

# SACHA DHAWAN

## WORKOUT ROUTINE



**BONUS PDF FILE**

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 **SUPERHERO**  **JACKED** 

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# Sacha Dhawan

## Workout Routine:

### **Training Volume:**

3-5 days per week

### **Explanation:**

I'm going to be programming you three days per week of weight training and the other two days will be devoted to martial arts. If you want to train like Sacha Dwahan I recommend devoting even more time to martial arts – but physique and aesthetically, this routine can get you there.

## Day One: Lower Body

### **Warm Up:**

Stretch

10-20 min incline walk

### **Workout:**

Back Squats

4×10,8,5,3

Leg Press

3×10

Hamstring Curl

3×10

Leg Extension

3×10

Calf Raises

3×10

Weighted Lunges

3×10 each leg

**Iron Fist Zen:**

5-30 min meditation or yoga

## Day Two: Martial Arts

**You're going to have to step it up a notch for this one.**

**Coach Derek** is amazing enough to have programmed us routines like **Daredevil**, **Moon Knight** and **Deathstroke**, but there's always the option to get out and take some local classes.

In person training with someone else is always going to be superior.

## Day Three: Upper Body

### **Warm Up:**

Stretch

10-20 min incline walk

### **Workout:**

Bench Press

4×10,8,5,3

Incline Bench

3×10

Arnold Press

3×10

Dumbbell Front Raises

3×10

Skull Crushers

3×10

Dumbbell Snatches

3×10 each arm

**Iron Fist Zen:**

5-30 min meditation or yoga

## Day Four: Martial Arts

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# Day Five: Back

## **Warm Up:**

Stretch

10-20 min incline walk

## **Workout:**

Deadlifts

4×10,8,5,3

Cable Rows

3×10

Preacher Curls

3×10

Lateral Pulldowns

3×10

Hammer Curls

Chin Ups

3×10

**Iron Fist Zen:**

5-30 min meditation or yoga