



The PERFECT BJJ Dynamic Warmup

Purple belts need not apply

BJJ Specific Cardio

MOVEMENT	SETS/REPS	MOVEMENT DEMONSTRATIONS & Notes
Mat Jog	60 sec	Seriously? You need a jogging demo? LOL
Inch Worm	20 feet	DEMO Stand. Hands to ground. Walk it out.
Power Worm - wide stance	20 feet	DEMO Hands down. JUMP up wide.
Power Worm with Pushup	20 feet	DEMO Hands down. Pushup then jump in.

JOINT Mobility

MOVEMENT	SETS/REPS	MOVEMENT DEMONSTRATIONS & Notes
Can Openers	30 sec	DEMO Knee down, other knee out wide. Lean.
Plank Rotations	5 reps	DEMO Push up position. Turn and reach.
Sit Throughs	5 reps	DEMO Table top position. Sit through and kick.
Frog Rocks	5 reps	DEMO Half kneel table top. One leg out. Sit back.
Squat, Toe Grab, and Reach	5 reps	DEMO Squat. Grab toes. Sit and pull.

BJJ Pattern Prep

MOVEMENT	SETS/REPS	MOVEMENT DEMONSTRATIONS & Notes
Rolling Breakfalls	20 feet	DEMO Reach arm behind and past opp leg. Roll.
Shrimp/Hip Escapes	20 feet	DEMO Shrimpin' ain't easy.

Total time 6 minutes!

Mat Recovery - POST Training

MOVEMENT	SETS/REPS	MOVEMENT DEMONSTRATIONS & Notes
Child's Pose Clocks	2 x 5 each	DEMO Table top to deep sit on heels.
Supine Trunk Rotations	3 x 8 each side	DEMO Lie on back. Arms out knees up. Rotate.
Closed Chain Pigeon Clocks	3-5 each side	DEMO Pigeon stretch position. Rotate around leg.
Frog Rocks	3 x Distance	DEMO Half kneel table top. One leg out. Sit back.

Abbreviation Key:

BW: body weight
 Kbell: kettlebell
 DB: dumbbell
 BB: barbell
 Tband: theraband / rubber elastic resistance
 Min Res: minimal resistance
 Mod Res: Moderate resistance
 CCM: Closed Chain Manipulation
 AAROM: Active Assisted Range of Motion
 STM: Soft Tissue Manipulation
 CARs: Controlled Articular Rotations



Have a question?
 Email the BJJ Physio right now
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