups 3x12 60s rest

Neutral Grip Pulldown 3x 12 60 rest

Reverse Lunge 3x8

Banded facepull 3x 30

Finisher

100 feet backward sled drag

100 feet KB farmer walk

rest 60s 4 rounds

Strength training 101

Form and control before heavyweight. Try to lower the weight for 2-3 sec and have a slight pause at the bottom of the move.

Hard sets: the last 2-3 sets should feel hard and be 1-3 reps shy of technical failure

Try to either add more weight each week or add more reps or do more sets at higher weights.

Don't rush the rest, we are building strength, not cardio.

Try to have 2-3 days between these sessions.

If you don't know the exercises go to my you tube for video demos

<https://youtube.com/@FallRiverBootcamp>