

Garage Strength - Brazilian Jiu-Jitsu (BJJ) Strength Program

Is your technique on the mat on point, but you lack the strength to take control of your opponents and bring them to the ground? Maybe you have general strength but lack specific grip strength and mobility to execute strong offensive moves.

The 12-week Brazilian Jiu-Jitsu Strength Program will develop your specific strength on the mat to dominate your opponent, become more explosive, and improve your grip to make the most of your technique.

Proof Content



BJJ_Strength_Program.pdf



1.5 MB