

ZANGIEF

WORKOUT ROUTINE



BONUS PDF FILE

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 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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Zangief

Workout Routine:

Training Volume:

6+ days per week

Explanation:

I'm programming you a 4 day powerlifting split, and I'm also requiring you to use AT LEAST 2 days devoted to mixed martial arts. I know, Zangief is a wrestler, but our specialty is mixed martial arts thanks to **Coach Derek**.

Day One: Bench Day

Warm Up:

Stretch

Walk 10 min on Treadmill

Workout:

Bench Press

6×12, 10, 8, 5, 3, 1

Tricep Overhead Extension

4×12

Incline Bench Press

4×12

Tricep Pushdowns

4×12

Chest Flys

4×12

Day Two: Deadlift Day

Warm Up:

Stretch

Walk 10 min on Treadmill

Workout:

Deadlift

6×12, 10, 8, 5, 3, 1

Preacher Curls

4×12

Cable Rows

4×12

Hammer Curls

4×12

Lateral Pulldowns

4×12

Day Three: Military Press Day

Warm Up:

Stretch

Walk 10 min on Treadmill

Workout:

Military Press

6×12, 10, 8, 5, 3, 1

Dumbbell Shrugs

4×12

Shoulder Front Raise

4×12

Barbell Shrugs

4×12

Shoulder Flys

4×12

Day Four: Squat Day

Warm Up:

Stretch

Walk 10 min on Treadmill

Workout:

Back Squat

6×12, 10, 8, 5, 3, 1

Hamstring Curls

4×12

Quad Extension

4×12

Calf Raises

4×12

Leg Press

4×12

Bonus Two Days of MMA/ Wrestling

Oh, did you think I forgot?

WELL I DIDN'T, OKAY!?

It's time to get in some added wrestling or mixed martial arts.

You can take classes at a local gym, and I would even suggest taking them more than twice a week if you ever want to catch up to Zangief, or you can utilize some routines right here on SHJ.

We have Coach Derek inside [The Academy](#), but he's also programmed some MMA and Boxing styled programs right here on the site.

Check out: [Daredevil](#), [Deathstroke](#), [Moon Knight](#)