

UPPER BODY WORKOUT

ROUTINE 3

This upper body workout routine builds pressing power, pulling strength, and shoulder stability, perfect for martial artists and fitness enthusiasts alike. Perform 1-2 times per week to complement your grappling or general training. Focus on form and control, especially during overhead and rowing movements. These exercises support posture, grip, and explosive upper body strength essential for BJJ.

EXERCISES	
Tall Kneeling Barbell Overhead Press	3 x 8-12 (Maintain a neutral spine, press vertically)
Push-Up to Renegade Row	3 x 8-10/side (Use dumbbells, row after each push-up)
Single-Arm Kettlebell Snatch	3 x 6-10/side (Explosive pull, control the descent)
Chin-Up (or Band-Assisted Chin-Up)	3 x Max Reps (Control the lowering phase, keep chest lifted)
Dumbbell Push-Ups	3 x 10-15 (Use dumbbells for wrist neutrality and range)

TRAINER NOTES

- Prioritize form and control over speed, especially with 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 3

Name: _____ Week: _____

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 1	Tall Kneeling OH Press			
	Push-Up to Row			
	KB Snatch			
	Chin-Up			
	DB Push-Ups			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 2	Tall Kneeling OH Press			
	Push-Up to Row			
	KB Snatch			
	Chin-Up			
	DB Push-Ups			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 3	Tall Kneeling OH Press			
	Push-Up to Row			
	KB Snatch			
	Chin-Up			
	DB Push-Ups			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 4	Tall Kneeling OH Press			
	Push-Up to Row			
	KB Snatch			
	Chin-Up			
	DB Push-Ups			

DAY	EXERCISE	SETS X REPS	WEIGHT	NOTES
Day 5	Tall Kneeling OH Press			
	Push-Up to Row			
	KB Snatch			
	Chin-Up			
	DB Push-Ups			