

LOWER BODY WORKOUT

ROUTINE 1

This lower body workout routine is designed for strength, mobility, and martial arts-specific functional power using minimal equipment. Focus areas include glutes, hamstrings, quadriceps, core, and hip stability. Perform 1-2 times per week with at least one rest day in between.

EXERCISES	
Bulgarian Split Squat	3 x 8 - 15/leg (Dumbbells or bodyweight)
Gorilla Cleans	3 x 8 - 15 (Explosive clean with kettlebells or dumbbells)
Zercher Squats	4 x 8 - 15 (Barbell held in the elbow crease)
Goblet Squat	3 x 10 (Hold kettlebell or dumbbell close to chest)
Overhead Kettlebell Lunge	12/side (Maintain overhead position, engage core)

TRAINER NOTES

- Prioritize form and control over speed, especially with Zercher and overhead movements.
- Warm up with dynamic leg swings, hip openers, and light cardio for 5-10 minutes.
- Cool down with hip flexor and hamstring stretches.
- Maintain steady breathing and a braced core throughout all movements.



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WORKOUT LOG SHEET - ROUTINE 1

Name: _____ Week: _____

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 1	Bulgarian Split Squat			
	Gorilla Cleans			
	Zercher Squats			
	Goblet Squat			
	Overhead KB Lunge			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 2	Bulgarian Split Squat			
	Gorilla Cleans			
	Zercher Squats			
	Goblet Squat			
	Overhead KB Lunge			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 3	Bulgarian Split Squat			
	Gorilla Cleans			
	Zercher Squats			
	Goblet Squat			
	Overhead KB Lunge			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 4	Bulgarian Split Squat			
	Gorilla Cleans			
	Zercher Squats			
	Goblet Squat			
	Overhead KB Lunge			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 5	Bulgarian Split Squat			
	Gorilla Cleans			
	Zercher Squats			
	Goblet Squat			
	Overhead KB Lunge			