



The Relentless Grappler💪

9 Week Strength and Conditioning for BJJ



Why did I write this program and why is it free?

Hi! My name is Bobby Collins. I'm a BJJ brown belt and a personal trainer of 15 years. I built this program to add a ton of value to the BJJ community.



BJJ has been such a positive asset in my life

- It has given me a competitive outlets
- Comradery with like-minded guys
- A way to find peace in my mind for 60 minutes a day

If you have done BJJ, for a decent length of time, you know it isn't the most friendly to our bodies. I like to say "I love BJJ, but it doesn't always love me back."

As I got back into BJJ after a big layoff, around 2019 I started committing to training 4-6 days per week.

I started to see a lot of the common issues, many of my teammates were running into. But, I seemed to be dodging.

🙄 I wasn't getting constantly injured and when I did I seemed to bounce back quickly.

🦠 I was rarely sore from BJJ sessions, even when I was a white belt.

🔥 I never needed a round-off, I could get my wind back in the 60s and be ready to go.

💪 I trained hard and had a quality session.

This had to do with my fitness, which I had built for the last 15 years. It allowed me to train almost daily for the last 4-5 years. Taking me from my white-brown belt at the time, as I'm writing this.

In late 2023, I decided to go all in and start building an online strength and conditioning program for BJJ athletes and practioners .

I know how great BJJ can be for one's life. I want to help as many guys as I can, stay on the mat for life, improve their performance, reduce injuries, and get more submissions

This program is my attempt at adding value to the community, martial arts, and sport I love so much.

I have built this 9-week BJJ Strength and conditioning program.

So you can become a fierce BJJ competitor or practitioner who has the body to perform and endure the violence that BJJ places on our bodies.

There will be several components of this program.

I'll go over my top 3 mindset shifts that helped me stop.. starting and stopping BJJ. Finally, being able to be consistent and supercharge my BJJ.

Next, I'll go over the actual 3 days per week program, with details, so we can get after it.

I'll also attach a printable worksheet, so you can print and log your training session.

Enjoy, let's train BJJ for life

Bobby

Mindset

I started training BJJ in 2008 after watching the UFC:BJ Penn and Sean Sherk Countdown.

It took me over a decade to get consistent enough to see progress on the mats.

There were a lot of things that got in the ways

- Partying and laziness.
- Finances.
- Trying to build my training business.

But, my mindset is something that hindered me greatly as well.

I want to discuss these before we talk about the program. If you feel like you're good, just scroll down and get into the program.

ALL or Nothing

This mindset sounds cool and hard. But, as you get older. Life's stress starts piling on: Work, kids, wife, etc.

This is a terrible mindset because often these people only train in ideal situations. This means because life is so crazy you're not training much.

I started training BJJ in 2008 but didn't get consistent and good until I committed and started back up again in late 2019.

This is because, if I couldn't train the frequency I wanted to, I didn't train.

I always made excuses as to why I couldn't train. I pushed it off, saying I'll do it when this or that happens.

It was a load of BS.

I made it back and built consistency enough to go from white to brown from 2019-2023. I was ok doing less when life was nuts and more when life was easier.

Instead of all or nothing. Always do something. It works out much better

Growth versus Fixed Mindset

This is something working out taught me, early in life. But I still have a hard time applying it, in certain areas of my life.

A fixed-mindset person will tend to say things like

“I’m just not good at _____”

“It’s just not for me “

“I’ll never be able to do this or that”

They tend to talk in absolutes. Never understanding just because you can’t do it now, doesn’t mean you can’t build the skill sets to do it, down the road.

A growth mindset is focused on growth they tend to say

“I suck right now, but I think with the right guidance and practice I can pull this off”

“Who can teach me how to do this?”

“What courses and books will make me better?”

“I lost that tournament but I’ve learned so much, I can use it now”

It is obvious which person will have a better chance of reaching their potential in this sport.

Monitor your self-talk carefully.

Don’t make excuses and stop feeling bad for yourself.

Focus on getting better and developing your skill sets

Your Inner Voice is a Liar

This is one of the harder ones to articulate. The thoughts that come across your head, can at times be downright misleading.

Often, people just act on their first thought, this includes taking actions, nonactions, and creating beliefs that aren’t true.

You have to be bull shit sifter, question these against your

Values

Goals

Real-life evidence.

Sometimes, the easiest person to fool..... Is your self.

I think this is the easiest example...

Often, when we struggle, we may say I can't do this.

Often, that is not true.

