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HOW TO LIFT AROUND YOUR **JIU-JITSU**: WHAT TO KEEP, WHAT TO DROP

Most of what worked when you were younger still works. What changes is your week: less time, more on your plate, and rolling already takes a lot out of you.

KEEP

01 **Lift heavy.** Strength is the base for everything else.

02 **Keep something fast.** Jumps, sprints, fast lifts. Speed fades before strength as you get older, so it is the last thing to cut, not the first.

03 **Get strong in the deep positions.** Put load on the full range the mat puts you in.

DROP

04 **Drop what the mat already does.** Rolling already counts as training. Three gym days can hold the rest.

05 **Drop the extras.** Extra circuits and "just in case" drills use up recovery that your next roll needs.

THE PLAN YOU KEEP DOING BEATS THE PERFECT PLAN YOU QUIT.

Want this built into your week?

Book a 30-minute call with me. We'll go through your training and your schedule, and see if working together makes sense.

BOOK A CALL