

General Notes:

This program was designed for a 3x weekly session.

Intensity: Ensure the exercises are challenging but maintain proper form.

Progression: Gradually increase weights, reps, or intensity as you progress through the weeks.

Recovery: Incorporate rest days and focus on adequate nutrition and sleep.

Flexibility: Adjust the sessions based on your schedule and recovery status.

This program aims to improve overall strength, endurance, core stability, and mobility, all crucial for Jiu-Jitsu athletes.

Week 1-3: Foundation Phase

Session 1: Full Body Strength

Warm-Up

Dynamic stretches

Light cardio (jump rope, jogging)

Workout

Squats: 3x10-12 reps

Push-ups: 3x10-15 reps

Bent-over rows: 3x10-12 reps

Pull-ups or assisted pull-ups: 3xMax reps

Plank: 3x30-60 seconds

Cool Down

Static stretches

Deep breathing

Session 2: Core and Stability

Warm-Up

Dynamic stretches
Light cardio

Workout

Dead Bugs: 3x15 reps per side
Russian Twists: 3x20 reps (10 each side)
Single-leg Romanian Deadlifts: 3x10-12 reps per leg
Hollow Holds: 3x30-45 seconds
Side Plank: 3x30-45 seconds per side

Cool Down

Static stretches
Deep breathing

Session 3: Endurance and Mobility

Warm-Up

Dynamic stretches
Light cardio

Workout

Circuit (4 rounds, 1-minute rest between rounds):
Burpees: 10 reps
Mountain Climbers: 30 seconds
Jumping Lunges: 15 reps per leg
Plank with Shoulder Taps: 20 taps

Mobility Work:

Hip Flexor Stretch: 2x30 seconds per side
Shoulder Dislocations with a band: 2x15 reps
Spiderman Stretch: 2x30 seconds per side

Cool Down

Static stretches
Deep breathing

Week 4-6: Performance Phase

Session 1: Advanced Full Body Strength

Warm-Up

Dynamic stretches
Light cardio

Workout

Deadlifts: 4x6-8 reps
Bench Press: 4x6-8 reps
Pull-Ups: 4xMax reps
Bulgarian Split Squats: 4x10 reps per leg
Hanging Leg Raises: 4x12-15 reps

Cool Down

Static stretches
Deep breathing

Session 2: Explosive Power and Core

Warm-Up

Dynamic stretches
Light cardio

Workout

Box Jumps: 4x10 reps
Medicine Ball Slams: 4x15 reps
Kettlebell Swings: 4x15 reps
TRX Body Saw: 4x15 reps
V-Ups: 4x20 reps

Cool Down

Static stretches
Deep breathing

Session 3: High-Intensity Interval Training (HIIT) and Mobility

Warm-Up

Dynamic stretches

Light cardio

Workout (40-45 minutes)

HIIT Circuit (5 rounds):

Sprint Intervals: 30 seconds on, 30 seconds off

Battle Ropes: 30 seconds

Jump Squats: 30 seconds

Plank to Push-Up: 30 seconds

Mobility Work:

Pigeon Pose: 2x30 seconds per side

Thoracic Spine Rotation: 2x10 reps per side

Deep Squat Hold: 2x30 seconds

Cool Down

Static stretches

Deep breathing