Example of an Off-Season Routine; during season, there would be more conditioning.

Disclaimer: Make sure you consult a health care professional before starting any exercise routine.

Also, its always better to be under the Watchful of a Knowledgeable Trainer. This Routine is From Axis Sport Performance in Columbia MD.

Master

	SPORT	MMA/Jiu Jitsu											
	Day 1	4-Jun-18			11-Jun-18			18-Jun-18			25-Jun-18		
TM		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
1A	Pause Bench Press	75.0%	3x8	18000%	77.5%	4x8	19000%	80.0%	4x6	19500%	75.0%	3x5	18000%
	Pause 1 second on chest			0%			0%			0%			0%
90%				0%			0%			0%			0%
24300%				0%			0%			0%			0%
				0%			0%			0%			0%
				0%			0%			0%			0%
1B	Weighted Chin Up		3x5	0%		4x5	0%		2x5	0%		2x5	0%
				0%			0%		2x3	0%		2x3	0%
				0%			0%			0%			0%
				0%			0%			0%			0%
2A	RDL	67.5%	3x8	28500.0%	70.0%	4x8	30000.0%	75.0%	4x6	32000.0%	77.5%	4x6	33000.0%
				0.0%			0.0%			0.0%			0.0%
75%				0.0%			0.0%			0.0%			0.0%
425				0.0%			0.0%			0.0%			0.0%
2B	Bulgarian Split Squat		3x8ea	0.0%		3x8ea	0.0%		3x6ea	0.0%		3x6ea	0.0%
				0.0%			0.0%			0.0%			0.0%
				0.0%			0.0%			0.0%			0.0%
				0.0%			0.0%			0.0%			0.0%
3A	Inverted Row		3xMAX	0%		3xMAX	0%		3xMAX	0%		3xMAX	0%
	As many reps as possible			0%			0%			0%			0%
	until chest doesn't touch bar			0%			0%			0%			0%
0%				0%			0%			0%			0%
				0%			0%			0%			0%
3B	Incline DB Bench Press		3x10	0%		3x8	0%		3x8	0%		3x6	0%
	3 second lower			0%			0%			0%			0%
0%				0%			0%			0%			0%
5				0%			0%			0%			0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
	Fat Grip DB Curls		3x10			3x10			3x10			3x10	
	GHR Sit Ups		3x20			3x20			3x20			3x20	
Notes													

	Exercise Pool	CL	SQ	DL	BN	Trap Bar	SN						
	Train Max		425	440	270								
	Day 2	6-Jun-18			13-Jun-18			20-Jun-18			27-Jun-18		
TM		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
1A	Back Squat (5 second lower)	75.0%	3x5	28500%	80.0%	4x5	30500%	80.0%	x5	30500%	75.0%	3x5	28500%
				0%			0%	82.5%	x5	31500%			0%
90%				0%			0%	85.0%	x3	32500%			0%
38250%				0%			0%	87.5%	x3	33500%			0%
				0%			0%	90.0%	x3	34500%			0%
				0%			0%			0%			0%
1B	1 Arm DB Row		3x10ea			4x8ea	0%		4x8ea	0%		4x6ea	0%
				0%			0%			0%			0%
				0%			0%			0%			0%
				0%			0%			0%			0%
2A	Seated DB Shoulder Press		3x12	0%		3x10	0%		3x8	0%		3x8	0%
				0%			0%			0%			0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
2B	DB Walking Lunges		3x10ea	0%		3x8ea	0%		3x6ea	0%		3x6ea	0%
				0%			0%			0%			0%
				0%			0%			0%			0%
				0%			0%			0%			0%
3A	Banded Push Up		3x MAX	0%		3x MAX	0%		3x MAX	0%		3x MAX	0%
				0%			0%			0%			0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
				0%			0%			0%			0%
3B	SB Leg Curl		3x15	0%		3x15	0%		3x15	0%		3x10	0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
				0%			0%			0%			0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
	Wrist Roller		x2			x2			x2			x2	
	Leg Raise to Hip Lift		3x30			3x30			3x30			3x30	
Notes													

	Day 3	8-Jun-18			15-Jun-18			22-Jun-18			29-Jun-18		
TM		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
1A	MB Scoop Throws		4x3	0%		4x3	0%		4x3	0%		4x3	0%
				0%			0%			0%			0%
90%				0%			0%			0%			0%
39600%				0%			0%			0%			0%
				0%			0%			0%			0%
				0%			0%			0%			0%
1B	Low handle trap bar DL	75.0%	4x5	29500%	80.0%	4x5	31500%	80.0%	x5	31500%	80.0%	x3	31500%
	Set back tight!			0%			0%	82.5%	x5	32500%	85.0%	x3	33500%
				0%			0%	85.0%	x3	33500%	87.5%	x3	34500%
				0%			0%	85.0%	x3	33500%	90.0%	x3	35500%
2A	DB Bench Press Combo		4x8	0%		4x8	0%		4x6	0%		4x6	0%
	1-1-2			0%			0%			0%			0%
100%				0%			0%			0%			0%
42500%				0%			0%			0%			0%
2B	Pull Up		3x10	0%		4x10	0%		4x8	0%		4x8	0%
	Use band if needed			0%			0%			0%			0%
				0%			0%			0%			0%
				0%			0%			0%			0%
3A	DB Step Up		3x10ea	0%		3x8ea	0%		3x8ea	0%		3x6ea	0%
				0%			0%			0%			0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
				0%			0%			0%			0%
3B	Seated Cable Row		3x12	0%		3x12	0%		3x10	0%		3x8	0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
5				0%			0%			0%			0%
				0%			0%			0%			0%
0%				0%			0%			0%			0%
	Parallel Bar Dips (on GHRs)		3x MAX			3x MAX			3x MAX			3x MAX	
	SB Stir the pot		3x:20 each			3x:20 each			3x:20 each			3x:20 each	
Notes													