



Warm Up before each session.

Use a circuit of BJJ specific movements to warm up:

- Sit throughs x 15
- Chest to chest sweeps x 15
- Stand up technique x 15
- Triangles x 15
- Hip ups x 15

See [video here of example warm up](#)

Session 1

Exercise	Sets	Reps	Notes
Barbell Front Squats	4	6-8	
Barbell Push Press	4	6	
Barbell Bench Press (Floor)	3	6-10	
Chin Ups	3	max	
Airdyne Bike	2 Tabata Intervals		1 min rest between intervals

Session 2

Exercise	Sets	Reps	Notes
High Pulls	4	5	
Split Squats	2	10	
Barbell Squat & Press	2	10	
Barbell Rows	2	6	
Turkish Get Ups	2	8	2 sets on each 'side'

Session 3

Exercise	Sets	Reps	Notes
Hindu Press ups	2	Max reps	
Shoulder Bridge Presses	2	Max reps	
Stability Ball Hamstring Curls	2	20	
Stability Ball Back Extensions	2	10	
Stability Ball Pikes	2	10	