



SHOW ME YOU MEAN IT
GRACIE BARRA BONDI

PILLAR 02 OF 06 • STRUCTURED EXERCISE

STRENGTH & CONDITIONING

Get strong in the gym so you can stay technical on the mat. Finish the program, every time.

SHOW ME VERSION

PRO VERSION

8 MIN READ

01

WHY IT MATTERS

The goal isn't to go as hard as you can in every round. It's to get as good as possible on the mat, get as strong as possible in the gym, and then put the two together.

Putting them together is a coordination problem, and it's one you build. Technique first, then intensity: trying to get skill out of intensity almost never works. So your strength work happens in the gym and your Jiu-Jitsu sessions stay technical. And a good aerobic base never hurt anyone. You can do this at either level: a basic program you run yourself on Show Me, or a strength coach who tests you and builds the program around your Jiu-Jitsu on Pro. Even just going for runs makes you better.

02

THE STANDARD

NON-NEGOTIABLE

- **You don't leave the gym until the program is finished.** Every set, every time.
- **The gym is for the program.** Catch up with friends once the last set is done.
- **Warm-up and prehab every session,** slow and controlled.
- **Show Me minimum:** gym twice a week for 30 to 40 minutes, and runs two or three mornings a week.
- **Stretch after every gym session.** Stretching counts as strength and conditioning too, even though it's traditionally a recovery item.
- **Learn to lift from a professional** before you load anything up.

The finish rule was mine in camp. On some days I was so cooked that a session took far longer than planned, and I still finished it. I'm not recommending marathon sessions. I'm telling you the level of follow-through I'm looking for.

03

HOW TO DO IT

STEP 01

LEARN THE LIFTS FROM SOMEONE QUALIFIED

On the Pro version a strength and conditioning coach tests you and builds the program around your Jiu-Jitsu load (for me, Ethos Performance). On the Show Me version you have options that cost little or nothing:

- Join a parent's PT sessions.
- Find a basic beginner plan online, or ask an AI to build one, and follow it.
- Use the starter program below, after a qualified coach has checked your form.

Whichever you pick, take notes on your phone every session: weights, sets, how it felt.

STEP 02

WARM UP AND DO YOUR PREHAB, SLOW AND CONTROLLED

Warm-ups and prehab count as training. Bands and bodyweight, done slowly, really building the connection to the muscle. By the time you finish them you should already feel worked. Then do every exercise after that the

same way: slow, controlled, owning every rep.

Every session, 8 to 10 minutes: shoulder circles and band pull-aparts, ankle rocks, glute bridges, clams, bodyweight squats. If you've got a niggle, use this time to warm it up properly.

STEP 03

RUN THE SHOW ME STARTER PROGRAM

A simple starting point covering the basic patterns: squat, hinge, lunge, push, pull and carry. Stuff you can do in any weights gym. **Learn every movement from a qualified coach before you load it up.**

SESSION A	SETS X REPS	NOTES
Goblet squat	3 x 8	Full depth you can control. Chest up.
Push-up (or dumbbell bench)	3 x 8	Chest to the floor, body in one line.
Dumbbell Romanian deadlift	3 x 8	Hips back, flat back, feel the hamstrings.
One-arm dumbbell row	3 x 8 each side	Pull to the hip, pause.
Plank	3 x 30 s	Squeeze everything.

SESSION B	SETS X REPS	NOTES
Reverse lunge	3 x 8 each leg	Slow on the way down.
Pull-up (or lat pulldown)	3 x 8	Use a band or the machine if you can't do 8 yet.
Glute bridge or hip thrust	3 x 8	Pause at the top.
Dumbbell overhead press	3 x 8	Ribs down, no arching.
Farmer carry	3 x 30 m	Heavy, tall, slow. Great for grip.

- **Rest** 60 to 90 seconds between sets.
- **Progress** when every set feels smooth with good form: add a little weight next time.
- **If your form breaks, the set is over.** Lifting past your form is the most common way young lifters get hurt.
- **Finish with a 10-minute stretch** (the list is on [Recovery](#)).

Morning bodyweight routine. For mornings you're not running or lifting. Three rounds. It isn't meant to be intense or leave you sore. It primes your body for the day and builds the habit of a morning routine.

EXERCISE	EACH ROUND
Push-ups	10, full depth, controlled
Wall sit	60 seconds
Chinese plank walk	30 seconds
Pull-up hold	3 holds of 10 seconds
Clams	10 each side
Pogo jumps	10
Tall landings	4, land soft and still

STEP 04
BUILD YOUR ENGINE: ZONE 2 AND SPRINTS

Buy a heart rate monitor for about \$30, then do zone 2 runs and some sprints. A bigger aerobic base means you recover faster between rounds and between sessions.

- **Zone 2: 30 to 40 minutes** at an easy, steady pace.
- **The talk test:** you can speak in full sentences. If you can only get out a few words, slow down.
- **Rough heart rate guide:** about 60 to 70% of your max. A common rough estimate of max heart rate is 220 minus your age, so for a 16-year-old zone 2 sits roughly between 120 and 145 beats per minute. It's an estimate, not a test. A coach can give you a better number.
- **Sprints, once a week:** warm up with 10 minutes of easy running, then **6 to 8 sprints of 10 to 15 seconds**, hard but in control. Walk back slowly between each one (60 to 90 seconds) for full recovery. Grass or a track if you can. Stop if anything pulls.

