

BJJ TRAINING PROGRAM

BUSHIDO STRENGTH



WEEK 1 - Day 1

Back Squat

40%x12 55%x10 65%x8 73%x3x6

Rest: 120sec

Incline Bench Press

40%x12 55%x10 65%x4x8

Rest: 90sec

Dips 3xAMAP

Rest: 90sec

Lying KB Tri Ext 4x12

Rest: 60sec

3 Rounds

Front Plank x30sec

Side Plank x30sec e/s

No rest between rounds.

DAY 2

Deadlift

40%x12 55%x10 65%x8 73%x3x6

Rest: 120sec

Pull-Ups 5xAMAP

Rest: 120sec

SA DB Bent Over Row 4x12 e/s

Rest: 90sec

BB Upright Row 3x15

Rest: 60sec

DB Hammer Curls 4x12

Rest: 60sec

Weighted Sit Ups 3x10

Rest: 30sec

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WEEK 2 - DAY 1

BB Overhead Press

40%x12 55%x10 65%x8 73%x3x6

Rest: 120sec

BB RDL 5x8

Rest: 120sec

KB Goblet Squat 4 x12

4 Rounds

DB Bench Press x15

Chin-Ups xAMAP

No rest between rounds.

3 Rounds

Weighted Russian Twists x10 e/s

Weighted Toe Touches x20

Hanging Leg Raises x10

Rest: 30sec

Day 2

Back Squat

40%x12 55%x10 65%x8 73%x6 78%x4x5

Rest: 120sec

Bench Press

40%x12 55%x10 65%x8 73%x4x6

Rest: 90sec

DB Neutral Grip OHP 4x12

Rest: 60sec

BB Close Grip Upright Rows 4x12

Rest: 60sec

Dips 3xAMAP

Rest: 90sec

3 Rounds

Front Plank x20sec

Side Plank x20sec e/s

No rest between rounds.

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WEEK 3 - DAY 1

Deadlift

40%x12 55%x10 65%x8 73%x6 78%x4x5

Rest: 120sec

SA DB Bent Over Row 5x15 e/s

Rest: 120sec

KB/DB Farmers Carry 5x150yds

Rest: 120sec

3 Rounds

BB Reverse Grip Curls x15

DB Hammer Curls x15

Rest: 60sec

3 Rounds

Weighted Russian Twists x10 e/s

Weighted Sit-Ups x10

No rest between rounds.

DAY 2

BB Push Press from Behind the Neck

40%x12 55%x10 65%x8 73%x6 78%x4x5

Rest: 120sec

BB Step-Ups 5x8 e/s

Rest: 120sec

5 Rounds

BB Close Grip Incline Bench Press x12

Wide Grip Pull-Ups xAMAP

Rest: 120sec

3 Rounds

DB Lateral Raises x10

DB Front Raises x10

DB Rear Delts x10

Rest: 60sec

Weighted Front Planks 3x30sec

Rest: 30sec

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