

GRAPPLESTRONG

STRENGTH & CONDITIONING

GRAPPLER

WORKOUT TEMPLATE

A printable blueprint to build the power, strength and athleticism the mat demands — four days, fully scalable.

JAY BELL
COACH
GRAPPLESTRONG

WHO WE ARE

ABOUT GRAPPLESTRONG

GRAPPLESTRONG is an online coaching business. We provide professional coaching for athletes of all levels.

We help you physically dominate your sport, stay injury-free, and make that next step — to train, eat and perform like a professional. We also help people who simply want to look and feel better. Look good, feel good.

ABOUT THE AUTHORS

We could write a load of waffle here — you probably don't care. Just follow us on Instagram: @owenlivesey, @jaybell1 and @grapplestrong.co. To find out more, visit grapplestrong.co.

INTRODUCTION

BUILD THE ATHLETE

To become a better combat athlete or coach, you need a plan. The weight room has stood the test of time in increasing an athlete's potential.

To be a grappler, you need to be prepared for the physical and mental demands of the sport — power, strength, speed, athleticism, mobility, flexibility, explosiveness, intensity and conditioning. The lot. That doesn't happen overnight. It comes with hard, consistent work, and with proper strength and conditioning.

This template is a blueprint to become a BJJ athlete — Big, Jacked and Juicy. It provides a 4-day training example, but we recommend grapplers train 2–4 times a week depending on mat time.

MATCH IT TO YOUR MAT TIME

On the mat a lot? You may need fewer gym sessions — you need to recover. Only grappling 2–3 times a week? You can likely hit the gym more. We'll break down how to add Olympic lifts, plyos, throws, compound lifts and bodybuilding for the demands of the sport.

GETTING STARTED

HOW TO USE THIS TEMPLATE

- This is a printable template with 4 days to fill in.
- Use the exercises provided in the Exercise Library.
- Fill in the exercise and rep scheme for each slot.
- Use the rest times given.
- If you see **A1 / A2**, this is a superset — perform them back to back.
- Run it for four weeks, then switch up the exercises and reps.

THE REAL WORK

Have clear goals	Set 1–3 goals, with 1–3 actions for each.
Identify your problems	What do you need to get stronger or better at?
Solve them	Address your weaknesses by building them into your template.
Be consistent & relentless	Follow the plan. Pay attention to nutrition, sleep and mobility.
Don't go it alone	A rising tide lifts all boats. Have people keep you accountable. Everyone needs a coach or training partner.

THE TRAINING WEEK

DAY 1 — LOWER BODY POWER

Fill in your exercise selection, rep scheme and load. Rest times are set.

SLOT	REP SCHEME	LOAD	REST
A. Tech Coord — Clean or Bilateral Plyometric			1:45
B. Absolute Strength — Squat			2:00
C1. Hypertrophy — Lower Knee			1:30
C2. Hypertrophy — Lower Hinge			1:30
D. Dynamic Trunk Control			1:00

THE TRAINING WEEK

DAY 2 — UPPER BODY POWER

Fill in your exercise selection, rep scheme and load. Rest times are set.

SLOT	REP SCHEME	LOAD	REST
A. Tech Coord — Jerk or Upper Plyo			1:45
B. Absolute Strength — Bench			1:00
B2. Hypertrophy — Upper Body Pull			2:00
C1. Hypertrophy — Upper Push			1:00
C2. Hypertrophy — Upper Pull			2:00
D. Accessory — Upper			1:00

THE TRAINING WEEK

DAY 3 — LOWER IMPULSE DAY

Fill in your exercise selection, rep scheme and load. Rest times are set.

SLOT	REP SCHEME	LOAD	REST
A. Tech Coord — Speed or Snatch			2:00
B1. Absolute Strength — Squat			2:00
B2. Dynamic Trunk Control or Unilateral Jump			2:00
C1. Accessory — Lower Body			1:00
C2. Accessory — Lower Limb			2:00
D. Dynamic Trunk Control			1:30

THE TRAINING WEEK

DAY 4 — SPEED & PUMP DAY

Fill in your exercise selection, rep scheme and load. Rest times are set.