STEP 05
FIND THE POCKETS IN YOUR WEEK

Up at 6, training by 6:15, showered by 7:30, and you still have time for breakfast before school (block 45 minutes for each session: see the example week in [Schedule & Study](#)). Ask yourself where you can actually find this time around school, study and Jiu-Jitsu. An example Show Me morning week:

DAY	MORNING (6:15 TO 7:00, THEN SHOWER)
Mon	Zone 2 run, 30 to 40 min
Tue	Gym, Session A

DAY	MORNING (6:15 TO 7:00, THEN SHOWER)
Wed	Zone 2 run or morning bodyweight routine
Thu	Gym, Session B
Fri	Sprints plus an easy jog
Sat	Rest
Sun	Competition, or rest

For reference, in my camps I did three sessions a week on Monday, Wednesday and Friday mornings (one conditioning, two strength) with a stretch on the end of each, on top of my Jiu-Jitsu and a full-time job. The full week is on [Focused Training](#).

STEP 06

PUSH HARD AT A LEVEL YOU CAN HOLD

Too hard is a real thing. Intensity you can't sustain ends in tendinopathy and overtraining injuries, and a broken body before your big goal arrives. Push hard, but at a level you can hold for the whole of your long-term plan. That's how athletes actually get good (I learned it the hard way: see [Recovery](#)). These rules come from my strength and conditioning mentorship at Ethos:

- **Traffic-light your sessions.** Red is the hardest. Avoid red sessions day after day, and never two reds in the same day.
- **Make it a wave.** Ups and downs make the week sustainable. A lower day after a hard sparring day.
- **At least one full rest day a week.**
- **Usually no more than two sessions a day** (three is for full-time pros), and generally no more than two hours in a session. When I did triples alongside a full-time job, I was pushing to the limit in a way that wasn't sustainable.
- **Count everything.** School sport, footy, PE, a big weekend: it all adds to your load.
- **Cut the junk.** Sessions that don't serve the goal are just fatigue.

SHOW ME AND PRO

SHOW ME YOU MEAN IT

BASIC PLAN, DONE EVERY TIME

ABOUT \$30 FOR A HEART RATE MONITOR

- A parent's PT sessions, or a basic beginner plan from online or an AI, followed properly.
- A basic program for the key muscle groups, in any weights gym.
- Gym **twice a week, 30 to 40 minutes**.
- Runs **two or three mornings a week, 30 to 40 minutes**: zone 2, plus sprints once a week.
- Notes on your phone every session.

PRO

A STRENGTH COACH AND REAL TESTING

ABOUT \$300 TO START, THEN ABOUT \$70 TO \$100 A WEEK

- A professional strength and conditioning coach tests you and builds the program around your Jiu-Jitsu load.
- Three sessions a week: one conditioning, two strength.
- Your S&C coach and your physio talk to each other and adjust the program when something flares up.
- Strength and muscle blocks need uninterrupted time for the results to show, and your strength coach sets how long. You taper only for the big competitions you've planned with your coaches (see [The Long Game](#)).
- **What the cost covers:** the initial assessment and consult, then weekly planning, coaching and gym access. Those are estimates, not quotes: prices vary between coaches, so do your own research and get a couple of quotes. More in [Going Pro](#).

Same difficulty, different resources. The Show Me version proves you'll turn up and do the work. The Pro version makes the work smarter.

COMMON MISTAKES



Treating the gym as a social outing. Chatting, scrolling and mirror checks between sets. Do the program, then go.

- ✗ **Leaving with sets undone.** The program isn't finished until it's finished.
- ✗ **Rushing the warm-up.** Slow and controlled. It's where the muscle connection gets built.
- ✗ **Lifting past your form.** If your form breaks, the set is over.
- ✗ **Doing your conditioning on the mat.** Going flat out every round to "get fit". Strength and conditioning belongs in the gym.
- ✗ **Red sessions every day.** Make the week a wave, and take a full rest day.
- ✗ **Forgetting what else counts.** School sport, footy and PE all add to your load.
- ✗ **Skipping the stretch.** Ten minutes after every gym session.

06

CHECKLIST

DO THIS

EVERY WEEK

- ☐ Two gym sessions, 30 to 40 minutes.
- ☐ Two or three runs: zone 2, sprints once.
- ☐ Warm-up and prehab done slow and controlled, every time.
- ☐ Program finished before I left. No skipped sets.
- ☐ No phone scrolling, no chatting between sets.
- ☐ Stretch after every gym session.
- ☐ Notes logged: weights, sets, how it felt.
- ☐ At least one full rest day.

NOT PROFESSIONAL ADVICE

We're not strength and conditioning professionals, and we don't want you getting hurt. The program on this page is a general starting point, not a personal prescription. Please get a professional to teach you how to lift properly, especially if you're new to the gym, still growing, or carrying an injury.

Ethos Performance (Meer Awny)

[ethosperformance.com.au](https://www.ethosperformance.com.au/) (<https://www.ethosperformance.com.au/>). My go-to for strength and conditioning. Combat sports specialists.

Find an accredited exercise physiologist

[Exercise & Sports Science Australia](https://www.essa.org.au/find-aep) (<https://www.essa.org.au/find-aep>)