- We may not be trying hard enough.
- We may not prepare well enough.
- We may be making progress, but we are measuring our progress wrong.
- Or maybe you just don't want to do it, which is a lot different than not being able to do something.

If you made it through this section. Great job, I know it is much too easier to scroll past this stuff and go right to the workout.

But, if you don't address your liability in your head, you'll never be able to build a strong body that will be an asset.

The Relentless Grappler Workouts

Movement Preparation

This is a quick 10-minute routine, to help you get your body ready for the hard work.

- This will allow our joints and muscles to feel better as we train.
- It will be easier to crank the intensity up with our training.
- Even acts as a pre-hab to reduce the likelihood of getting hurt

1A Foam roll quads and upper back 10x each

1B Pec stretch 30s and 90-90 hip stretch 30s

1C 1/2 kneeling rotations 10 per side and side plank 30s per side

1B Bridges 15 reps and Upper Back Tri set 15

1D Side lunges 10 per side and push-ups 10 reps

1E

Lower body/cardio/full body days day do box jumps 3x5 rest 30s

On upper body days do MB Slams 3x5 rest 30s

[Go here to see a video demo of this warm-up](#)

Phase 1 Weeks 1-3

In this phase, we want to build a solid foundation of quality movements and basic fitness. We will utilize basic strength exercises to master the basic movements of squat/hinge/single leg/ upper push/ upper pull. We also utilize a zone 2 aerobic day. This will lay the foundation for building a huge gas tank for BJJ and giving you the ability to recover quicker in between rounds and training sessions

Training notes

* $\frac{1}{3}$, The first number is your lighter sets to warm up and the second number is, how many hard or heavy sets I want you to do.

* Working sets should be taken close to technical failure.

*Tempo 2-3 sec lowering, 1 sec pause at the bottom, and fast on the way up.

Workout 1 Lower Body

Exercise	reps	sets	Rest
1 KB DB Box Squat	8	1/3	60s
2 DB RDL	10	1/3	60s
3 Reverse Lunge	8	1/3	60s
4 Seated leg curl machine	15	1/3	45s
5. Banded dead bug w/ leg ext	10/	3	30s
6 Air Bike	The 60s at the fastest pace you can maintain	Week 1 3 rounds Week 2 5 rounds Week 3 7 rounds	90-sec rest

Workout 2 Upper Body

Exercise	reps	sets	Rest
1 Incline DB Press	6	1/3	60s
2 Push-ups	2-3 reps shy of failure	1/3 warm set do 5 reps	60s
3 Seated Row	15	1/3	60s
4 wide Grip lat pulldown	8	1/3	60s
5. Cable or banded face pulls	25	4	45s
6 Rowing Machine	The 60s at the fastest pace you can maintain.	Week 1 3 rounds Week 2 5 rounds Week 3 7 rounds	90-sec rest

Workout 3 Zone 2 cardio and GPP

Exercise	reps	sets	Rest
1A Air Bike	3 minutes		
1B Rower	3 minutes		
1C Farmer walk	60s		
1D Sled drag/inclined treadmill walk	2 minutes	0 rest Week 1 3 rounds Week 2 4 rounds Week 3 5 rounds	
2A Ab roll out or RKC plank	10 or 20s max effort	3	
2B Copenhagen side plank	20s	3	Rest 60s

Phase 2 Weeks 4-6

In this phase, we are going to work on building strength with the great movement we have built. Add more power training, to be a more explosive grappler. As well as build top-end conditioning, so we can roll hard for a long time.

Training notes

* This month we are working to a top set of 5, which means we start with a light set of 5 and add weight to each set until we reach a hard set of 5. Which is defined as set 5 with great form and control. While only having a couple of reps in the tank.

* $\frac{1}{3}$ The first number is your lighter sets to warm up and the second number is how many hard or heavy sets I want you to do.

* Working sets should be taken close failure.

*Tempo 2-3 sec lowering, 1 sec pause at the bottom, and fast on the way up.

Workout 1 Lower Body

Exercise	reps	sets	Rest
1 Trap Bar Deadlifts	5	Build up to a heavy set of 5	60s
2 Zercher Good morning	6 4 sec lowering	1/3	60s
3 Bulgarian split squat	6	1/3	60s
4 Hip thruster Machine or barbell	12	1/3	60s
5. AB Fallout	10/	3	60s
6 Air Bike	10 cal as fast as you can	Week 1 3 rounds Week 2 6 rounds Week 3 9 rounds	60-90s- sec rest

