

Overview

FITjitsu is a beginner friendly jiu-jitsu-based exercise program that will unleash your inner badassery while taking your fitness to the next level! Led by Eve and Victoria Gracie, this 42-minute full-body workout will have you sweating and burning, all while learning the core self-defense movements of the Women Empowered program.

Before you FITjitsu

- What you need to begin:
 - Mats that are comfortable to lay and move on
 - An 8'x 8' space
 - A towel for sweat
 - Water for breaks
 - Persistence to make it through!
- It is *essential* that you watch the Movement Reference Video several times, and truly own these new movements before you begin. This is a workout in itself!
- The most important part of any workout is LISTENING TO YOUR BODY. Only you know what feels comfortable, safe, and right for you.
- Although the entire program was designed for absolute beginners with NO previous experience, it *is* an intense workout, so make sure you consult a physician before you begin.
- For those of you with previous injuries or any physical limitations, we have provided modified variations for many of the fitness movements. Kadee will be demonstrating these modifications, so we encourage you to use her for reference.
- It is important to know the limits of your body and while we encourage you to challenge yourself, we suggest you do so with respect to the safe limitations of your own body.
- Build your training tribe! Gathering a group to do this workout together will increase your energy and build accountability.

Tailoring FITjitsu for You

This workout was created for the beginner with no self-defense and minimal fitness experience, but has some complex movements that may take some repetition to fully own. Here are ways you can tailor this workout for beginners:

- Pause the workout and add longer breaks in between sections.
- Only go through parts of the workout in a given session, and finish the workout the following day, or in another session on the same day.
- Repeat one section over and over to gain confidence in the movements and steps in that section of the workout. You can pause it and repeat it as many times as you need to!
- We suggest that even if you only do part of the workout, you always do the warm-up and cool down at the end.
- Follow Kadee's modifications in the workout.
- Please note that none of these options are considered "cheating" or "failure." As long as you are aiming for progress, this program is for you. (If you lasted 2 more minutes than last time, you are progressing!)
- Imagine the feeling when you're eventually able to do the entire workout with no breaks. Keep moving towards your goal!

This can be conveniently adjusted for advanced practitioners with high level fitness goals. Here are ways you can optimize this program and make it more difficult:

- Minimize pauses and breaks.
- Keep your "fight stance" up and active the entire time.
- Hold light weights in the standing sections (Footwork & Lower Body).