

From the desk of: Hector Gutierrez Jr.
Mobility for BJJ Dads Cheat Sheet

Total Body Strength & Power Flow

The Flow:

Cobra -> Push-up x 3
PU Side Walk x 2 per side
PU Side Walk w/ a Push-up x 1 per side
PU to Scorpion -> 3 legged PU x 1 per side

This completes 1 circuit.

Rest actively and repeat for 2-3 total circuits.

If you have any questions shoot me an email: hector@strongashec.com

Enjoy!

Hec

P.S. For more in depth info on specific mobility for BJJ check out my free eBook

[>>> 5 Steps to Better Mobility](#)