

CORE EXERCISES

ROUTINE 2

This core workout routine is designed to build trunk stability, rotational strength, and explosive core engagement, ideal for martial artists. Perform 1-2 times per week to complement your grappling or striking training. Focus on controlled movement and core activation throughout all reps.

EXERCISE	
Russian Twist	3 x 20 (10/side, weighted or bodyweight)
Renegade Rows	3 x 10/side (Use dumbbells, maintain a plank position)
Kneeling Ab Wheel Rollouts	3 x 8-15 (Controlled extension and return)
Plank Up-Down	3 x 10-12 (Maintain a straight line, avoid hip sag)
Med Ball Sit-Up	3 x 8-15 (Explode up and absorb the catch)

TRAINER NOTES

- Engage your core throughout every movement to avoid compensating with your lower back.
- Quality over quantity: slow, controlled movements yield the best core engagement.
- Include dynamic warm-ups and gentle cool-down stretches focused on the spine and obliques.
- Rest 30-60 seconds between sets depending on intensity and control.



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The BJJ Academy
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WORKOUT LOG SHEET - ROUTINE 2

Name: _____

Week: _____

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 1	Russian Twist			
	Renegade Rows			
	Ab Wheel Rollouts			
	Plank Up-Down			
	Med Ball Sit-Up			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 2	Russian Twist			
	Renegade Rows			
	Ab Wheel Rollouts			
	Plank Up-Down			
	Med Ball Sit-Up			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 3	Russian Twist			
	Renegade Rows			
	Ab Wheel Rollouts			
	Plank Up-Down			
	Med Ball Sit-Up			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 4	Russian Twist			
	Renegade Rows			
	Ab Wheel Rollouts			
	Plank Up-Down			
	Med Ball Sit-Up			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 5	Russian Twist			
	Renegade Rows			
	Ab Wheel Rollouts			
	Plank Up-Down			
	Med Ball Sit-Up			