

Day 1			
Exercise	Sets	Reps	Notes
Single Leg Box Step Ups	2	10	Good for hip/glute drive for takedown defence
Resisted Sprints (Band or Weighed Vest)	4	15 seconds each	
Weighed Jumps (Dumbbells)	3	8	
Medicine Ball Slams	2	8	
Medicine Ball Lateral Throws	3	8	
Day 2			
Rest			
Day 3			
Exercise	Sets	Reps	Notes
Power Cleans (or variation)	5	5	Explosive Shrugs from the floor or high pulls are similar & require less technique)
barbell Push Press	4	6	
Sumo Deadlifts	3	10	Good for strength & flexibility
Cable Punches - Cross	2	10	2 sets on each arm. Use a light weight that doesn't alter mechanics of the punch
Calble Punches - Uppercuts	1	10	1 sets on each arm
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Hindu Press Ups	3	max reps	Good for strength & flexibility
Jumping Lunges	3	5 reps on each leg	
Day 4			
Rest			

Day 5			
Exercise	Sets	Reps	Notes
Olympic Ring Muscle Ups	3	8	technical movement. Requires coaching & supervision
HandStand Presses	3	max	
Explosive Chin Ups	3	6	Control the descent & explode upwards.
Shoulder Bridge Presses	3	8	Be careful, bad for back injuries