Workout 2 Upper Body

Exercise	reps	sets	Rest
1 BB Floor Press	5	5RM	60s
2 Weighted push-ups	10	1/3	60s
3A 1 Arm DB Row	8	1/4	60s
3B YWT iso Holds	20s	4	
5. Banded Tricep push downs	100/	As many sets as needed	
6 KB Swings	10 Reps on every minute. As you can explosive	Week 1 5 rounds Week 2 10 rounds Week 3 15 rounds	Rest is whatever is left for the rest of the minute. After your set

Workout 3 Dynamic Full Body

Exercise	reps	sets	Rest
1A Box Jumps	5	5	30s-60s
1B Medicine Ball Rotational Slams	5	5	30s-60s
2 Side lunge with KB at your chest	6 2sec pause at the bottom	1/3	60s
3 Viking or landmine press	10	1/3	60s
4 Chin-ups neutral iso hold	Hold at top as long as you can	4	60s
5A 1 Arm Farmer Walk	60s	3	
5B Reverse Crunches	15	3	Rest 60s
6 Zone 2 work (optional) You can also do this on an off day.	30 minutes of cardio keeping your HR 120-150. This can be done with any single machine or multiple machines like we did in phase 1.		

Phase 3 Week 7-9

This phase is the last one and is going to put everything together to make you an absolute monster on the mat. We are going to continue to get strong and explosive. But, we are going to focus on lactic conditioning which our ability sustains higher effort for a longer duration. This will give you a well-rounded gas tank to dominate on the mats and in competition.

Training notes

* This month we are working to the top set of 5, which means we start with a light set of 5 and add weight to each set until we reach a hard set of 5. Which is defined as set 5 with great form and control. While only having a couple of reps in the tank.

* $\frac{1}{3}$, The first number is your lighter sets to warm up and the second number is how many hard or heavy sets I want you to do.

* Working sets should be taken close to technical failure.

*Tempo 2-3 sec lowering, 1 sec pause at the bottom, and fast on the way up.

Workout 1 Lower Body

Exercise	reps	sets	Rest
1 Zercher Box Squat	3	Build up to a heavy set of 5	60s
2 Trap Bar RDL	8 4-5 sec lowering	1/3	60s
3 Side lunge	6 4 sec negative	1/3	60s
4 Back ext	30s	3	60s
5. Hanging knee or leg raises	10/	4	60s
6 Rope Slams	The 30s at the fastest pace you have	Week 1 3 rounds Week 2 6 rounds Week 3 9 rounds	90- sec rest

Workout 2 Upper Body

Exercise	reps	sets	Rest
1 Viking Press or Z-Press with BB	5	5RM	60s
2 Dips or push-ups	2 reps in reserve	1/3 warm set is 5 reps	60s
3 Bench Row	12	1/4	60s
5A Pullaparts	100	1 break it down as needed	
5B.Banded Tricep push-downs	100/	As many sets as needed	
6 KB Swings	10 Reps every 30 for 5 minutes		Rest is whatever is left for the rest of the 30s. After your set

Workout 3 Dynamic Full Body

Exercise	reps	sets	Rest
1A Dynamic Trap Deadlift (use 50-60% max weights)	3	5	30s
1B Plyo push-ups off a bench	5	5	30s
2 Goblet Squat	8 3 sec pause each rep	1/3	60s
3 Alt DB Press	10	1/3	60s
4 Chin-ups	Max reps	4 sets	60s
5A side plank row	15	3	
5B Hollow hold tricep ext	15	3	Rest 60s
6 Zone 2 work (optional) You can also do this on an off day.	30 minutes of cardio keeping your HR 120-150. This can be done with any single machine or multiple machines like we did in phase 1.		

If you are looking for a more personalized training program.

- Weekly coaching and accountability.
- Nutrition Coaching.
- Someone to correct your form for each exercise.

Sign up for 1 on 1 coaching here <https://fallriverpersonaltrainer.com/>



Edward Haworth

This was definitely my experience. When I started bjj and met **Robert Collins** I was pushing mid 290s and depending on the day I can be over 300 lbs. I feel like bjj is an exercise like no other because you are forced to use every muscle or get tapped. It's hard to find other exercises that do this.

I was eating whatever I wanted and just kinda maintained the weight. The weight started falling off when I started working with Bobby. We logged all my food and we regularly trained together. It wasn't until I started taking the nutrition seriously that I started seeing major results. My rolls were getting better. Flexibility and recovery improved dramatically and I had less aches and pains.

Ultimately, we were able to get my weight below 270 in just 3 months right before my wife and I had our baby. I had to take some time away to help my wife with the baby but I honestly can't wait to get back at it with Bobby and the other bjj fellas to continue my health goals and bjj journey.

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