

MUSTAFA SHAKIR WORKOUT ROUTINE



BONUS PDF FILE

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Mustafa Shakir Workout Routine

Training Volume:

5+ days per week

Explanation:

Shakir was training high volume. In multiple interviews he mentions training multiple times a day. I'm going to program you a full day of training that can be broken down into two workouts if needed. You're also going to be training 5 days per week.

Day One: Chest and Triceps

Warm Up:

Stretch

3×5 Pull Ups

3×10 Dips

3×15 Push Ups

Cardio:

3×60 seconds Heavy Bag (or BOB)

20-30 min jog

Workout:

Bench Press

4×12

Incline Dumbbell Press

4×12

Dumbbell Chest Flys

4×12

Weighted Dips

4xFailure

Tricep Cable Pushdowns

4×12

Skull Crushers

4×12

Tricep Overhead Extension (Cable or DB)

4×12

Day Two: Hot Yoga and MMA

It's time to get active.

You have off from the weights but not the activity level.

Mustafa Shakir liked to utilize hot yoga, but also got big into MMA training.

Join us in [The Academy](#) and train with Coach Derek's MMA style routines, utilize our yoga videos, or even get out there and take some classes!

Day Three: Legs and Shoulders

Warm Up:

Stretch

3×5 Pull Ups

3×10 Dips

3×15 Lunges

Cardio:

3×60 seconds Heavy Bag (or BOB)

20-30 min jog

Workout:

Back Squat

4×12

Leg Press

4×12

Hamstring Curls

4×12

Quad Extension

4×12

Military Press

4×12

Shoulder Flys

4×12

Power Cleans

4×12

Day Four: Hot Yoga and MMA

It's time to get active.

You have off from the weights but not the activity level.

Mustafa Shakir liked to utilize hot yoga, but also got big into MMA training.

Join us in [The Academy](#) and train with Coach Derek's MMA style routines, utilize our yoga videos, or even get out there and take some classes!

Day Five: Back and Biceps

Warm Up:

Stretch

3×5 Wide Grip Pull Ups

3×10 Dips

3×15 Push Ups

Cardio:

3×60 seconds Heavy Bag (or BOB)

20-30 min jog

Workout:

Deadlift

4×12

Cable Rows

4×12

Lateral Pulldowns

4×12

Face Pulls

4×12

Standing DB Bicep Curls

4×12

Preacher Curls

4×12

Cable Hammer Curls

4×12