



# BJJ WORKOUTS

MOVE BETTER. PLAY BETTER.  
MAXIMIZE YOUR MOJO.

INTRODUCING KETTLEBELL TRAINING FOR BJJ 2.0

**“...Uncover Over 47 Kettlebell Exercises Specifically Designed to Make Your BJJ Stronger, Improve Your Conditioning, Increase Your Power, Your Posture and Your Pressure. Learn How To ...”**

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