SLOT	REP SCHEME	LOAD	REST
A1. Hypertrophy — Upper Push			1:45
A2. Hypertrophy — Upper Body Pull			1:30
B1. Hypertrophy — Upper Push			2:00
B2. Hypertrophy — Upper Pull			1:00
D. Accessory — Upper			1:00
D2. Accessory — Upper			1:00
D3. Accessory — Upper			1:00

EXERCISE LIBRARY

EXERCISE TYPES & SCHEMES

TYPE	EXAMPLES	REP SCHEME
Tech Coord — Snatches	Snatch · Power snatch · DB snatch	4x3 / 4x4 / 3x3 / 2x5
Tech Coord — Cleans	Clean · Power clean · Power clean + front squat	4x3 / 4x4 / 3x3 / 2x5
Tech Coord — Jerks / Upper Plyos	Split jerk · Power jerk · Push press · Plyo press-up · Throws	4x3 / 4x4 / 3x3 / 2x5
Core / Dynamic Trunk Control	Side bends · Hanging leg raises · Rotation med ball throw · Zercher carries	3x12/12 / 3x9/9 / 3-5x30m
Plyo — Unilateral	Skips for height · Single-leg broad jumps · Lateral skater jumps	5x4/4 / 5x5/5
Plyo — Bilateral	DB jumps · Box jumps · Continuous broad jumps	5x4/4 / 5x5/5
Speed Work	Sled sprint · Unresisted sprints · Top-end sprints	6-10 x 10-20m, full rest
Absolute Strength — Squats	Back squat · Front / Zercher squat · RFE split squat	4x7 1x12 / 10,7,5,7,10 / 5x7
Absolute Strength — Benches	Bench press · Incline bench · Pin press	4x7 1x12 / 10,7,5,7,10 / 5x7

EXERCISE LIBRARY

EXERCISE TYPES & SCHEMES

TYPE	EXAMPLES	REP SCHEME
Hypertrophy — Lower Knee	Cossacks · Lunges · Step-ups	3x5/5 1x9/9 / 3x7 1x17 / 4x9/9
Hypertrophy — Lower Hinge	DB RDL · Stiff-leg deadlift · Nordics	5x7 / 4x12 / 3x5 1x12
Hypertrophy — Upper Push	DB incline bench · DB overhead press · Close-grip bench	5x9 / 4x7 1x17 / 4x9 1x20
Hypertrophy — Upper Pull	Pull-up · Chin-up · Chest-supported row	5x9 / 4x7 1x17 / 4x9 1x20
Accessory — Lower Limb	Tib raises · Seated calf raise · Standing calf raise	5x9 / 4x7 1x17 / 4x9 1x20
Accessory — Lower	Back extensions · GHR · Seated good morning	3x17 / 4x12 / 3x9 1x20
Accessory — Upper	Hammer curls · Tricep extensions · Neck flexion / extension	3x17 / 4x12 / 3x9 1x20

RUN IT, THEN REFRESH

Pick from these for four weeks, then rotate the exercises and rep schemes to keep progressing.

THE STANDARDS

BODYFAT & NUTRITION

BODYFAT

Aim for around 12% bodyfat. If you're heavyweight, this may be a little higher — around 12–18%. It's very rare we need extra fat on our body for anything.

NUTRITION

Calories	Understand your TDEE. Fat loss: ~500 calories off TDEE. Maintain: hit your TDEE. Muscle gain: ~400 calories over TDEE.
Protein	Hit 1g per pound of bodyweight.
Food quality	Eat mostly whole food — eggs, fruit, steak, chicken, beef, greek yoghurt, protein shakes.
Timing	Carb around your workouts.

THE STANDARDS

STRENGTH STANDARDS

STRENGTH — RELATIVE TO BODYWEIGHT

Bench press	1.5 – 1.75 x bodyweight
Squat	1.8 – 2 x bodyweight
Chins	0.3 – 0.6 x bodyweight (added load)
Deadlift	2 – 2.5 x bodyweight

BODYWEIGHT — GOOD / GREAT / ELITE

Chins	9 / 10 / 15
Dips	10 / 20 / 30

KEEP IT IN PERSPECTIVE

These standards will get you close to a really high level — but they're not paramount. You get good at grappling by grappling, not by getting a 1.5x bodyweight bench. They simply support it.

THE STANDARDS

RECOVERY

Train hard, recover harder. The basics, done relentlessly:

- Hit the sauna 4–7x a week for 20 minutes.
- Reduce alcohol.
- Get some sunlight every day — 30 minutes if possible.
- Sleep is key. Aim for 8 hours.
- Delete TikTok and stop staying up till 2am.

THE BOTTOM LINE

Pay attention to your nutrition, sleep and mobility. Become the best you. Do what's necessary and sweat the small stuff.

JOIN US

THANK YOU

GRAPPLESTRONG is an online coaching business providing professional coaching for athletes of all levels — helping you train, eat and perform like a professional.

**PHYSICALLY DOMINATE YOUR SPORT. STAY INJURY-FREE.
MAKE THAT NEXT STEP.**

If you'd like to know more, visit grapplestrong.co.

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