

CRESS WILLIAMS

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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Cress Williams

Workout Routine:

Training Volume:

3-5 days per week

Explanation:

I'm giving you 3 days of bulking and two days of fighting, cardio and activity.

Day One: Upper Body

Warm Up:

Stretch

800m jog

Workout:

Bench Press

3×10

Pull Ups

3×10

Military Press

3×10

Dips

3×10

Bent Over Rows

3×10

Cable Flys

3×10

Day Two: MMA, Gymnastics, Activity, Cardio Day

The SHJ Army likes to think of this as a “Cager” from when it started in the Mike Colter routine.

This is the day you devote to using your fitness. This can be hiking, sports, getting out there and getting active by taking a yoga, cycling or some other kind of class – or some other type of fitness.

It could be YouTube instruction, or even Coach Derek's fight guidance in [The Academy](#).

Choose what works for you and use your fitness!

Day Three: Arms

Warm Up:

Stretch

800m jog

Workout:

Dumbbell Bicep Curl

3×10

Skull Crushers

3×10

Hammer Curls

3×10

Tricep Overhead Extension

3×10

Preacher Curls

3×10

Cable Kickbacks

3×10

Day Four: MMA, Gymnastics, Activity, Cardio Day

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This is the day you devote to using your fitness. This can be hiking, sports, getting out there and getting active by taking a yoga, cycling or some other kind of class – or some other type of fitness.

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Choose what works for you and use your fitness!

Day Five: Lower Body

Warm Up:

Stretch

800m jog

Workout:

Back Squats

3×10

Weighted Step Ups

3×10

Deadlifts

3×10

Leg Press

3×10

Calf Raises

3×20

Weighted Lunges

3×10