



## **BJJ Strength Workout**

**Get stronger and stay on the mats  
for life**

This is a 30 day workout program.

Consist of 2 workouts per week.

You can run this for 4 weeks ,  
trying to get stronger with good form each week

This is not designed for you, but a larger audience of BJJ guys  
who want to get strong, so they stay on the mat for life

Be smart and make changes based on how you feel.

Reach out with any questions?

## **Warm up for each workout**

- 1. Roll your upper back and hamstrings with a foam roller**
- 2. greatest stretch ever 10 per side**
- 3. bridges 30 reps**
- 4. banded pull apart 30 reps**
- 5. body weight squat 5 reps + push ups 5 reps 3 sets**
- 6. Box jumpo 3x 3 60s rest**

# **Workout 1**

**1. DB squat or BB front squat 5x7 90s**  
**rest**

**2A DB split squats 4x8**

**2B push-ups 4x max**

**2C seated row or ring rows 3x 12**

**Rest 2 minutes**

**3A RKC plank 20s**

**3B Side plank 20s**

**rest 30s 4 sets**

# **Workout 2**

**1.DB Incline DB Press 5x 6 rest 90s**

**2A DB RDL 4x12**

**2B Bench or T bar row 4x 15**

**2C DB step up 4x 8 per leg**

**Rest 2 minutes**

**3A deadbug alt legs 10/**

**3B 1 arm farmer walks 30s**

**rest 30s 4 sets**

# **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>**