

# MUSTAFA SHAKIR WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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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

4×Failure

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