

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