

BJJ STRENGTH PROGRAM

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Two free templates for grapplers. Roll 3+ times a week: use the 2-day plan. Roll 1–2 times: add Day C for the 3-day plan. Warm up 5–10 minutes before each session. Stop most sets with 2–3 good reps left.

DAY A

EXERCISE	SETS × REPS	NOTES	LOAD
Broad jump or box jump	3 × 3	Full rest, full intent	
Trap bar or kettlebell deadlift	4 × 4–6	Main lift	
Dumbbell bench press	3 × 6–8		
Rear-foot elevated split squat	3 × 6–8 each leg		
Chest-supported row	3 × 8–10		
Farmer's carry	3 × 30–40 m	Heavy, tall posture	

DAY B

EXERCISE	SETS × REPS	NOTES	LOAD
Med ball rotational throw or kettlebell swing	3 × 5 each side, or 3 × 10		
Goblet squat or front squat	4 × 5–8	Main lift	
Pull-up (band-assisted if needed)	4 × 4–8		
Single-leg Romanian deadlift	3 × 8 each leg		
Half-kneeling landmine or dumbbell press	3 × 8 each side		
Pallof press	2 × 10 each side		
Dead hang or towel hang	2 × as long as you can		

DAY C (3-DAY PLAN ONLY)

EXERCISE	SETS × REPS	NOTES	LOAD
Kettlebell swing	5 × 10	Crisp, not grinding	
Step-up	3 × 8 each leg		
Push-up	3 × 2–3 short of failure		
Inverted row or single-arm row	3 × 10		
Suitcase carry	3 × 30 m each side		
Side plank	2 × 30 sec each side		

FOUR-WEEK BLOCKS

WEEK	HOW HARD	WHAT TO DO
1	3 reps left in the tank	Find working weights you can do with clean form
2	2 reps left	Add a little weight or one rep per set
3	1–2 reps left	Add a little again
4	Lighter week	Half the sets, a bit less weight, stay sharp

After week 4, start a new block a little heavier than the last. Every two or three blocks, swap a few exercises for close variations.

WHERE IT GOES IN YOUR WEEK

- Lift on days away from your hardest sparring.
- Same day as class? Lift in the morning, or roll first and lift after, and keep it lighter.
- Spread the 3-day plan out, e.g. Monday, Wednesday, Saturday.
- Busy day: do the warm-up, the main lift and one accessory.

ADJUSTING IT

- **At home:** dumbbells, kettlebells and a pull-up bar cover almost all of it.
- **Over 40:** keep more reps in reserve and warm up longer.
- **Before a competition:** cut the sets right down for the last week or two.
- **Something hurts:** swap the exercise for one that doesn't load that area. New or sharp pain: see a professional.

WANT IT BUILT AROUND YOUR WEEK?

The MatStrong assessment takes about five minutes. It asks which nights you're on the mat, what equipment you have and what hurts, then builds your plan around all three, with sets, reps and loads written for you.
quiz.matstrong.com

General training information, not medical advice. If something hurts, or you have a condition that affects how you train, see a qualified professional before you change your training. © MatStrong · matstrong.com/blog