Explosive Bodyweight STRENGTH AND CONDITIONING FOR BRAZILIAN JIU JITSU, MMA, WRESTLERS, COMBAT AND ATHLETES

www.warhorsestrength.com
Lately I have taken the advice of a mentor Zach and re implemented a bodyweight regiment in my athlete’s alternate days. I have done it in the past and gotten away from it. But for a baseline perspective it is a great muscle building and explosion component that can’t be beat!!! Any age can do it and it can be done literally anywhere… So I will give you a month long sample of what I have done in the past and have built upon since then. These can be used as stand alone trainings or you can implement it in your strength and conditioning trainings as an additive.
I wanted to create this for my readers and members because I want you to be successful from a goal standpoint... So I figured this can and will take away all excuses for anyone wanting to train thinking they can’t.

I get the inspiration through the athletes I see at events. They other day I was at the NAGA in Honolulu doing some surveys and data collection on the BJJ scene... I watched lots of great performances from all the BJJ athletes...

I tend to go to events to get better at my craft as a strength coach; I have to be on the ground watching what athletes get stuck on, how the winners won, and ask questions of the competitors... It’s a passion of mines...

So from a perspective of performance, athletes’ techniques, strength and conditioning here’s something as a coach that I consider at the events and creating workouts beginner and advanced...

Conditions:
Space to compete
Condition of temperature
Time of performance
Clothing (Gi/NO Gi)
Weight class
Age
Type of strategy used
How were the majority of the matches ended?
Among other things....
Why is it important to train strength and conditioning if you do Brazilian Jiu Jitsu, MMA or combat style trainings?

When I talked to BJJ players I ask are they doing strength and conditioning most say no. The fact of the matter is that BJJ is a physical sport of grabbing, wrestling, not to mention mental toughness…

Without the ability to fight off the feeling of the muscles lactic acid build up the mind will come in play and your win will literally slip through your fingers..

At warhorse strength camp we train a good foundation of bodyweight conditioning and also grip work. I am a huge advocate of grip incorporation training…. Not just kettle bell stuff but odd lifting, and thick bar training. Basic calisthenics create great athleticism and strength. Look at the average prisoner… lots of the weight programs have been removed so bodyweight training is the norm and these guys on LOCK DOWN are beasts!!!
What do I know?

I have been blessed to train with the top athletes on Oahu Hawaii. So it’s important for me to bring my “A” game. Also when training with them if I feel like there is something that I can add to their game I actually take the time to do the trainings myself and test them. I don’t just throw s**t together haphazardly… So this stuff works… with my athletes and within my own life the difference is there. So I love to share this information

Plus I have been a mat junky; have trained at numerous BJJ schools, submission wrestling, mma and wrestling gyms for over 10 years… I have always had a good understanding of the need for stabilizer training, strength and conditioning and I played that card to an advantage… When you aren’t gassing out you can keep your techniques clean so I will give you BJJ players, MMA guys, Wrestlers and football players a sample training that works great and you can use immediately… I love simple trainings
Sample workout

Here is a month long training regiment you can do to supplement what you already do, or begin this as a foundation...

Trainings should be roughly 3 days a week

Repeated for 4 weeks. Most people want to change stuff and never really master the move or stay there long enough to know if the gains you made were good or not. This way ensures at least for the month you do THIS workout the results come from THIS workout! So be patient and diligent. Repetition is the mother of skill.

***Pointer and advice***
Monday Wednesday Friday is typical.
Take the rest days in between for active training not repeating the trainings here on back to back days...

Always warm up for minimum of 10 minutes!!!! I will put together a good warm-up report so you have some samples of what works but typically we use a blend of dynamic jumping jacks, push ups, pull ups, crab walks, alligator walks, sprints, tumbling drills, round offs, etc..
Don’t be locked into the reps either. On the second week you can raise your reps as your conditioning gets better.

(1A, 1B etc, means these exercises are done back to back as a superset)
Workout 1

Warm-up

1A Jump squats 5x 10 (30-45 second rest)
1B Hand clap or plyo pushups 5 x 10
2 Pull ups 4x 10 (change grips each set)
3 Sprints x4 40 yards
4 Bucket Grip work/ab work x 3 set

Workout 2

Warm up
Box jumps x 10
1A pushups x 20
1B pull-ups x 5-10
1c dips x10
1D rope arm over arm climbs x 5 ascends 5 descends
*Repeat for 4 rounds time it to track progress

Workout 3

Warm up

1A Jump squats 5x 10 (30-45 second rest)
1B Hand clap plyo pushups 5 x 10
2 Pull ups 4x 10 (change grips each set)
3 Sprints x4 40 yards
4 bucket grip work/ ab work x 3 sets

Repeat for 4 weeks
Conclusion

Well have at it this month long workout can be repeated and duplicated for a max of 90 days then adjust it. Really after 3 -4 weeks we taper off a bit do lots of sled and push pull work then get back at it after the muscles recover with the rest and nutrition needed.

Let me know how your training is going... we want to know if this is helping you reach your athletic goals!!!

At warhorse strength camp we use a number of different implements, power lifts, and bodyweight routines that add to your athleticism and power... come out and join us and check us out at www.warhorsestrength.com Also you’re welcome to friend us on facebook under warhorse strength and like us on warhorse strength fan page... just look for the flaming horse head!!!!