

10 WEEK BJJ Program for Master Worlds

Phase 1 4 WEEKS

Waveloading basic strength/hypertrophy

DAY 1 Lower push

Exercise	Sets	Reps	% RM		
			75%	80%	85%
Backsquat A	3 WAVE	7, 5, 3	75%	80%	85%
Barbell bridge B	5	8			80%
Hanging leg raise B	5	30s			
Backstep > Front lunge C	3	10			80%
Cossack squat C	3	8			80%
Pallof Press D	3	30s per side			
Knee pushout D	3	8			
Planks D	3	30s			
Echo bike 30s on/off 5 minutes					

DAY 2 Upper push

Exercise	Sets	Reps	% RM		
			75%	80%	85%
Bench A	3 WAVE	7, 5, 3	75%	80%	85%
Shoulder Press B	5	8			80%
Incline Bench B	5	8			80%
KB shrug C	4	12			80%
Shoulder complex C	4	10			80%
AB roll out D	3	6			
Wood chopper	3	8			
Reverse wood chopper	3	8			
5 Burpees > 150M Ski erg	3				

DAY 3 Posterior Pull

Exercise	Sets	Reps	% RM		
			75%	80%	85%
Hex DL A	3 WAVE	7, 5, 3	75%	80%	85%
RDL B	5	8			80%
Chip Ups B	5	8			80%
Suitcase RDL C	4	12			80%

KB row	4	8	80%
Hanging leg raise	3	30s	
Side Pallof	3	30s	
Reverse hyper	3	12	
Echo bike 3x3(10:20) E	3	12	

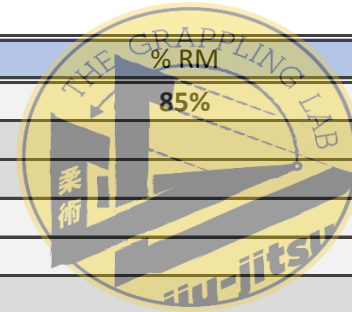
10 WEEK BJJ Program for Master Worlds

Deload 1: 1 week

skill work

DAY 1 Lower push

Exercise	Sets	Reps	% RM
Front squat	1 wave	5, 3, 1	85%
Split squat	3	8	
Good morning	3	8	
Hanging leg raise	3	12	
Pallof Press	3	30S	
5 KB swings > 250m ski erg	3		



DAY 2 Upper push

Exercise	Sets	Reps	% RM
Bench press	1 WAVE	5, 3, 1	85%
Landmine pushup fly	3	5	
Landmine push press	3	6	
Landmine twist	3	8	
GHD plank press	3	8	
Echo bike - 1 minute slow, 1 minute fast, 5 minutes	5		

DAY 1 Posterior pull

Exercise	Sets	Reps	% RM
Deadlift	1 WAVE	5, 3, 1	85%
RDL	3	8	75%
Single leg DL to box step	3	8	BW
Reverse hyper	3	12	
GHD plank row	3	8	
Knees to feet > sprawl > Ski erg 150m	5		

10 WEEK BJJ Program for Master Worlds

Phase 2 4 WEEKS

French Contrast

DAY 1 Lower push

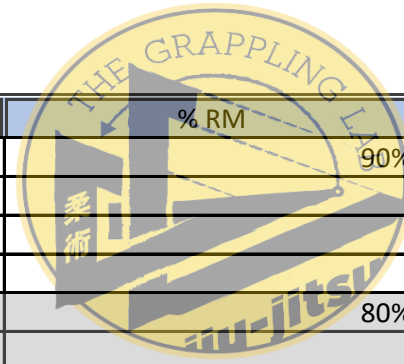
Exercise	Sets	Reps	% RM
A Backsquat	3	4	90%
A Box jump -or- tuck jump	3	4	
A Banded backsquat	3	5	
A Band assisted squat jump	3	5	
B Glute bridge	4	6	80%
B Good morning	4	10	
C Wood chopper	3	8	
C Reverse wood chopper	3	8	
Echo bike 30s on/off 5 minutes			

DAY 2 Upper push

Exercise	Sets	Reps	% RM
A Bench	3	4	0.9
A Depth pushup	3	4	
A Band resisted pushup	3	6	
A Band assisted pushup	3	6	
Banded landmine press	4	6	80%
GHD plank press	4	6	
Pallof press	3	30s	
Plank	3	30s	
5 Burpees > 150M Ski erg	3		

DAY 3 Posterior Pull

Exercise	Sets	Reps	% RM
A Hex DL	3	4	90%
A Broad jump	3	4	
A Hex triple extension / banded	3	6	

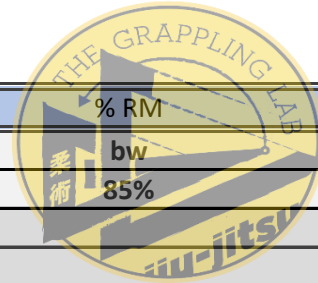


Assisted broad jump	3	6	
Suitcase row	4	6	
Suitcase deadlift	4	6	
RDL	4	6	
Hanging leg raise			
Reverse hyper			
Echo bike 60s on/off 5 minutes			

Deload before fight week
8/12-8/16

DAY 1 Lower push

Exercise	Sets	Reps	% RM
Box jump	3	4	bw
Back squat	3	4	85%
Split squat	3	6	
Good morning	3	8	
5 KB Swing > 150m ski erg	3		
Plank	3	1 minute	



DAY 2 Upper push

Exercise	Sets	Reps	% RM
Plyo pushup	3	4	bw
Flat Bench	3	4	85%
Landmine	3	6	
Shoulder to shoulder	3	3	
Echo bike 1min off/on	3		
Iso hanging leg raise	3	20s	

DAY 1 Posterior pull

Exercise	Sets	Reps	% RM
Hex DL (banded)	3	4	75%
RDL	3	4	80%
KB row	3	5	
Chin ups	3	5	
Ab rollout	3	3	
Echo Bike 5 minute coast	1		