

# DONNIE YEN

# WORKOUT ROUTINE



## BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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# **Donnie Yen**

## **Workout Routine:**

### **Training Volume:**

3-5 days

### **Explanation:**

Donnie Yen generally struts a lean physique. I am going to program a mixture of training that revolves around shredding, but also getting a bulk if you eat properly as well. Oh, and I'll also be adding multiple days for your fighting training as well. That will be programmed for you on given days in between my programming.

## **Day One: Endurance, Strength, Core, and Breathing**

### **Warm Up and Endurance Work:**

10-15 Stretch or Yoga

Run 20-30 minutes

10-20 minutes of bag work

## **Strength:**

Regular Push Ups

3×20

Pull Ups

3×10

Dips

3×15

Bench Press

5×8-12

Tricep Kickbacks

3×12

## **Quick Circuit:**

10 reps each straight through, repeat 3 times with a break between each

Incline Dumbbell Press

Dumbbell Chest Flys

Clap Pushups

Quick Circuit:

10 reps each straight through, repeat 3 times with a break between each

Tricep Pushdowns

Tricep Overhead Extension

Diamond Pushups

**Core:**

Sits-ups

3xFailure

Hanging Leg Raises

3xFailure

Side Bends w/ Barbell

3xFailure

## **Breathing:**

5-10 minutes of breathing and meditation

# Day Two: Mixed Martial Arts and Intensity

This part is partially on you.

**At the very least do 5 sets of 2 minute jump rope sets.**

It is important if you want to train like Donnie Yen that you also incorporate mixed martial arts training as well. Whether that is working with Coach Derek in [The Academy](#), or joining a MMA gym near you and going 2-3 times a week; the choice is yours.

# Day Three: Endurance, Strength, Core, and Breathing

## **Warm Up and Endurance Work:**

10-15 Stretch or Yoga

Cycle for 20-30 minutes

10-20 minutes of bag work

**Strength:**

Regular Push Ups

3×20

Pull Ups

3×10

Dips

3×15

Deadlift

5×8-12

Straight Bar Bicep Curls

3×12

**Quick Circuit:**

10 reps each straight through, repeat 3 times with a break between each

Lateral Pull Downs

Cable or Dumbbell Rows

Clap Pushups

Quick Circuit:

10 reps each straight through, repeat 3 times with a break between each

Dumbbell Bicep Curls

Hammer Curls

Diamond Pushups

**Core:**

Sits-ups

3xFailure

Hanging Leg Raises

3xFailure

Side Bends w/ Barbell

3xFailure

## **Breathing:**

5-10 minutes of breathing and meditation

# Day Four: Mixed Martial Arts and Intensity

This part is partially on you.

**At the very least do 5 sets of 2 minute jump rope sets.**

It is important if you want to train like Donnie Yen that you also incorporate mixed martial arts training as well. Whether that is working with Coach Derek in [The Academy](#), or joining a MMA gym near you and going 2-3 times a week; the choice is yours.

# Day Five: Endurance, Strength, Core, and Breathing

## **Warm Up and Endurance Work:**

10-15 Stretch or Yoga

Run for 20-30 minutes

10-20 minutes of bag work

**Strength:**

Regular Push Ups

3×20

Pull Ups

3×10

Dips

3×15

Squats

5×8-12

Military Press

3×12

**Quick Circuit:**

10 reps each straight through, repeat 3 times with a break between each

Front Squats

Front Lunges

Box Jumps

Quick Circuit:

10 reps each straight through, repeat 3 times with a break between each

Arnold Presses

Shoulder Straight Raises

Pull-ups

**Core:**

Sits-ups

3xFailure

Hanging Leg Raises

3xFailure

Side Bends w/ Barbell

3xFailure

## **Breathing:**

5-10 minutes of breathing and meditation