

Ashton Kutcher's Brazilian Jiu-Jitsu Workout

By Men's Fitness Editors

Kutcher practices Brazilian jiu-jitsu, a grappling art that works every muscle in the body, with special emphasis on strengthening the core and improving flexibility and conditioning. According to Kutcher's instructor, Rigan Machado, an 8th-degree red and black belt, this is a typical class for Kutcher.



THE WORKOUT

WARMUP: 15 minutes

Calisthenics include jogging, jumping jacks, bear crawls, pushups, and crunches.

DRILLS: 30 minutes of techniques with a partner

SCISSOR SWEEP FROM GUARD (ESCAPE)

Start in closed guard (legs wrapped around your opponent's hips). Break guard and scoot your hips to the right, dropping your left leg to the floor and bringing your right shin across your opponent's belly. Scissor kick your legs and extend your hips and back to flip your opponent over. Follow through to mount him.

ARMBAR FROM GUARD (SUBMISSION)

Start in open guard (opponent's hips between your legs but your feet on the floor) and trap your opponent's left arm with both hands against your hips. Swing your left leg over his head and in front of his chest. Extend your hips and both legs as you pull the arm against your hips to gently hyperextend his elbow and make him tap out.

TRIANGLE CHOKE FROM GUARD

From closed guard, shove your opponent's left arm between your legs and outside your guard. Swing your right leg up over the back of his neck. Keeping control of his right arm, raise your left leg and hook the back of your left knee over your right ankle. Pull your opponent's head down and squeeze your legs.

STRETCHING: Perform three reps for each, holding the stretch 30 seconds.

LYING HAMSTRING STRETCH

Lie on your back and throw your legs back over your head. Try to push your knees toward the floor.

CROSS-BODY REAR-DELT STRETCH

Reach your right arm across to the left side of your body and hook your left arm behind the elbow. Gently pull your arm toward your chest so you feel a stretch in the back of your right shoulder.

PIGEON POSE

Sit on the floor and extend your right leg behind you. Bend your left knee 90 degrees and let it drop to your left side so the bottom of your left foot points to your right. Bend forward to feel the stretch in your left hip.